

Recall

Understand

Apply

Analyse

Evaluate

The humanistic perspective

Map of learning outcomes for this topic (PYB1 10.1.2)

I can state & explain the **assumptions** of the humanistic perspective. ☐

I can describe Carl Rogers' **person centred psychology**, including the ideas of the ideal and actual selves, incongruence, unconditional positive regard, conditions of worth and the fully functioning person. ☐

I can discuss which **research methods** a humanistic psychologist would and would not use. ☐

I can assess the humanistic perspective in terms of its **evidence and methods** of research. ☐

I can explain what Carl Rogers' **person-centred therapy** involves and how it works. ☐

I can assess Carl Rogers' **contribution** to psychology. ☐

I can analyse examples of **real-world behaviour** using concepts from the humanistic perspective. ☐

I can evaluate the **usefulness** of humanistic analyses and explanations of behaviour. ☐

I can identify the position of the humanistic perspective on a range of major **theoretical debates** (e.g. nature/nurture etc.) ☐

I can compare and contrast the humanistic perspective with **other perspectives**. ☐

I can discuss the humanistic perspective in relation to **other perspectives**. ☐