

MCAT

Lec-1

Self concept → Self-aware

Existential
Separate
distinct
constant

Categorical
age skills
gender size

Carl Rogers → Humanistic

Self
-image

Self-
esteem
♡

Ideal
Self



Social Identity

Personal

Social

categorize → Identification
Behave + acting ← comparison

Self-Esteem

↓
respect one has for Self

Locus of control

internal



Didn't Study

external



Hard
Bad
Teacher

Self-Efficacy

↓
Belief in one's capability to succeed in a certain Situation

Strong

R - recover
I - interest
S - strong
E - enjoy

Weak

F - fail
A - avoid
L - lose
L - lack

- I. mastery of experience
- II. social modeling
- III. Social Persuasion
- IV. Psychological responses

LEC=3

Sigman Freud

Psychosexual
childhood
childhood 5
stages development
fixtation

Socio-
cultural
hand-on
active
Learning

Lev Vykotsky



Development

personality

Cognition

Eric Son

Psycosocial
lifespan
Conflict
8 stages

Lawrence Kohlberg

morals
3 stages. Right vs Wrong

Sigmar Freud

psychosexual development

Stage	age	Focus of Libido	Develop-ment	Adult fixtation	
oral	0-1yr	mouth	Feeding	Smoking, bite nail, overeat	OLD
anal	1-3yr	Anus	toilet training	orderliness vs messiness	AGE
phallic	3-6yr	Genitals	Oedipus/Electra	Sexual Discomfort	PARROT
Latent	6-12yr	No	Socialism skills	No	LOVE
Genital	12+....	Genitals	Sexual maturity	mentally healthy	GRAPES

ERIC ERIKSON - PSYCHOSOCIAL DEVELOPMENT


	Age	CRISIS	VIRTUE	←) outcome
1	1yr	trust vs mistrust	hope	Fear, Suspicion
2	2yr	autonomy vs shame	will	Shame
3	3-5	initiative vs guilt	Purpose	guilt / inadequacy
4	6-12	industry vs inferiority	Pride / Competence	Industrious / inferiority
5	12-18	identity vs role confusion	fidelity	rebellion
6	18-40	intimacy vs isolation	Love	isolation / unhappiness
7	40-65	generativity vs stagnation	Care	Unproductive
8	65	integrity vs despair	wisdom	Dissatisfaction

