1. What is the difference between a paradigm and a perspective? Which is used in psychology?

2. Consider the behavior of an individual whose diet consists largely of junk food. Describe how that behavior would be explained from the psychodynamic, behaviorist, and evolutionary perspectives.

3. Psychologists turned to the perspective of behaviorism in response to the assumptions of the psychodynamic perspective. What were the assumptions of the psychodynamic perspective that the behaviorists rejected?

4. Identify the four major perspectives in psychology. Briefly describe what each perspective has to offer. How do they each take a very unique or different stance on why it is that individuals behave the way they do?

5. Define tabula rasa and empiricism. How do the two relate to each other?

6. What are the major ideas of the cognitive, behaviorist, and evolutionary perspectives? How do they differ in their explanation of behavior? Identify the primary method for each of those perspectives.

7. What is the nature-nurture controversy? How do YOU think the psychodynamic, cognitive, behaviorist, and evolutionary perspectives stand with regard to this debate? Classify each as nature or nurture and make sure you provide support for why you selected that position.

8. Why is natural selection important for evolutionary psychology?

9. In the textbook, the authors say something that seems quite peculiar. The authors say, “Two siblings are worth eight cousins.” What does that mean?

10. What are the advantages and disadvantages of committing to a particular perspective?

11. Identify any five subdisciplines (NOT perspectives) within Psychology. Make sure you briefly identify what each subdiscipline involves.

12. To understand the ‘Big Picture,’ the authors of your textbook suggest that you consider 3 questions. List these three questions and offer your opinion as to the answer to each question you present.