**Approaches in Psychology-Checklist**

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| **Origins of Psychology** | * Wundt, Introspection and the emergence of Psychology as a science
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| **Learning Approaches** | * The Behaviourist including Classical Conditioning; Watsons and Pavlov’s research, Operant Conditioning and types of reinforcement.
* Social learning theory including imitation, identification, modelling, vicarious reinforcement, the role of mediational processes and Bandura’s research
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| **The Cognitive Approach** | * The study of internal mental processes
* The role of schema
* The use of theoretical and computer models to explain and make inferences about mental processes
* The Emergence of Cognitive Neuroscience
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| **The Biological Approach** | * Evolution and behaviour
* The influence of genes on behaviour - Genotype and phenotype,
* Biological structures and neurochemistry
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| **The Psychodynamic Approach** | * The Role of the unconscious
* The Structure of Personality (ID, EGO, SUPEREGO)
* Defense mechanisms including repression, denial and displacement
* Psychosexual stages
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| **Humanistic Psychology** | * Free will
* Self-actualisation and Maslow’s Hierarchy of Needs,
* The self and congruence
* The role of conditions of worth
* The influence on counselling psychology
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