VYGOTSKY - SOCIOCULTURAL DEVELOPMENT

Social interaction → cognition

elementary MF → Higher MF
independent

Attention
Sensation
Perception
memory

1. MKO → More knowledgeable other +  ⇒ learning

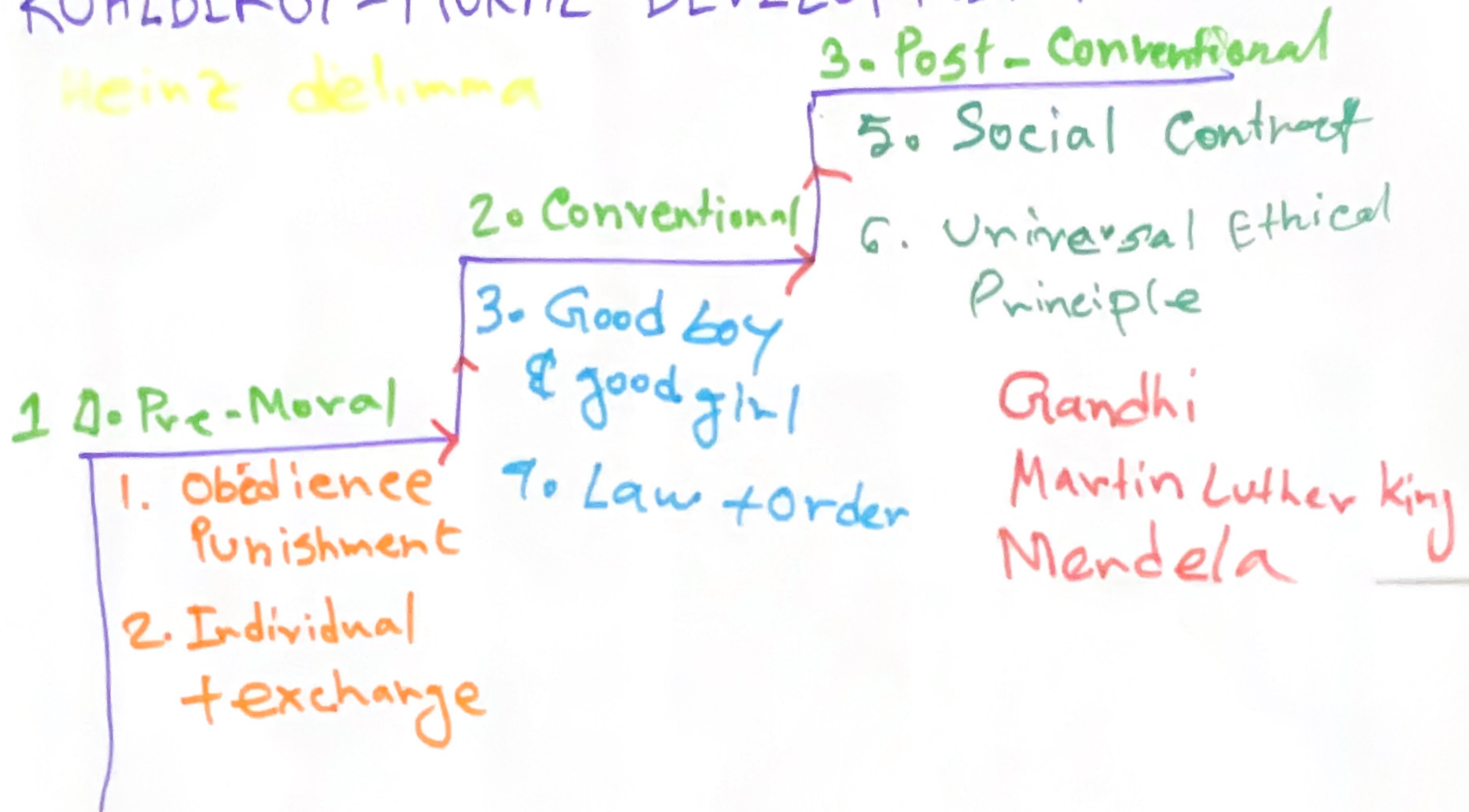
2. Zone of Proximal Development

3. Language



KOHLBERG - MORAL DEVELOPMENT

Heinz dilemma





mirer kuren

12-21
day
old

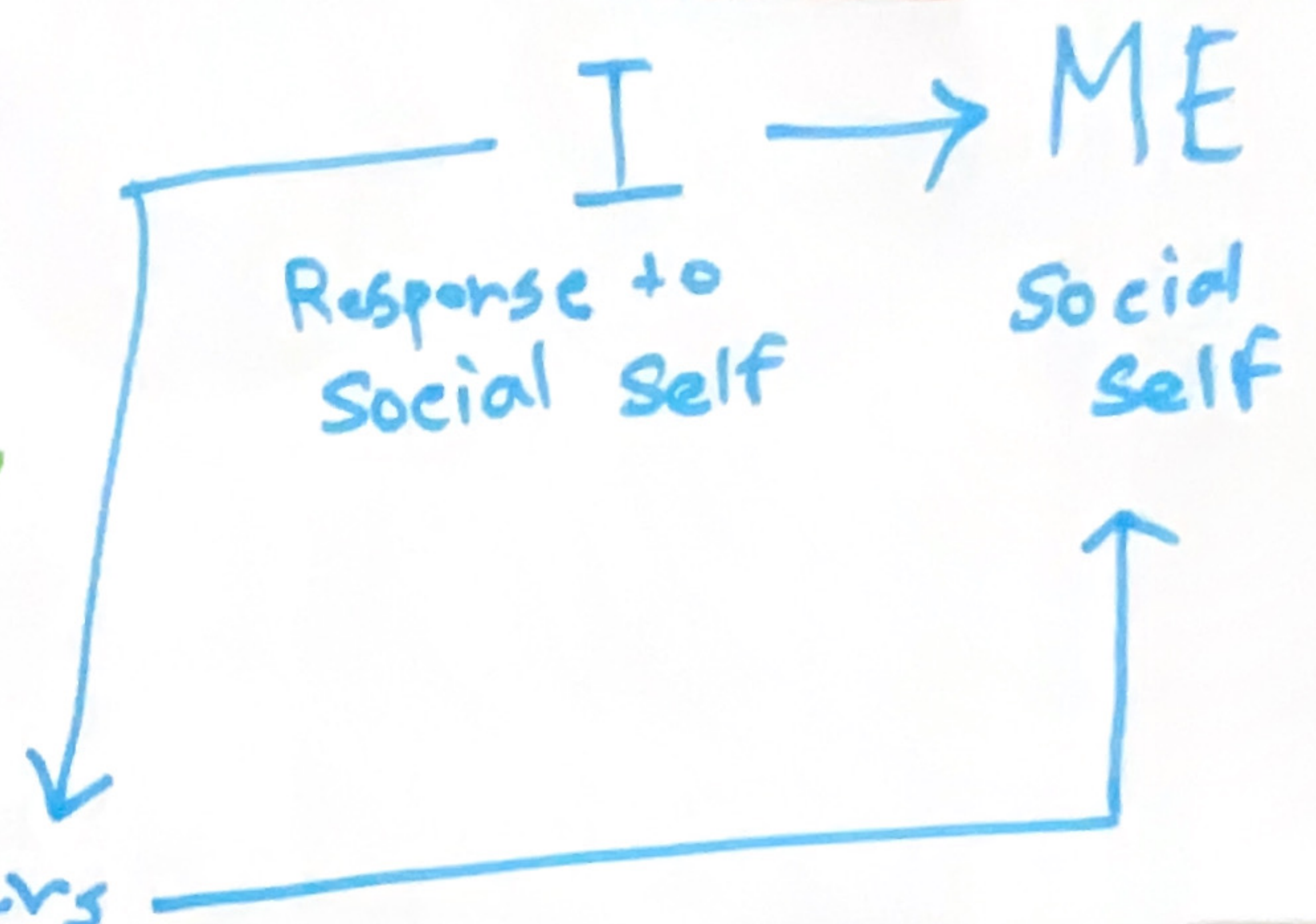


Lec-10

1. Preparatory stage
↳ limitation

2. Play stage
↳ pretend play

