Mind in Motion

Trace how questions and methods shaped psychology.

PS.1.1 "Analyze the context and origins of psychology including the major approaches to psychology (e.g., cognitive-behavioral, psychoanalytic, cognitive) and major historical figures."

NAME _____ DATE _____

1 READ AND MARK

Read it twice

YOUR JOB Circle each psychologist's name and underline the method or question linked to that person. Use your marks to trace how different approaches developed.

How Psychology Took Shape

1. In 1879, Wilhelm Wundt opened a laboratory in Leipzig, Germany, to study mental processes with controlled experiments. His work helped psychology separate from philosophy, which had long asked questions about the mind without relying on laboratory tests. In the United States, William James examined how habits and attention help people adapt to daily life. These early researchers did not agree on one method, but both treated the mind as something people could investigate systematically.

2. Other approaches grew from different questions and settings. Working with patients in Vienna, Sigmund Freud argued that unconscious conflicts and early experiences could shape behavior. His psychoanalytic approach used talk and interpretation rather than laboratory measurements. Later, B. F. Skinner studied how rewards and consequences affect observable actions. His behavioral experiments focused less on hidden thoughts. Freud's clinical work and Skinner's experiments show how the setting of a question can influence the evidence a psychologist seeks.

3. By the mid-twentieth century, some psychologists argued that studying actions alone missed how people process information. Ulric Neisser helped establish cognitive psychology, which examines attention, memory, and thinking. Aaron Beck drew on research about thoughts and on his work with patients to develop cognitive therapy. Cognitive-behavioral therapy combines attention to thought patterns with changes in behavior. For someone who avoids public speaking, a therapist might help test a fearful prediction and practice speaking in small steps, rather than only exploring childhood conflicts.

2 ANSWER WITH EVIDENCE

Use the passage

1. How did Wundt's method differ from the earlier study of the mind described in the passage?

2. How did Freud's work with patients differ from Skinner's experiments in the evidence each sought?

3. Why would a cognitive psychologist such as Neisser question a focus only on observable actions?

4. In the public-speaking example, how does cognitive-behavioral therapy address both thought and action?

3 YOUR TURN

Your own words

A student stops trying out for plays after forgetting a line once. In three sentences, explain how a cognitive psychologist might study the decision, how a cognitive-behavioral therapist might respond, and how one named historical figure connects to either approach.

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PART 1 · READ AND MARK

Circle each psychologist's name and underline the method or question linked to that person. Use your marks to trace how different approaches developed. Accept any marking that follows this job and points at the right text.

PART 2 · ANSWERS

#	QUESTION	ANSWER
1	How did Wundt's method differ from the earlier study of the mind described in the passage?	**Wundt used controlled laboratory experiments, while earlier philosophical questions about the mind did not rely on laboratory tests.**
2	How did Freud's work with patients differ from Skinner's experiments in the evidence each sought?	**Freud used patients' talk to interpret unconscious conflicts and early experiences. Skinner measured observable actions affected by rewards and consequences.**
3	Why would a cognitive psychologist such as Neisser question a focus only on observable actions?	**A focus only on actions leaves out attention, memory, and thinking, which cognitive psychologists study.**
4	In the public-speaking example, how does cognitive-behavioral therapy address both thought and action?	**The person tests a fearful prediction and practices speaking in small steps.**

PART 3 · YOUR TURN (SAMPLE ANSWER)

A cognitive psychologist might study how the student remembers the missed line and predicts another failure. A cognitive-behavioral therapist might help the student test that prediction by practicing a short scene before another tryout. Aaron Beck helped develop cognitive therapy, which examines how thoughts affect a person's experiences.

Accept other passage-supported comparisons and applications. For the open task, the figure must be accurately linked to the approach described.