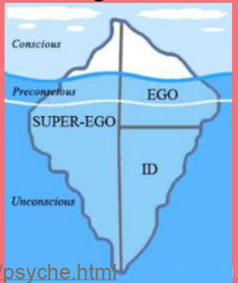




Major Schools of Psychology



School of Thought	Major Theorists	Emphasis	Major Experiments	Buzzwords!
Psychoanalytic	Sigmund Freud, Erik Erikson	Childhood experiences and unconscious mind shape personality	Dream analysis, free association and projective tests	Psychosexual stages, Id Ego superego 
Humanistic	Carl Rogers, Abraham Maslow	A person is largely shaped by free will and personal growth, <i>not</i> extrinsic factors	Questionnaires, Client-therapist relationship studies	Free will, Self actualization, Maslow's hierarchy of needs
Trait	Hans Eysenck	Personality is made up of stable traits that are consistent across a wide range of situations	Factor analysis, personality inventory	Introversion/ Extroversion Big 5 Factors
<div>  Big 5 Mnemonic: OCEAN Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism </div>				
Social Cognitive	Albert Bandura	Learning is based on social observation and a persons response is situational	 Bobo doll Major finding: children mimic violent behaviors of adults	Reinforcement, Reciprocal Determinism, Environment
Biological	William James	Personality is primarily influenced by a persons genes	Twin Studies Brain Scans	Inheritance, Physiology, Genetic Determinism
Behaviorist	Ivan Pavlov, B.F. Skinner	Behavior is shaped by conditioning and adaptation to the environment	Pavlov's Dogs Skinner Box	Classical Conditioning (stimulus/response), Operant Conditioning (reward/punishment),