3. Game stage
→ Generalize others
→ multiple roles
→ Significant other



LEC-11

Looking glass theory

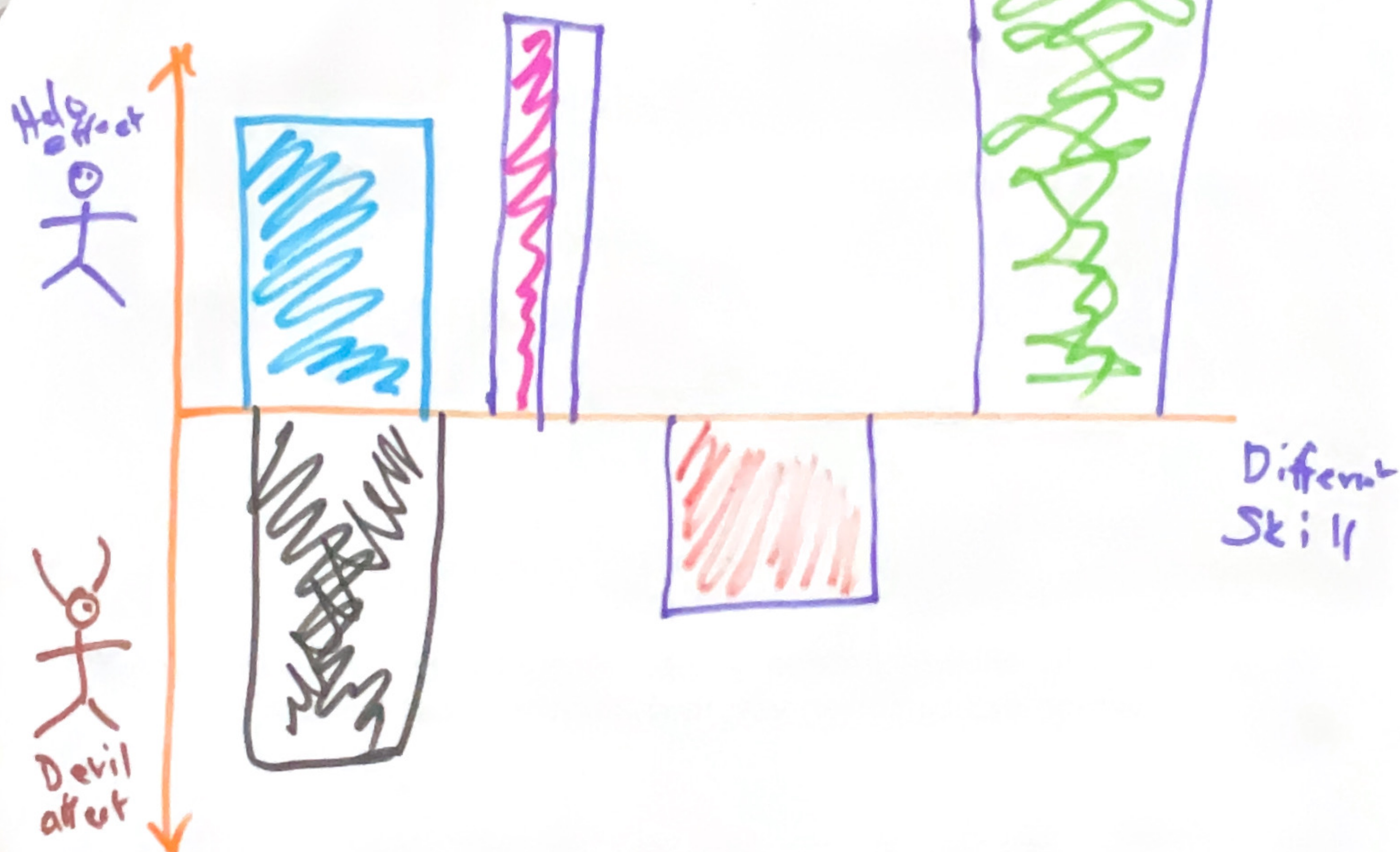
charles cooley
Looking glass self



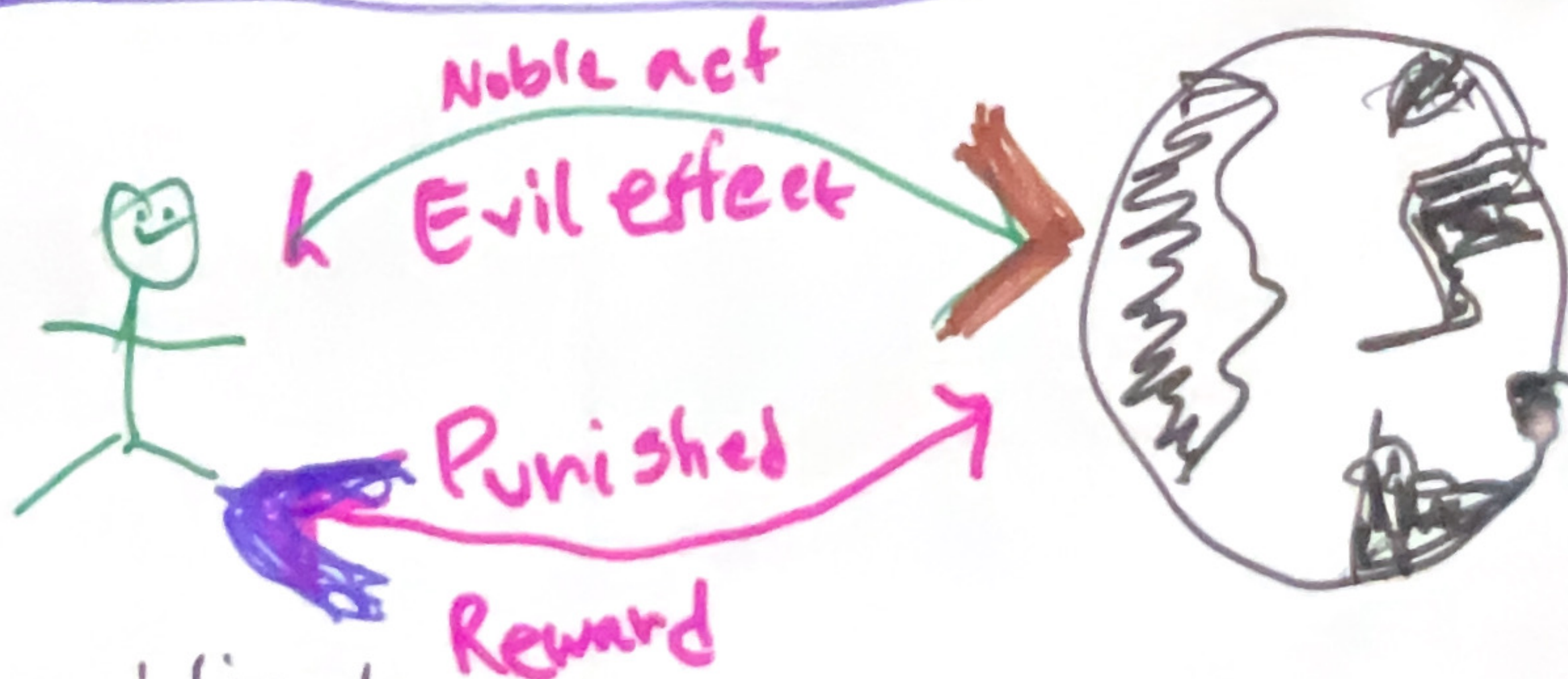
Self image

1. How do I appear to others
2. What must others think of me
3. Revise how we think about ourselves

Lesson -18



Justworld hypothesis



Imaginational Training

① Denial

②

Reinterpret Events

③ outcome

④ cause

⑤ Relationship

