

# What is Psychology?

**Psychology** is the study of cognition, affect, and behavior.

- cognition: thoughts
- affect: emotions
- behavior: actions

Psychology is a **cognitive science** that uses **empirical methods**. Or, studying the human mind and brain using the scientific method to get useful data.

*psychologists...*

describe  
predict  
explain  
change

## 5 major perspectives in psychology

A **perspective** (also called **approach**) is a clump of assumptions about humans. There are countless perspectives.

<b>humanistic</b>	how does our free will affect behavior?
<b>cognitive</b>	how does our thoughts affect behavior?
<b>psychodynamic</b>	how does our unconscious affect behavior?
<b>biological</b>	how does our biology affect behavior?
<b>behavioral</b>	how does the environment affect behavior?

*humans consider pseudo biology beastly*

# General Psychology

**RJ Shavelson**



## **General Psychology:**

## Decoding **General Psychology**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**General Psychology**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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