

## Psychology's Perspectives

Perspective	Focus	Sample Questions
<b>Biological</b>	How the body and brain enables emotions, memories, and sensory experiences; how genes combine with environment to influence individual differences	How are messages transmitted in the body? How is blood chemistry linked with moods and motives? To what extent are traits such as intelligence, personality, sexual orientation, and depression attributable to our genes? To our environment?
<b>Evolutionary</b>	How the natural selection of traits promotes the perpetuation of one's genes	How does evolution influence behavior tendencies?
<b>Psychodynamic/Psychoanalytic</b>	How behavior springs from unconscious drives and conflicts	How can someone's personality traits and disorders be explained in terms of sexual and aggressive drives or as disguised effects of unfulfilled wishes and childhood traumas?
<b>Behavioral</b>	How we learn observable responses	How do we learn to fear particular objects or situations? What is the most effective way to alter our behavior, say to lose weight or quit smoking?
<b>Cognitive</b>	How we encode, process, store and retrieve information	How do we use information in remembering? Reasoning? Problem solving?
<b>Humanistic</b>	How we meet our needs for love and acceptance and achieve self-fulfillment	How can we work toward fulfilling our potential? How can we overcome barriers to our personal growth?
<b>Social-cultural</b>	How behavior and thinking vary across situations and cultures	How are we — as Africans, Asians, Australians or North Americans — alike as members of human family? As products of different environmental contexts, how do we differ?



*Directions: Explain Aggression & Obesity from each of the Psychological Perspectives*

<b>Perspective</b>	<b>Aggression</b>	<b>Obesity</b>
<b>Biological</b>		
<b>Evolutionary</b>		
<b>Psychodynamic/Psychoanalytic</b>		
<b>Behavioral</b>		
<b>Cognitive</b>		
<b>Humanistic</b>		
<b>Social-cultural</b>		