Less-21

Self-Esteem

Respect one
has for
self

Self-efficacy

Belief in one's
capability to
Succeed in a certain
Situation



LESS = 24

Lack of control

Learned
helplessness

too much
choice

the
dog
shock
experiment

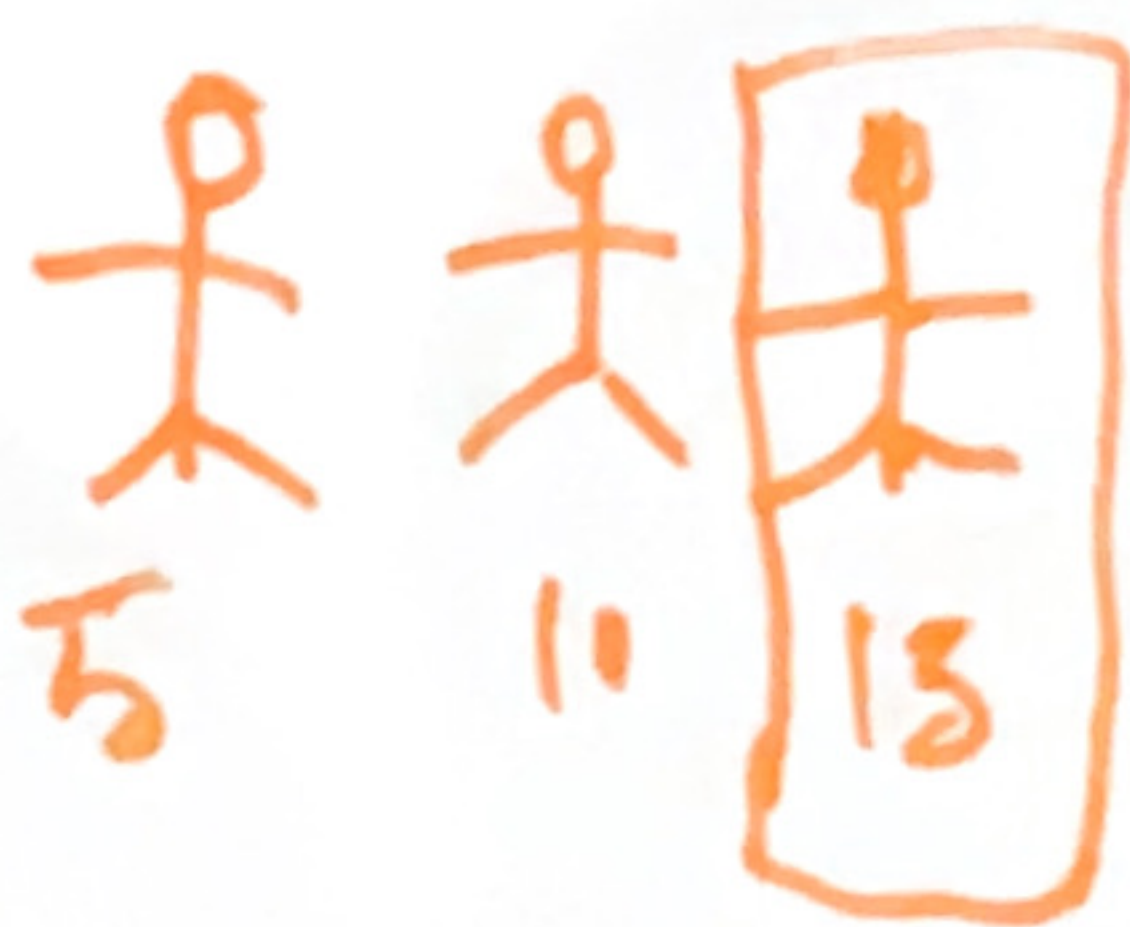


Personal control

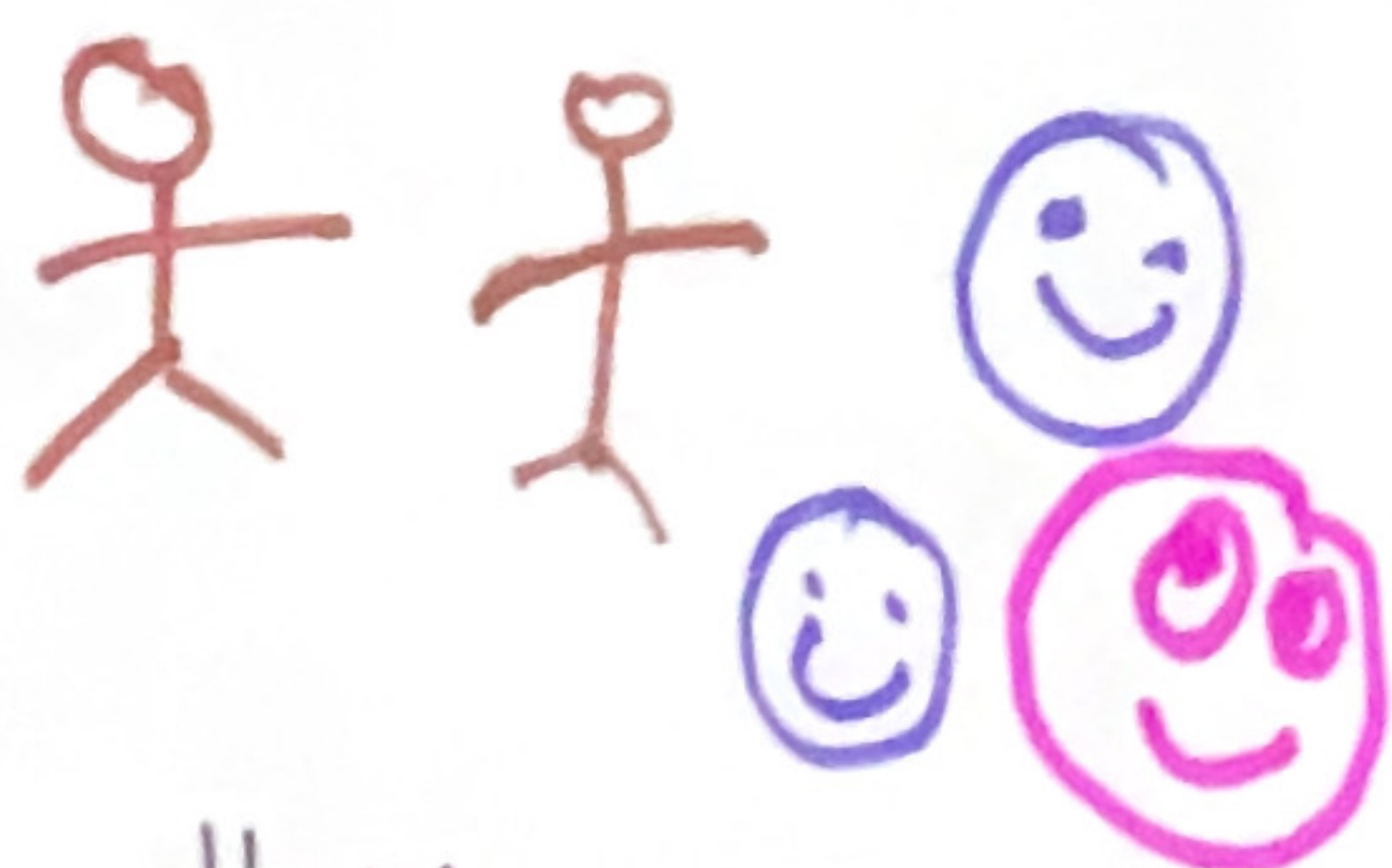
Lec-25

near exposure affect
we like people who
are around us &
we see in day to day
basis.

Study 1 →



Study - 2 →



they recognised it before.

