

### **Try It Yourself (page 461)**

Did you find yourself drawn to any of the five approaches? Which of the five approaches do you prefer? Why? Did you find that any of the approaches didn't appeal to you? Why not? Try to poll some of your classmates, to see their preferences. What do you conclude from these results?

*Clearly there is no right or wrong answer to this question. Some people prefer one approach over another because it appeals to the way they look at the world (e.g., people who like to look at the world in physical terms may prefer the Biological or the Behaviourist Approaches; people who like to look inward may prefer the Psychodynamic or Humanist Approaches). Or, you may have found something within an approach that resonates in you about your own personality or life experiences that lead you to prefer one approach over another. For example, if you have ever had a 'memory' that you later found was inaccurate, you may have been able to relate to some of the information provided by the Cognitive Approach. In some ways, then, the approach you prefer may tell you more about yourself than about which approach is 'best'. Good! All the approaches have merit, and your preferences indicate something about what we discussed in Chapter 1: that one's own worldview heavily influences the approach we take to studying the human being.*

**Try It Yourself (page 464)**

Assuming Robinson is right, would you rather see a scientific psychology which ignored inner experience, or a non-scientific psychology which included the study of inner experience? Why? Do you think the two can be meaningfully combined? Do you think any of the five approaches discussed in this book try to do that?

*Psychologists are divided on this question, but most agree that if scientific methods can be used along with an examination of inner experience, an ideal situation would arise for the study of the human being. This is not easy, and points out another example of the fact that this is not an ideal world. The Cognitive Approach is using the scientific method, but is trying to incorporate information on the inner experience as well, as can be seen in the use of 'think aloud' protocols and in examining how we reconstruct memories. The Humanist Approach has done some scientific research on the inner experience, but it may fall to the area of Positive Psychology (an area that owes much of its origins to humanism) to make more strides in bringing science and the inner experience together. If one can forecast the future, it seems likely that more exciting efforts will be made to do just that.*

**Try It Yourself (page 471)**

What is your cultural background? Do you think that this affects the way you view the world and the people in it? Does it affect the way you view yourself? Ask your friends with different cultural backgrounds how they think this affects their perceptions of the world, other people, and themselves. What differences and similarities among people of different cultural backgrounds emerge from your questions? What differences and similarities do you see in the way the five approaches look at culture? Do you think that culture should be considered as simply a variable, or as one of several systems of which individuals are elements?

*We are rarely aware of how much our worldview has been affected by the culture in which we identify as our background until we compare our own worldview with that of people from dissimilar backgrounds. Then it becomes clear that we often underestimate the role of culture. In multicultural societies, this can be a sad mistake since it leads to misunderstandings and the loss of potentially enriching experiences with others. Some of the approaches we have examined in this text have generally ignored the role of culture. The Biological Approach, for example, looks at our physiology, and this does not vary from culture to culture. The Behaviourist Approach regards culture merely as one factor that might have an impact on what sorts of learning experiences we have, but it does not impact on the principles of learning themselves. The Cognitive Approach takes culture into account insofar as our culture may influence what we attend to in the environment and the categories we use in forming our schemata, and perhaps, what techniques we learn to problem solve. Apart from that, this approach assumes that all human beings use the same basic processes to think. The Psychodynamic Approach, according to Freud, insists that culture does not matter, that the fundamental phenomena that Freud discussed will be found in all cultures. Some of the neo-Freudians (e.g., Karen Horney) disagreed with this, and saw a much larger role for culture. The Humanist Approach places more emphasis on the role of culture, feeling that the culture we are raised in is in a large measure responsible for the formation of our personalities.*

### **Try It Yourself (page 476)**

This book, as an introduction to psychology, is of course limited in many ways. There are probably many questions about behaviour you would like answered which this book has not discussed. What are they? Make a list. Ask classmates what questions their lists would contain. Try looking for an answer, through the references given, a library, etc.

*Many people find that they were surprised by reading a book in introductory psychology because they thought that the discipline was all about mental disorders, how to raise children, why wars start, etc. We have tried to touch on some of these areas, and we hope that we have answered some questions, even if only briefly. Other books and higher level courses build on these topics and introduce more. The area of psychology is vast; some people say that we can never fully understand ourselves or others, but psychologists will keep trying to come closer to a full understanding. Thank you for coming this far on the journey with us, and please don't stop exploring on your own—we would love to have you continue the journey!*