

## **Famous Psychologists You Will Need to Know**

### **History and Approaches**

- ψ Mary Whiton Calkins: first female president of the APA
- ψ Charles Darwin: Evolutionary Psych
- ψ Dorothea Dix: creation of American mental hospitals
- ψ Sigmund Freud: Psychoanalytic Perspective
- ψ G. Stanley Hall: 1st psych lab in America at Johns Hopkins; 1st President of the APA
- ψ William James: 1st psych textbook
- ψ Ivan Pavlov: Classical Conditioning
- ψ Jean Piaget: Cognitive Development
- ψ Carl Rogers: self theory; client-centered therapy, active listening, unconditional positive regard
- ψ B.F. Skinner: Operant Conditioning
- ψ Margaret Floy Washburn: 1st female Ph.D. in psych
- ψ John B. Watson: Behaviorism; Little Albert
- ψ Wilhelm Wundt: 1st psych lab

### **Research Methods - none**

### **Biological Bases of Behavior**

- ψ Paul Broca: speech production area in the frontal lobe
- ψ Charles Darwin (repeat): natural selection, survival of the fittest
- ψ Michael Gazzaniga: split-brain research; understanding of functional lateralization in the brain; how the cerebral hemispheres communicate
- ψ Alexander Luria: studied the relation between language, thought, and cortical functions; his work resulted in creating the field of Neuropsychology.
- ψ Roger Sperry: surgery designed to treat epileptics by severing the corpus callosum; contributed greatly to understanding the lateralization of brain function.
- ψ Carl Wernicke: speech comprehension area in the temporal lobe

### **Sensation and Perception**

- ψ Gustav Fechner: Absolute Threshold
- ψ David Hubel (with Wiesel): discovered feature detectors in the visual system
- ψ Ernst Weber: Law to detect JND; change must be proportional to the stimulus' magnitude
- ψ Torsten Wiesel (with Hubel): discovered feature detectors in the visual system

## States of Consciousness

- ψ William James: Stream of Consciousness
- ψ Sigmund Freud (repeat): Unconscious motives, wishes, and urges
- ψ Ernest Hilgard: role of hypnotism in human behavior and response

## Learning

- ψ Albert Bandura: Social Learning Theory, Bobo Doll Experiment, imitation in learning
- ψ John Garcia: Conditioned Taste Aversion (The Garcia Effect)
- ψ Ivan Pavlov (repeat): Classical Conditioning; Associative Learning; Stimulus-Stimulus
- ψ Robert Rescorla: Contingency Theory - a stimulus must provide the subject information about the likelihood that certain events will occur.
- ψ B.F. Skinner (repeat): Operant Cond.; Skinner Box; Pos. and Neg. Reinforce. and Punishment
- ψ Edward Thorndike: Law of Effect; Instrumental Conditioning
- ψ Edward Tolman: Latent Learning; rats in mazes
- ψ John B. Watson (repeat): Behaviorism; "Little Albert"

## Cognition

- ψ Noam Chomsky: Language Acquisition Device (LAD)
- ψ Hermann Ebbinghaus: studied memory using nonsense syllables; retention and forgetting curves
- ψ Wolfgang Kohler: insight in chimps
- ψ Elizabeth Loftus: eyewitness testimony, misinformation effect, false memories
- ψ George A. Miller: STM's "Magic Number" =  $7 \pm 2$
- ψ George Sperling: studied sensory memory sub-type - Iconic Memory - with cued recall tasks
- ψ Benjamin Whorf: Whorf's Linguistic Determinism Hypothesis; language determines thought

## Motivation and Emotion

- ψ William James: James-Lange Theory of Emotion - the body reaction comes first, the emotion comes quickly afterward.
- ψ Abraham Maslow: strive for self-actualization, Hierarchy of Needs
- ψ David Matsumoto: study of facial expressions and emotions; first training tool to improve ability to read microexpressions; studied spontaneous facial expressions in blind individuals; discovered that many facial expressions are innate and not visually learned.
- ψ Stanley Schachter (with Singer): 2-Factor Theory of Emotion - physiological arousal + cognitive label
- ψ Hans Selye: General Adaptation Syndrome (GAS) - alarm, resistance, exhaustion

