

Conclusion

Lecture 43

“Know Thyself”

Pausanias, *Description of Greece* (X, 24.1)

In the fore-temple at Delphi are written maxims useful for the life of men, inscribed by those whom the Greeks say were sages [who] came to Delphi and dedicated to Apollo the celebrated maxims, "Know thyself," and "Nothing in excess."



National Museum of the Thermae, Rome



THE TEMPLE AT DELPHI

“The Unexamined Life Is Not Worth Living”

Socrates (399 BCE), as quoted in Plato’s *Apology* (38a, 5-6)



David, “The Death of Socrates” (1787)
Metropolitan Museum of Art

“Cogito, Ergo Sum”
“I Think, Therefore I Am”

Descartes, *Discourse on Method* (1637)



Rene Descartes (1596-1650)

Questions for Psychology

- How Does the Mind Work?
- How Do We Use Our Minds to...
 - Solve Problems?
 - Create New Things?
 - Negotiate Our Relations with Other People?
- How Is the Mind Related to the Body?



From “Impossible Science” to a Science of Mind and Behavior



- 17th-18th Centuries

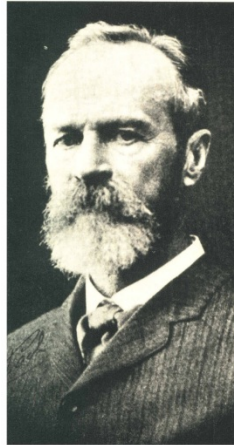
- Descartes
- Kant

- 19th Century

- Psychophysics
- Physiological Psychology

- “Higher” Mental Processes

- Memory
- Learning
- Thinking



- Beyond Cognition

- Emotion
- Motivation

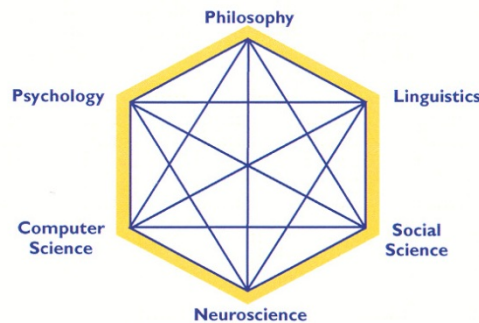
- Individual Differences

- Intelligence
- Personality
- Attitudes

- Social Interaction

- Psychopathology

- Psychotherapy



Mind as the Basis for Action

We Behave In Accordance With Our Mental Representation of the Stimulus Situation

- Cognitions
 - Perception of Present
 - Memory of Past
 - Expectations of Future
 - Inferences, Beliefs, Judgments
- Emotions
 - Affects, Feelings, and Moods
- Motives
 - Goals, Needs, and Desires

Cognition as an Active Process

- Learning
 - Information about Prediction, Control
- Sensation
 - Signal-Detection as Judgment
- Perception
 - Constructive Problem-Solving
- Memory
 - *Reconstructive* Problem-Solving
- Thought
 - Judgment Under Uncertainty

Interactions Among the Trilogy of Mind

- Cognitive Construction of...
 - Emotions
 - Motives
- Emotional and Motivational Influences on...
 - Perception
 - Memory
 - Thought
- Emotion and Motivation

Interaction of Person, Situation

- People Create Their Own Environments
 - Evocation
 - Selection
 - Behavioral Manipulation
 - Cognitive Transformation
- Reciprocal Determinism
 - Persons
 - Environments
 - Behavior

Interaction in Development

- Interaction of Genes and Environments
 - Genotypes not Decisive for Phenotypes
- Interaction of Child with Environment
 - Child as Agent of His/Her Own Development
 - Across the Lifespan, from Birth to Death
- Importance of Non-Shared Environment
 - Key to Uniqueness of the Individual

Interaction in Mental Illness

- Interaction of Diathesis and Stress
 - Biological and Psychosocial
- Genotypes not Decisive for Phenotypes
 - Importance of Nonshared Environment
- Drugs Useful, but Far from Cures
 - Magnified, Complemented by Psychotherapy
- Cognitive-Behavioral Psychotherapy
 - Focus on “Here and Now”
 - Acquire New, More Adaptive Knowledge, Beliefs
 - Behavior Change Flows from Cognitive Change