Lec-26

Attractiveness

WOW

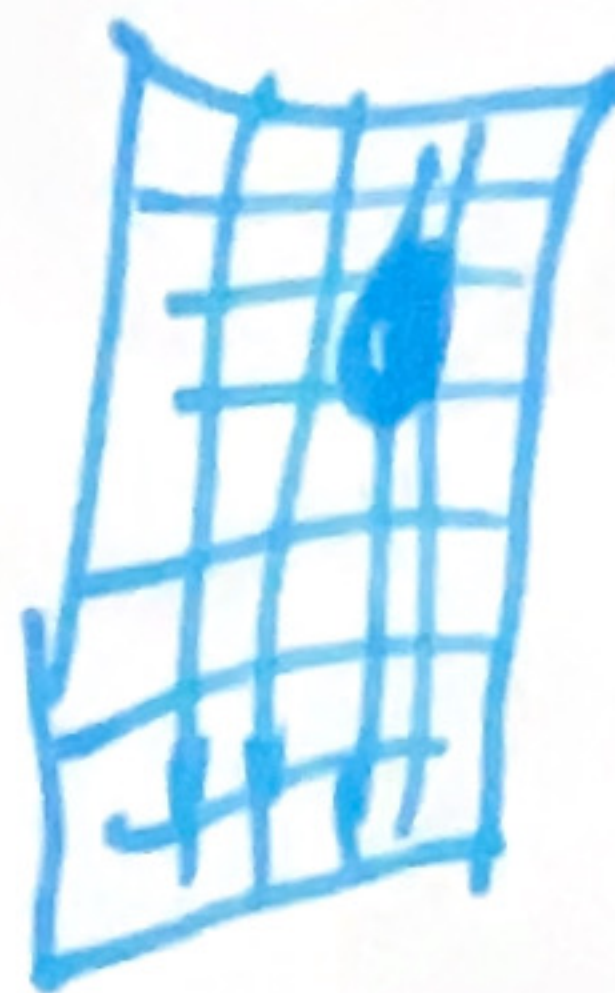
the amstment park
theory

Lec-28

Harlow monkey
experiment



food



comfort



food

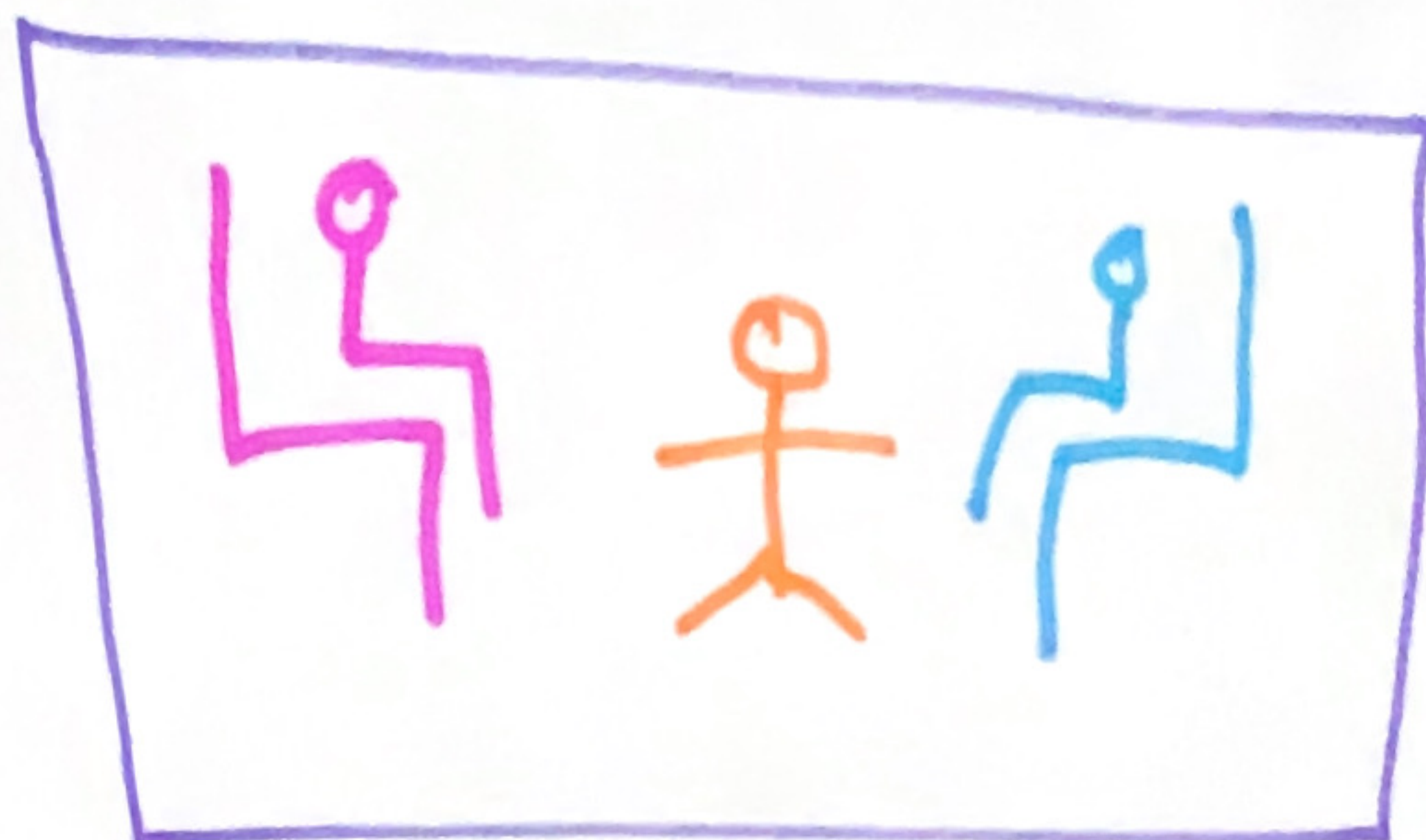


comfort



Surv -

Lec-29



⇒ when mother leave
⇒ then return

Secure attachment

Insecure attachment

Wait But why! —

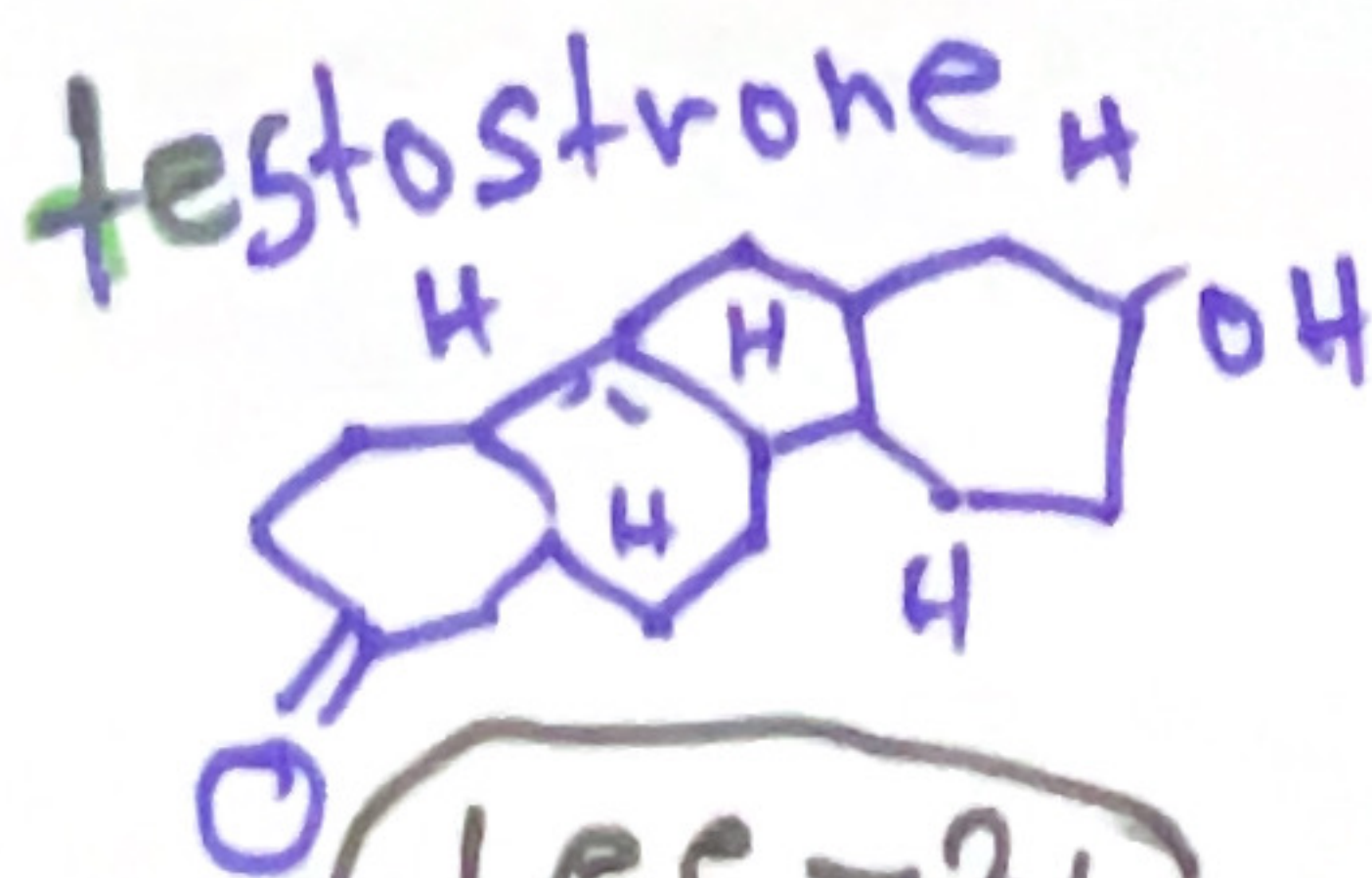
Parenting style.