## **Developmental Psychology**

- ψ Mary Ainsworth: secure vs. insecure attachment
- ψ Albert Bandura (repeat): Social Learning Theory, Bobo Doll Experiment, imitation in learning
- ψ Diana Baumrind: types of parenting styles: authoritarian, permissive, authoritative
- ψ Erik Erikson: 8 Stages of Psychosocial Development
- ψ Sigmund Freud (repeat): 5 Stages of Psychosexual Development
- ψ Carol Gilligan: criticized Kohlberg's work, b/c he only studied privileged, white men and boys, she felt this caused a biased opinion against women.
- ψ Harry Harlow: wire mother monkey studies, contact comfort
- ψ Lawrence Kohlberg: Levels of Moral Development - Pre-Conv., Conventional, Post-Conv.
- ψ Konrad Lorenz: Imprinting in animals
- ψ Jean Piaget (repeat): 4 Stages of Cognitive Development
- ψ Lev Vygotsky: research on play; "Zone of proximal development" (ZPD) - the range of tasks that a child can complete independently; studied concept of inner speech in language development

## **Personality**

- ψ Alfred Adler: inferiority complex, sibling rivalry
- ψ Albert Bandura (repeat): personality development is affected by observational learning and modeling (Bobo Doll Experiment); Social Learning Theory
- ψ Paul Costa/Robert McCrae: Big Five Trait Theory (CANOE: conscientiousness, agreeableness, neuroticism, openness to experience, and extraversion)
- ψ Sigmund Freud (repeat): unconscious, childhood experiences, 5 stages of sexual development
- ψ Carl Jung: collective unconscious, archetypes
- ψ Abraham Maslow (repeat): strive for self-actualization, Hierarchy of Needs
- ψ Carl Rogers (repeat): Self Theory; real vs. ideal self; sees people as basically good
- ψ Martin Seligman: Positive Psychology

## **Testing and Individual Differences**

- ψ Alfred Binet: 1st Intelligence Test
- ψ Francis Galton: founded psychometrics; developed the ideas of correlation, standard deviation, regression toward the mean
- ψ Howard Gardner: Theory of Eight Multiple Intelligences
- ψ Charles Spearman: 2-Factor Theory of Intelligence - "g" factor (general intelligence), an inherited intellectual ability that influences all around performance; "s" factor (specific abilities), which account for differences between scores on different tasks
- ψ Robert Sternberg: Triarchic Theory of Intelligence - creative, analytical, practical
- ψ Louis Terman: (of Stanford University) altered Binet's IQ test, calling it the Stanford-Binet
- ψ David Wechsler: Wechsler Scales (WIAT and WISC) - most widely used intelligence tests today

## **Abnormal Behavior--none**

### **Treatment of Abnormal Behavior**

- ψ Albert Ellis: founder of cognitive-behavioral therapies
- ψ Sigmund Freud (repeat): psychoanalysis, dream analysis, free association
- ψ Mary Cover Jones: counter conditioning of fears
- ψ Carl Rogers (repeat): client-centered therapy, active listening, and unconditional positive regard
- ψ B.F. Skinner (repeat): Behavioral Therapies use the principles of Operant Conditioning; Behavior Modification, Token Economies
- ψ Joseph Wolpe: developed the Exposure Therapy technique known as flooding

### **Social Psychology**

- ψ Solomon Asch: studies of conformity using lines
- ψ Leon Festinger: Cognitive Dissonance Theory
- ψ Fritz Heider: Attribution theory describes how people come to explain (make attributions about) the behavior of others and themselves; behavior is attributed to a disposition or to a situation
- ψ Stanley Milgram: obedience studies; "teacher" and "learner" shock experiment
- ψ Philip Zimbardo: Stanford Prison Study; power of power; when roles become reality