Dual Nature of Psychology

- Biological Science
 - Biological Substrates of Mental Life
- Social Science
 - Sociocultural Context of Mental Life

Mind in the Context of Biology

- Brain as the Physical Basis of Mind
 - Biological Substrate of Cognition
 - Specialized Neural Structures
- Legacy of Biological Evolution
 - Intelligence
 - Capacity for Learning, Understanding
 - Consciousness
 - Awareness, Reflection
 - Language
 - Symbolic Representation, Flexible Communication

Mind in the Context of Culture

- Assumptions About Ourselves, Universe
- Categories for Understanding Experience
- History of Previous Generations
- Cultural Institutions
- Social Rewards and Punishments
- Philosophy, Literature, Art

The Paradox of Evolution

Mind Creates the Possibility of Culture

- Conscious Awareness of What We Are Thinking
- Linguistic Communication
- Learning, Cultural Evolution Faster than Biological Evolution
 - Transcendent Mind
 - Biology is not Destiny

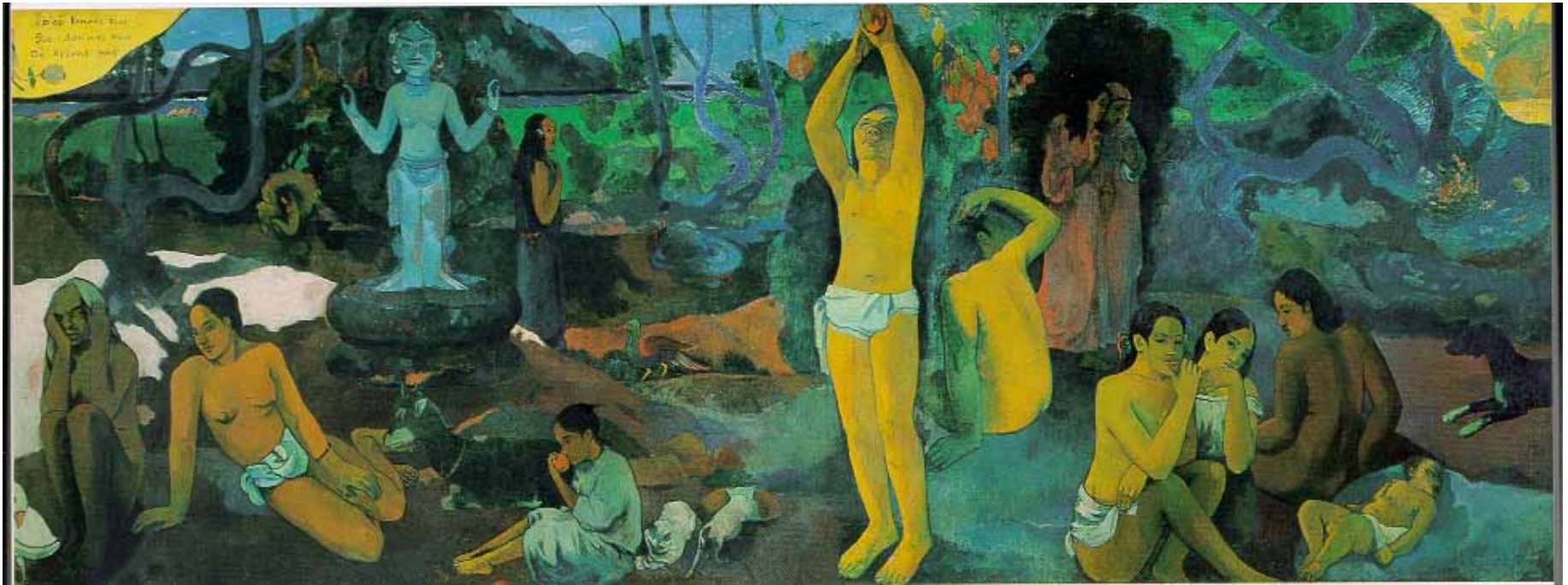
**We Evolved in the Pleistocene.
But We Live in the Anthropocene.**

Mind as the Basis of Human Freedom

- Transcend the Past
- Transform the Present
 - Make the Future

*Where Do We Come From?
What Are We?
Where are We Going?*

Paul Gauguin (1897-1898)



Museum of Fine Arts, Boston