Lec-30

Aggravation

Biology



Lec-31

Psychological Social-cultural

Psychological
Frustration-aggravation
Principle



Re-inforcement

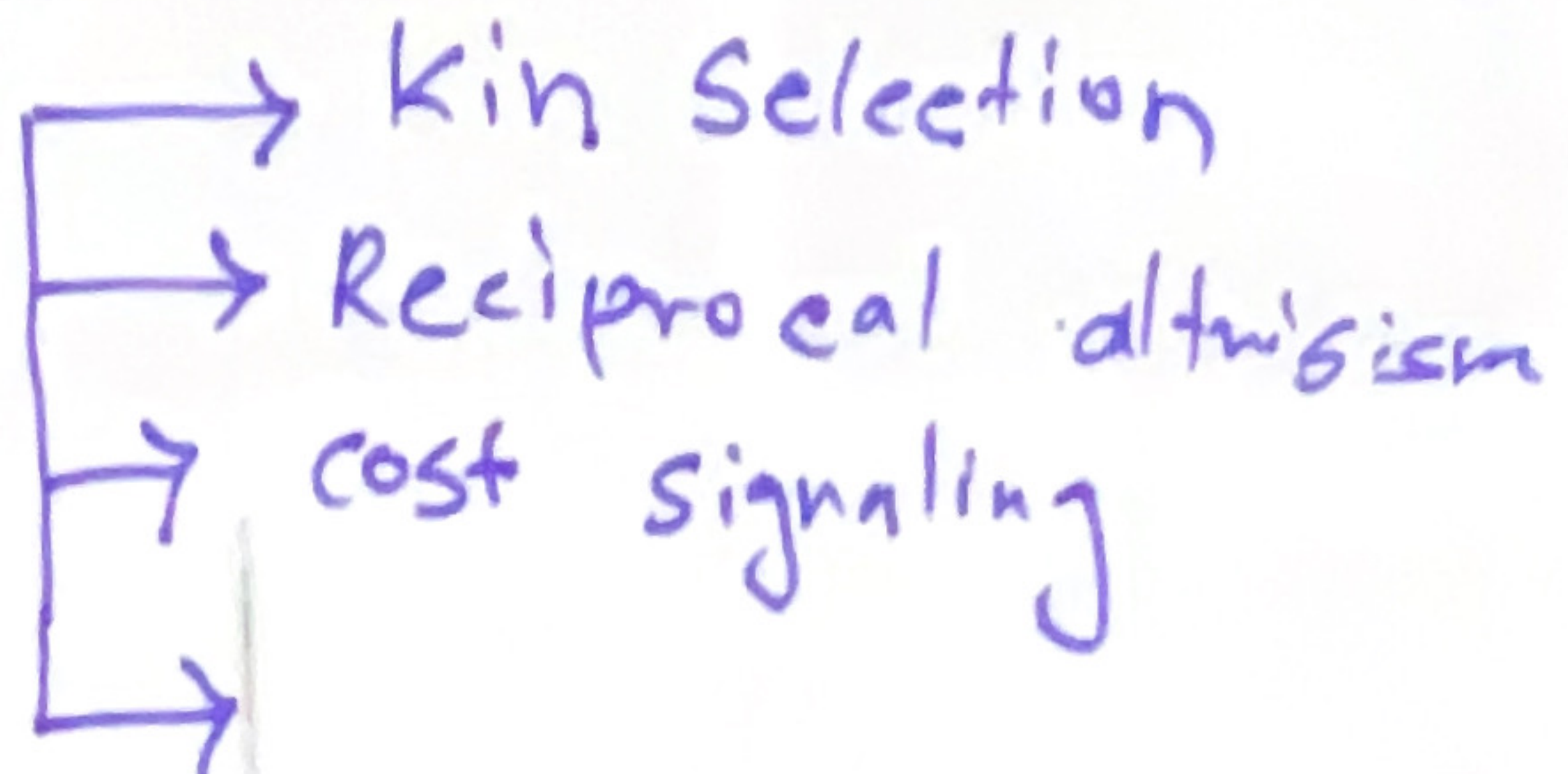
By observing



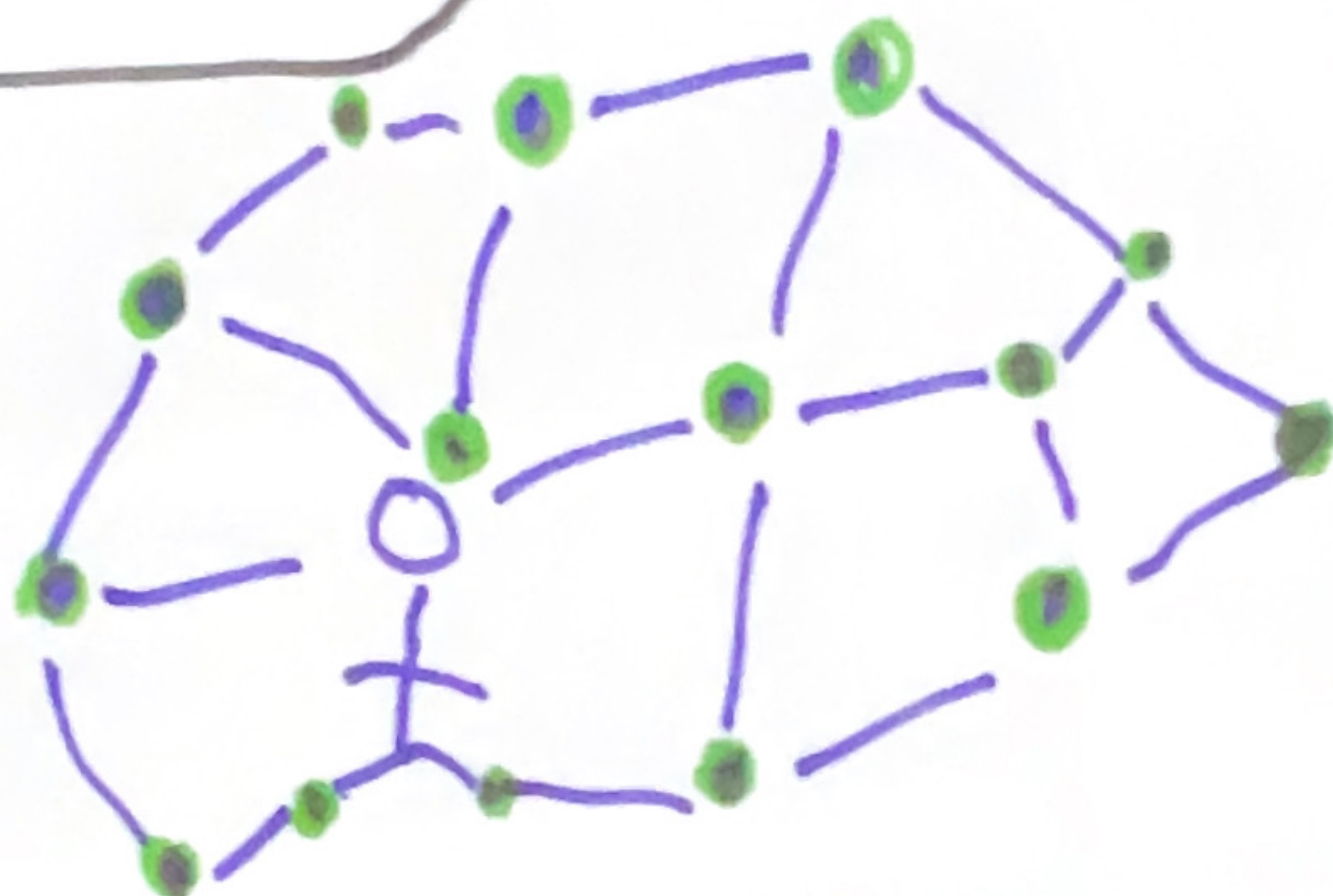
Social
Scripts

altruism

early
developmental
hypothesis



Lec-32



- emotional support →
- financial support →
- social support → alcohol/drugs
- informational support
- companionship support

Lec-33

status

Social status society

stick figure → Friend

Professor → stick figure
student

stick figure Resident

↓
members.

Lec-34

Role strain

Student

parent



worker

Role conflict

Husband

friends

Lec-35

Primary group
Secondary "

Lec-36

cultural Relativism

→ Different culture

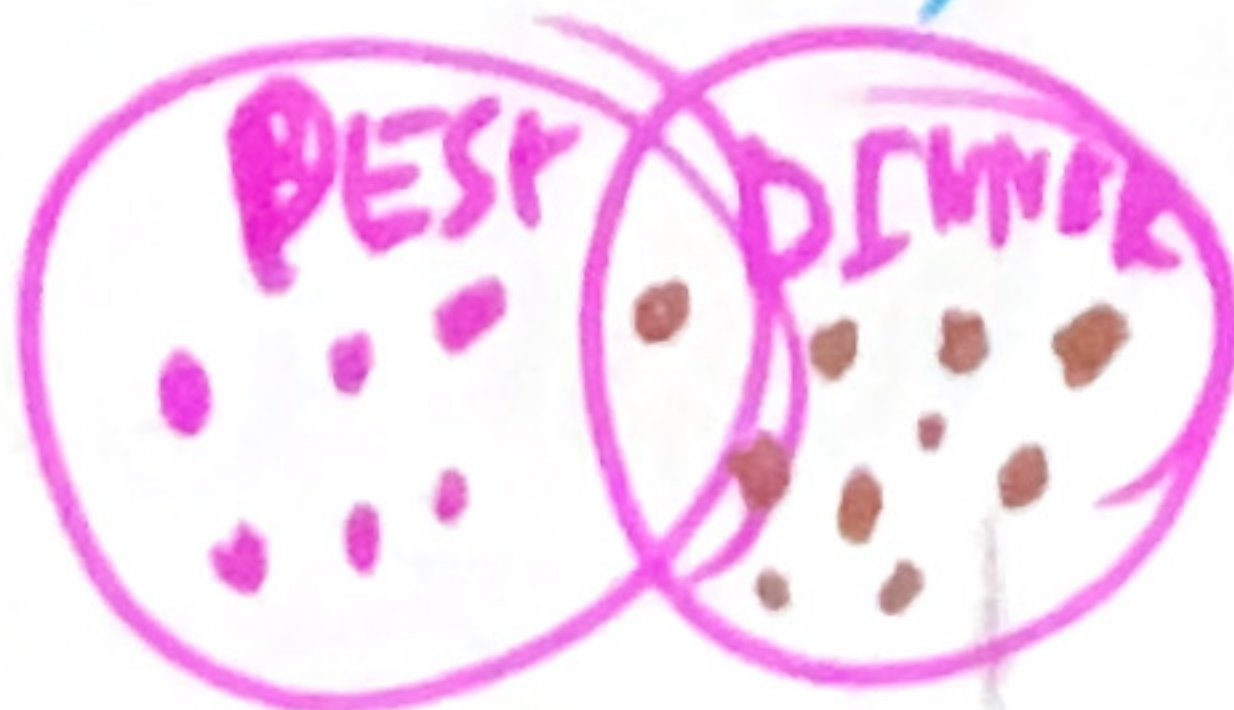
→ from their "

