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# Psychological Perspectives

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Name _____ Class _____ Date _____

## NOTES: FILL IN THE BLANKS WHILE YOU WATCH

### The perspectives

1. Psychologists explain behavior through different lenses called _____, or approaches, each showing something the others miss.
2. _____: focuses on the brain and body, such as hormones and brain areas that drive behavior.
3. _____: looks only at observable behavior, explained as learned, such as through rewards and punishments.
4. _____: focuses on how we think, including how we interpret what happens to us.
5. _____: focuses on how society and culture shape behavior, including _____, a culture's unwritten rules.
6. _____: focuses on how behaviors may have helped our ancestors survive, reproduce, and pass on their genes.

### From therapy, not labs

7. _____: behavior is driven by the _____, thoughts and feelings hidden like an iceberg below the surface.
8. _____: people are basically good and can grow toward their potential. Both therapy-based lenses are harder to test scientifically.

## CHECK YOUR UNDERSTANDING

**1.** A psychologist explains a teen's procrastination by noting that he tells himself, "If I don't try, I can't fail." Which perspective is this?

(A) Behavioral
(B) Cognitive
(C) Biological
(D) Humanistic


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**2.** Which question would a sociocultural psychologist most likely ask about why a student cheats on a test?

(A) Which brain areas were active?

(B) How might cheating have helped our ancestors survive?

(C) What unconscious conflicts drive the cheating?

(D) Does the student's friend group treat cheating as normal?

**3.** A therapist believes a client's anger at his boss reflects childhood feelings toward his father that he isn't aware of. Which perspective is this?

(A) Psychodynamic

(B) Humanistic

(C) Evolutionary

(D) Behavioral

## NOTES


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