**Timeline of Psychology as a Science**

1879 – Wilhelm Wundt established the first psychology laboratory at the University of Leipzig in Germany. This is considered the birth of psychology as a science

1883 – First U.S. psychological laboratory is established and Johns Hopkins University by G. Stanley Hall (a student of Wundt’s).

1890s – William James develops the idea of **functionalism** at Harvard University. He explored how mental and behavioral processes function—how they enable the organism to adapt, survive and flourish.

1890 – Mary Whiton Calkins joins James at Harvard as a female graduate student. This is very controversial for the time. She later becomes the first woman president of the American Psychological Associaion (APA) and a pioneering memory researcher. She was denied entry as a Ph.D. student at Harvard.

1892 – Wundt’s student, Edward Titchener joined the faculty at Cornell University and develops the idea of **structuralism**. This is the use of introspection to reveal the structure of the human mind.

1899 – Sigmund Freud publishes *The Interpretation of Dreams* and later goes on to pioneer the psychodynamic approach.

1908 – Margaret Floy Washburn publishes *The Animal Mind.* She was the first woman to receive a psychology Ph.D.

1920s – John B. Watson, B. F. Skinner and others develop **behaviorism**. This is the view that psychology should be an objective science that studies behavior without reference to mental processes.

1960s – Carl Rogers and Abraham Maslow develop humanistic psychology. They both began as followers of Freud.

1960s – **Cognitive neuroscience** develops as a study of cognition’s relationship with the brain.

1996 – **Biopsychosocial approach** emerges as a way to incorporate different levels of analysis for looking at any problem. (biological, psychological, socio-cultural)

**What is a psychologist?**

Simply stated, a psychologist is an expert or specialist in psychology. However, real psychologists specialize in particular subfields. A college degree in psychology leads to some very specific subfields.

Basic research subfields

1. **Cognitive psychologists** who study thought processes and focus on areas such as perception, language, attention, problem solving, memory, and judgment.
2. **Developmental psychologists** who research age-related behavioral changes and help with education, child-care and related policies.
3. **Educational psychologists** are interested in learning. They study the relationship between learning and environments. They develop strategies for enhancing the learning process.
4. **Experimental psychologists** who investigate basic behavioral processes in humans and animals. They use experimental methodology.
5. **Psychometric and quantitative psychologists** study the methods and techniques used to acquire psychological knowledge. This involves the collection and analysis of data/research.
6. **Social psychologists** are interested in our interactions with others and how our behaviors and attitudes are influenced by other people.

Applied Research Subfields

1. **Forensic psychologists** apply psychology to legal issues often involving criminals or law enforcement.
2. **Health psychologists** are interested in how psychology can be used to promote health and prevent disease.
3. **Industrial-organizational (I/0) psychologists** study the relationship between people and their work environments.
4. **Neuropsychologists** investigate the relationship between behavior and neurological processes.
5. **Rehabilitation psychologists** work with people who have lost optimal functioning after and accident, illness or other event.
6. **School psychologists** are involved in the assessment of and intervention for children in educational settings.
7. **Sport psychologists** study the psychological factors that influence or are influenced by participation in sports and other physical activities.

Helping Professions

1. **Clinical psychologists** promote psychological health in individuals, groups, and organizations. They often specialize in specific disorders and settings.
2. **Community psychologists** deal with broad problems of mental health in community settings.
3. **Counseling psychologists** help people adjust to life transitions and make lifestyle changes.

**Psychiatrists**: Note that psychologists are different from psychiatrists. Psychiatrists are doctors of medicine who provide medical treatments (like drugs) as well as psychological therapy.