→ someone brought for

them

out-group

US
in-groups



Ingroup favoritism ☺ ☑

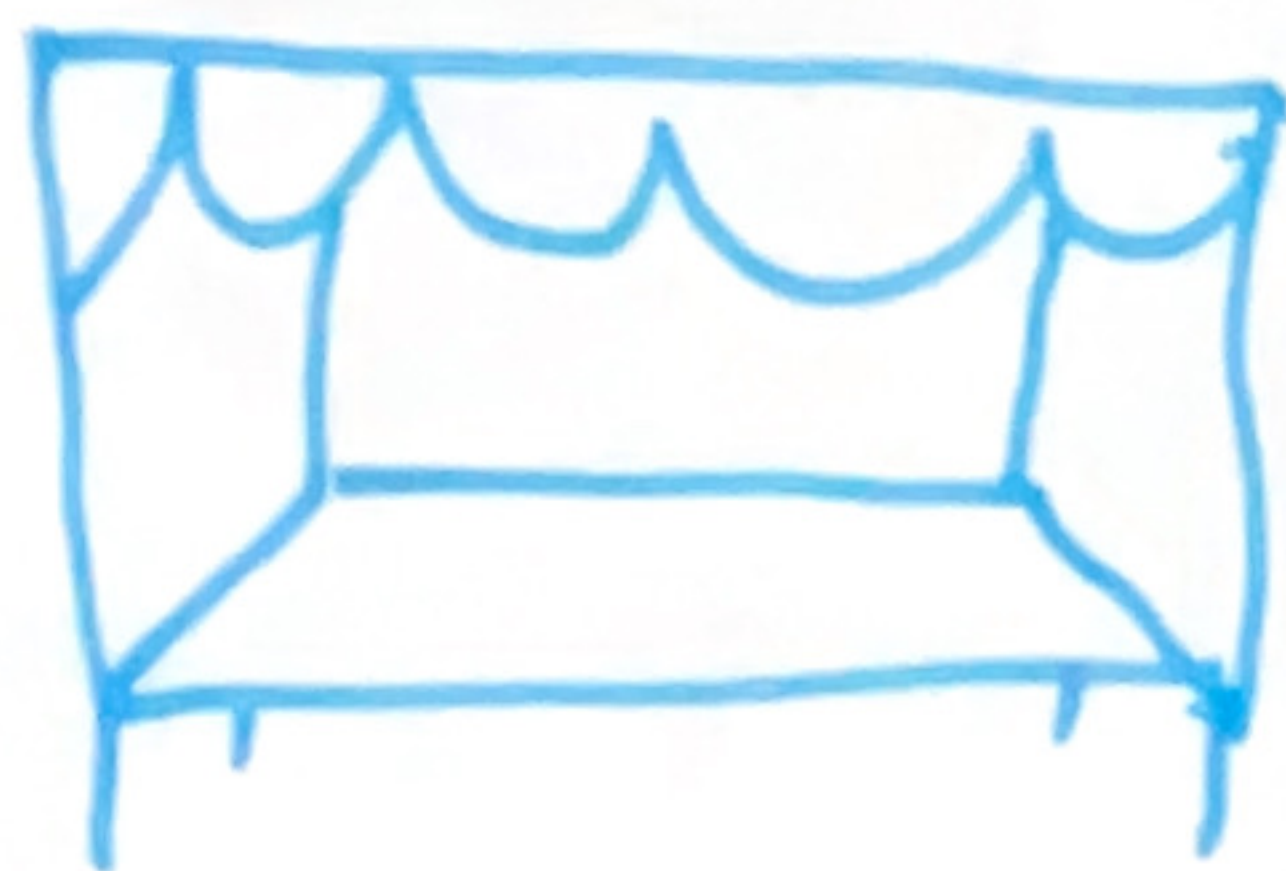
Out group derogation ☹ ☑

Group Polarization

Lec-37,
38

Goffman
DRAMATURGY

Frontstage



Back stage



Lec-44

Prejudice

Discrimination

Power

Social class

Prestige

Political
Economic ☐
Personal 🏠

♀ ♂ ♂
Just world

LEC-45

organization

Utilitarian Organization
Normative " "
Coercive "

