In actuality, who storyboarded and directed the infamous shower scene in Psycho? Why was it so effective?

Saul Bass, it was effective because of the element of mystery, not overtly graphic, and it makes the audience feel like they are in the bathroom too.

Why are storyboards important?

Storyboards allow filmmakers to perform test shots

Who created storyboards and what were they initially called?

"Story Sketches, by Web Smith

How did the Wachowskis get their start and how did they meet Steve Skroce?

The Wachowskis started by writing comics, Steve Skroce worked with them on Hellraiser and Nightbreed

Compare and contrast Ridley Scott's storyboards for Alien and Martin Scorsese's storyboards for Taxi Driver.

Ridley Scott was able to enhance the universe building prior to shooting, his attention to details ended up costing the film double it's anticipated budget. Martin Scorsese hand drew the storyboards for Taxi driver to organize the film shot by shot.