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Four goals of psychology pdf

An introduction to the systematic study of human cognition, emotions and behaviour with an emphasis on the scientific method. Fundamentals of behavior, learning, conditioning, development, cognitive processes, perception, emotions, personality and psychopathology are among the areas of content studied. Particular attention shall be paid to the use of the scientific method for human nature study. Students successfully completing the course will demonstrate a general understanding of the knowledge established in these fields, as well as the methods used by psychologists to acquire this knowledge. At the end of this course students will be able to: 1. Describe key concepts, theories, people and themes within the history of psychology, behavioral neuroscience, human development, sensation and perception, conditioning and learning, human memory, cognition and intelligence, motivation and emotion, human sexuality, personality, psychological disorders, and social behavior. 2. Describe the research method used in each area. 3. Apply key concepts in each area to new situations. 4. Apply the scientific method to the study of human behavior. 5. Identify applications of psychology. 6. Reflect on the use of scientific reasoning to interpret psychological phenomena Adding an instructor-signed certificate with the institution's logo to check your performance and increase your job opportunities Fat to the certificate to your RESUME or resume, or post it directly on LinkedIn Give yourself an extra incentive to complete the course EdX, a non-profit, relies on verified certificates to help fund free training for everyone globally There are many different subspecialties in psychology and dozens (and sometimes hundreds) of different kinds of jobs a person can do within each one. Here are some of the more well-known areas of psychology, as well as some careers in these disciplines: Social Psychology How does a person fit with the rest of the world and how does it affect human behavior to be part of a group? These are the kinds of questions that are explored in social psychology. Mob mentality, a term for what happens when people are part of a group and experience a loss of individual identity and become less likely to follow normal limitations and inhibitions, is an example of a concept studied in social psychology. (25) Social psychologists may work for universities or government to conduct research on how social influence, perception and interactions with others affect human behavior. These specialists can also work in a number of private sector areas, including marketing, politics and human resources. (26) Forensic Psychology Thanks to shows like CSI and Criminal Minds, psychology is more well known than other many specialties in this science. Forensic psychology uses research in clinical, cognitive, cognitive, social psychology to the legal arena and could include psychological assessment of persons accused of crimes, threat assessment for custody evaluations, or competency evaluations. (27) Learn more Cognitive psychology This field focuses on how people think as well as their ability to understand, interpret and retain different kinds of information. There is a great variety in the kind of things a cognitive psychologist can study; a few examples of the different options include how we learn new concepts and languages, how to deal with learning disabilities, how people and computers interact, the distribution of mental processes that happen in diseases like Alzheimer's, or the healing power of music therapy. (28) Sports Psychology Sports psychologists can help athletes and teams in a wide range of settings and levels of competition, from the minor league to the Olympic games. These experts specialize in sports specific psychological assessment and mental skills training to help athletes train and perform better in the competition. Sports psychology also includes counseling and clinical interventions on topics such as motivation, eating disorders, depression, burnout, and career transitions. (29) Learn the more humanistic psychology of humanistic psychology based on the study of human strengths and what psychotherapy techniques can help a person to function better, or live their best life. Based on Abraham Maslow's teachings and theories, this field chooses to focus on the positive and see people as inextricably good. Counseling and therapy are a main focus in this area, and people who study this often work as therapists or social workers. This branch of psychology is sometimes criticized because it relies heavily on the subjective experiences of individuals, making collecting and recording evidence in a traditional scientific way difficult. (30) Positive Psychology The term positive psychology was first coined by Martin E.P. Seligman, PhD, former president of the American Psychological Association, and Mihaly Csikszentmihalyi, PhD, a psychology professor at Claremont Graduate University in California. Dr. Seligman and Dr. Csikszentmihalyi believed that modern psychology focused too much on treating mental illness rather than promoting mental health; their goal was to create a field that focused on how people's strengths and virtues could improve their well-being. Although positive psychology and the psychologists who promote it are often highlighted in popular media, critics point to a lack of hard evidence linking a positive outlook with better health outcomes. Sceptics fear that people with diseases like cancer or depression may blame themselves for not having the right mindset if they don't get better. (31) A closer analysis of many including a meta-analysis published in May 2019 in PLoS PLoS suggests that the benefits of positive psychology benefits are often exaggerated. (32) Evolutionary psychology This field considers human behavior, thoughts and emotions through the lens of how humans have had to evolve over time to adapt and survive over time; the way we compete, connect, and collaborate can all be explained by our basic drive to survive and pass on our genes. This specialty emerged in the late 1980s as a synthesis of results in several fields, including etology (the scientific study of animal behavior), cognitive psychology, evolutionary biology, anthropology and social psychology. (33) Jobs in evolutionary psychology may vary from work in museums or zoos, resource