

FIVE FINGER MNEMONIC – APPROACHES TO PSYCHOLOGY



Hitchhiker Thumb: pointing back over shoulder – looking back – **psychoanalytic**

Pointer Finger: pointing up to forehead in “thinking position” – **cognitive**



Middle Finger: sticking up – not offensive in all cultures, not an innate behavior - learned – **sociocultural, behaviorism**



Ring Finger: stand it up straight...can't stand on its own...needs support to rise to its fullest potential – **humanism**



Pinky: Pinky and the Brain – The Brain Song – **Neuroscience /Biological**

