

## VIDEO SCRIPT:

Alright, so, everyone has their copy of the syllabus, right? Well, as you can see from our syllabus, for the rest of our first class, we're going to talk about the goals—the primary goals of psychology.

First let me summarize these goals. There are four of them. The first goal is to observe and describe behavior. Psychologists observe people—not just people's actions but their feelings, motivations, thoughts. Then they describe their observations to others. The second goal is to explain behavior—to explain why people act the way they do. This can be difficult. For one thing, behavior varies so much from culture to culture. The third goal is to predict, to predict how people will behave in the future. Usually, psychologists use experiments to help them make predictions. The last goal is to influence behavior. This basically means to change unhealthy behavior. One way psychologists change behavior is through positive reinforcements—by rewarding good behavior.

So those are the four main goals . . . but as we'll see, not all psychologists achieve these goals in the same way.

**PART 1: Video****A. Watch the professor's lecture and answer questions 1–6.**Questions 1–4

**Fill in the blanks to complete the lecture summary. Write one word in each space. (1 point each)**

There are four primary goals of psychology. The first is to observe and (1) describe behavior. The second goal is to (2) explain behavior. The third goal of psychology is to (3) predict behavior. And the final goal is to (4) influence behavior.

Questions 5–6

**Choose the best answer. (1 point each)**

5. According to the lecture, why is it difficult to explain people's behavior?

- A. Many people try to hide their behavior.
- B. There is often not enough time to observe behavior.
- C.** Behavior depends, in part, on culture.

6. According to the lecture, how do psychologists usually make predictions?

- A. by discussing people's past behavior
- B.** by performing experiments
- C. by reading about people's behavior

**B. Read the questions first. Then watch the lecture again. Answer questions 7–11.**

Questions 7–11

**Read the statements and choose TRUE, FALSE, or NOT GIVEN. (1 point each)**

7. This lecture is given on the first day of class.

**TRUE** FALSE NOT GIVEN

8. Some psychologists believe that there are more than four primary goals.

TRUE **FALSE** **NOT GIVEN**

9. When psychologists observe people, they only observe their actions.

TRUE **FALSE** NOT GIVEN

10. “Positive reinforcement” means rewarding people for good behavior.

**TRUE** FALSE NOT GIVEN

11. Not all psychologists use the same methods to achieve the goals of psychology.

**TRUE** FALSE NOT GIVEN

**PART 2**

Questions 12–13

**Read the excerpt from a lecture. Choose the best notes. (1 point each)**

12. “Sports psychology is increasingly popular these days. It looks at how psychological factors influence performance, and how participating in sports impacts physical and psychological factors. “

**A.**

sports psychology → popular

Explores how:

- psychological factors influence performance
- participation in sports impacts the physical / psychological

**B.**

Mentions the current and growing popularity of sports psychology.

Asks these questions:

- How do psychological factors influence performance?
- How does participating in sports impact physical and psychological factors?

13. “Through scientific study, industrial and organizational psychology identifies ways of improving an organization in terms of the workspace as well as the productivity and well-being of its employees.”

A.

Industrial and organizational psychology, through scientific study.

- Finds how to improve organizations with regard to the employees’ productivity and well-being, and also looks at ways of improving the workspace.

B.

Industrial & organizational psychology

How to improve:

- workspace
- employees’ productivity & well-being

#### Questions 14–16

**Match the sentence endings A–C with the sentence beginnings to make correct statements about note-taking. (1 point each)**

14. Don’t try to write down all the, B A. words that have the most meaning in the lecture.
15. Omit the professor’s C B. words you hear.
16. Write down the A C. words that are not very meaningful.

#### Questions 17–23

**Read the statements and put them into the correct column. (1 point each)**

Academic discussion strategy	Presentation strategy
<u>18</u>	<u>17</u>
<u>19</u>	<u>21</u>
<u>20</u>	<u>22</u>
<u>23</u>	

17. Stand up straight, and don’t slouch.
18. Let the speaker know that you’re paying attention.
19. Give everyone a chance to speak.
20. Nod your head to show that you understand or agree.
21. Look at the entire audience, not just a few people.
22. Use an appropriate number of hand gestures.
23. Actively participate and show that you’re interested.

Questions 24–25

**Read the advice. Choose which strategy it describes. (1 point each)**

24. *It's a good idea to think in advance about what you already know about the lecture's topic. You should complete any reading assignments, and then discuss them with your classmates.*

- A.** building background knowledge to help understand lectures
- B. assessing and revising your notes after a lecture
- C. showing authority and confidence when giving presentations

25. *Having read about a topic in your textbook, your professor will explain also specific details about the topic by providing additional facts and data, survey results, theories, examples, research study, etc.*

- A. learning expressions for entering a group discussion
- B. leaving out the least important words used in a lecture
- C.** recognizing the type of information included in a lecture