

“What is a Perspective (School of Thought)?”

Summer Assignment

A *perspective* is a school of thought or a way of describing/viewing some phenomenon such as mental illness or behavior.

Many topics in psychology can be viewed in a number of ways. For example, let’s consider the subject of aggression. Someone who emphasizes a *biological perspective* would investigate how the brain and nervous system impact aggressive behavior. A professional who stresses a *behavioral perspective* would investigate how environmental variables reinforce aggressive actions. Another psychologist who utilizes a *humanistic approach* might consider that behavior to be a choice with acceptable consequences, etc.

Complete the following IN A CHART FORMAT: (Typed in a legible font).

- a. Research each using one or more *valid* internet sites.
- b. Define each perspective IN YOUR OWN WORDS.
- c. List any people associated with the founding of each, if any.
- d. In your OWN WORDS create a “real life” example of each using a “real life” problem. (You may have to research a bit to understand the concept enough to do this) Your conclusions may be incorrect – and that is okay – it is your reasoning that I am seeking.

Example:

- a. Schizophrenia can be described best by the **Biological (Neuroscience)** perspective because research states that the ventricles of the human brain are larger in people with schizophrenia. Also medication can help relieve many symptoms of the disorder.

7 major perspectives in modern psychology

1. **The Biological Perspective (Neuroscience)**
2. **The Psychodynamic Perspective**
3. **The Behavioral Perspective**
4. **The Humanistic Perspective**
5. **The Cognitive Perspective**
6. **The Cross-Cultural (Socio-Cultural) Perspective**
7. **The Evolutionary Perspective**

That’s it, friends. Do this for all 7 perspectives and have it ready to turn in (hard copy) on the first day of school. I am looking forward to our journey together.