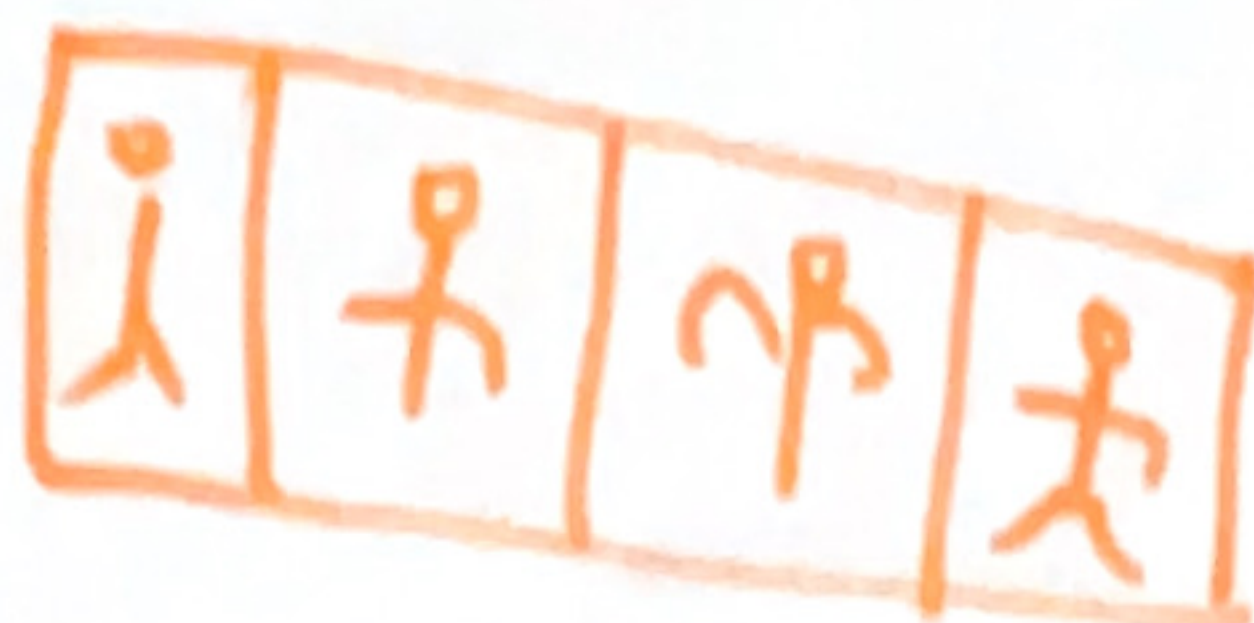
Revise

Le

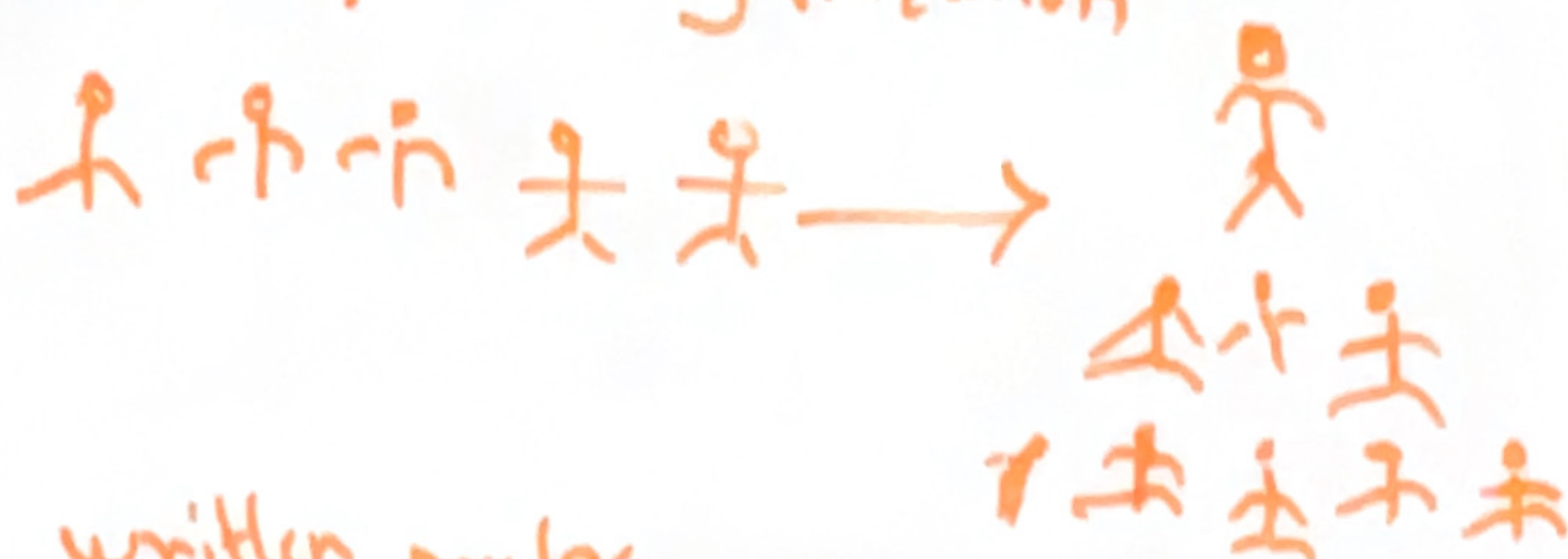
LEC-46

Bureaucracy

1. Division of labor



2. Hierarchy of organization



3. written rules & regulation

1. Impersonality

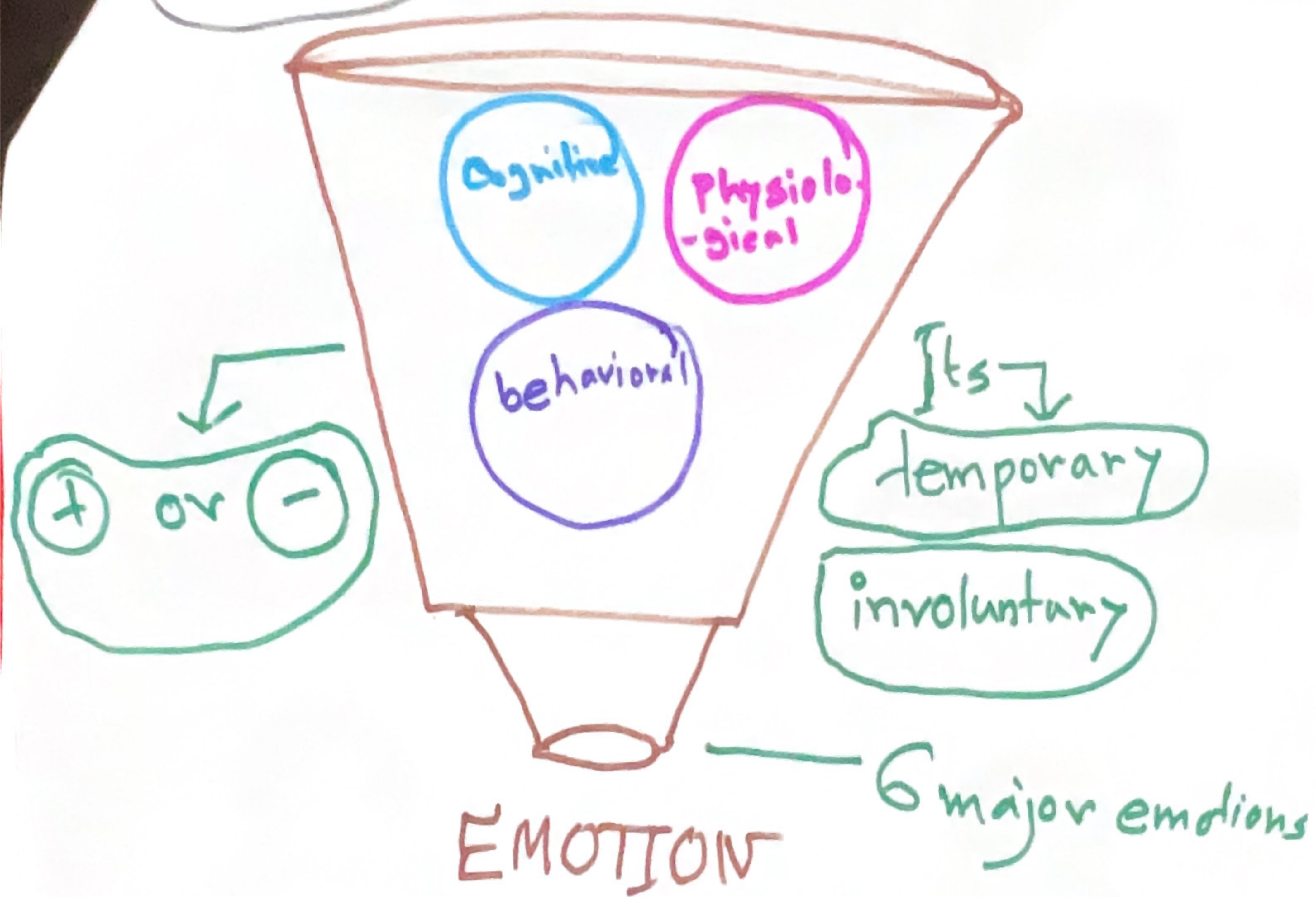
5) Employment based on technical qualification

LEC=49

1. Preparatory Stage
↳



Lec-50



Lec-51 52

animal communication

Sound, Signal, chemical
pheromones, Visuals, signal
Sing, color, dance,
far, father,
Sometimes not to communicate.

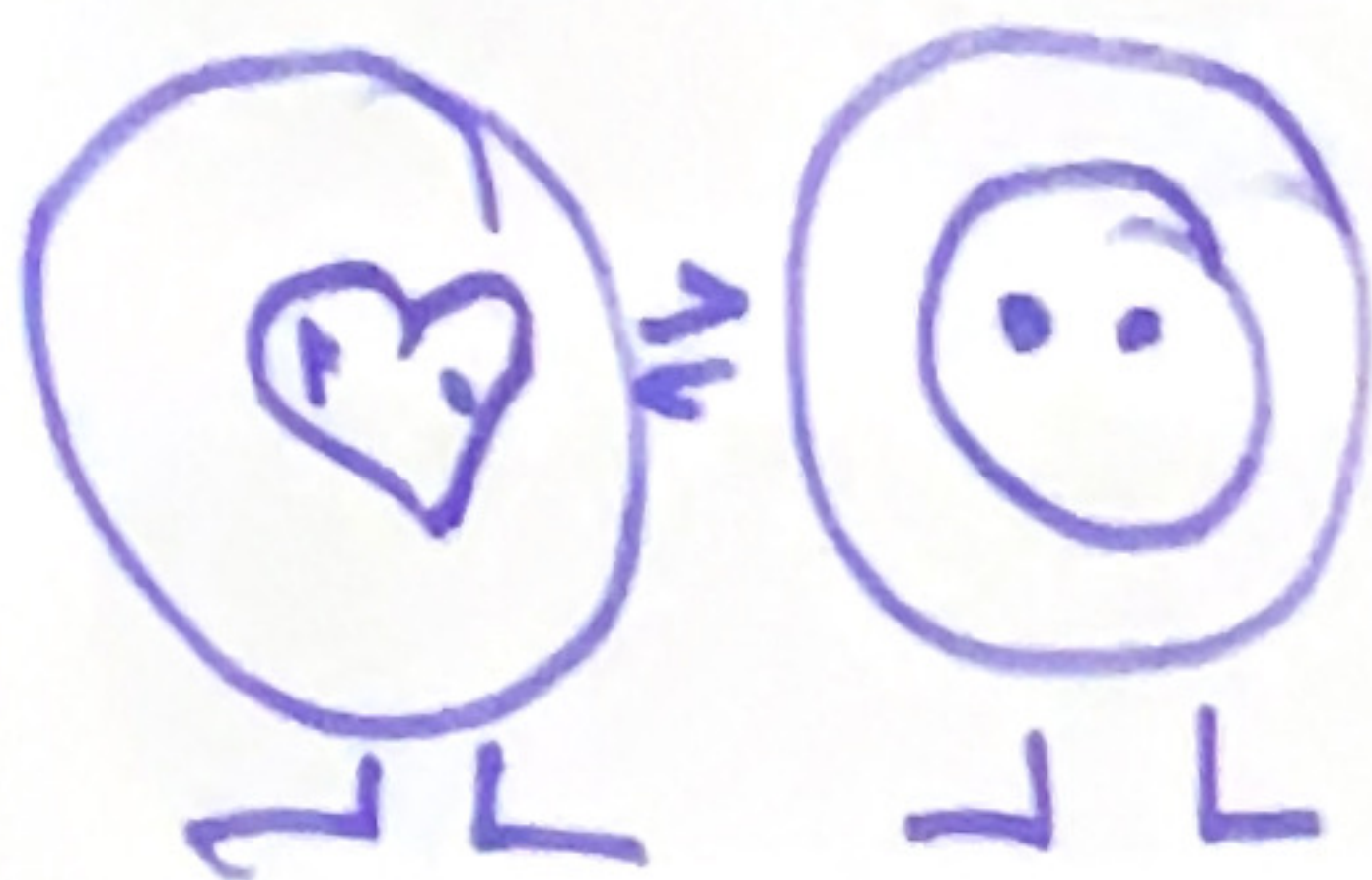
Lec-59

Animal Random
behavior
mating strategies

1. Random
mating

2. Assortative
mating

3. Disassortative
mating



Inclusive fitness

Lec=55

Game theory
on evolution