

# 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

**M Lipman**



## **General Psychology:**

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