management, research or as a professor. Target setting can result in serious tunnel vision... The independent, trusted guide to online education for over 22 years! Copyright ©2020 GetEducated.com; Approved Colleges, LLC All Rights Reserved Earn an online Associate of Science degree in Psychology through Colorado Christian University online. This program introduces students to the field of psychology through the integration of faith into the study of human behavior. Courses will cover topics including but not limited to: Prejudice Stereotyping Human and group behavior Develop skills in critical and creative thinking, as well as a basic understanding of influences to human needs, values and beliefs. Students bringing previous military, technical or college credit may be eligible to complete this program in less than two years. Graduates with this degree can find pursuable, entry-level pathways in psychology, from case work to working with the disabled or elderly. Students are encouraged to continue their education to improve academic opportunities, and apply credits from that degree to a BS in applied psychology, and on to an MA in clinical mental health counseling from CCU.% Online 100% Online High School or Equivalent Official High School Transcript/GED Score Copyright ©2020 GetEducated.com; Approved Colleges, LLC All rights reserved The independent, trusted guide to online education for over 22 years! Copyright ©2020 GetEducated.com; Approved Colleges, LLC All rights reserved Psychology helps improve learning, job performance, public institutions and relationships. The ultimate end of psychological research is to promote optimal behavior and mental activity. The first step is to understand how the mind works and why people act the way they do. Psychology strives to explain the relationship between people and their environment. It looks at the different ways interact with each other under different circumstances, and it studies how people change over time. A part of psychology is to predict these trends. Psychologists know that their observations are correct and their theories are correct when they successfully predict human behavior under controlled variables. A proper understanding of what moves people enable efforts to change habits and thought patterns. Psychologists work for the benefit of humanity and not just to acquire existing knowledge. Their research has the ultimate goal of improving people's lives. Psychological research, for example, is used to help people better their communication skills, eliminate self-destructive patterns, such as substance abuse, and develop improved learning techniques. Psychologists also provide consulting services in the justice system to decide cases and determine proper sentences. Gary Waters/Getty Images Psychology is the study of mind and behavior. This includes the biological influences, social pressures and environmental factors that influence how people think, act and feel. Gaining a richer and deeper understanding of psychology can help people gain insight into their own actions as well as a better understanding of other people. Psychology is a broad and diverse field that includes the study of human thinking, behavior, development, personality, emotions, motivation and more. As a result, a number of different sub-areas and special areas have emerged. The following are some of the most important areas of research and application in psychology: Abnormal psychology is the study of abnormal behavior and psychopathology. This specialty area is focused on the research and treatment of a number of mental disorders and is linked to psychotherapy and clinical psychology. Biological psychology (biopsychology) studies how biological processes affect the mind and behavior. This area is closely related to neuroscience and utilizes tools like MRI and PET scans to look at brain damage or brain abnormalities. Clinical psychology is focused on the assessment, diagnosis and treatment of mental disorders. Cognitive psychology is the study of human thought processes, including attention, memory, perception, decision-making, problem solving, and language acquisition. Comparative psychology is the branch of psychology involved in the study of animal behavior. Developmental psychology is an area that looks at human growth and development over life, including cognitive abilities, morality, social function, identity and other life areas. Forensic psychology is an applied area focused on using psychological research and principles in the legal and criminal justice system. Industrial-organizational psychology is an area that uses psychological research to improve work performance and select employees. Personality psychology focuses on understanding how personality develops, as well as patterns of thoughts, behaviors and characteristics that make the individual psychology focuses on group behaviour, social influences on individual behaviour, attitudes, prejudice, conformity, aggression and related topics. The most obvious application for psychology is in mental health, where psychologists use principles, research and clinical outcomes to help clients manage and overcome symptoms of mental illness. Some of the additional applications for psychology include: Development of educational programs Ergonomics Informer public policy Mental health care Performance enhancement Personal health and wellbeing Psychological research Self-help Social program design Forstanding children's development It is hard to capture everything that psychology includes in just a short definition, but topics such as development, personality, thoughts, emotions, emotions, emotions, motivations and social behavior form just part of what psychology seeks to understand, predict and explain. Psychology is both an applied and academic area that benefits both the individual and society as a whole. Much of the psychology is devoted to diagnosing and treating mental health problems, but that's only the tip of the iceberg when it comes to the impact of psychology. Some of the ways that psychology contributes to individuals and society include: Improving our understanding of why people behave as they do as well Under the various factors that can affect the human mind and behavior Concentration issues that affect health, daily life, and well-being Improving ergonomics to improve product design Openiverse safer and more efficient workplaces Helicating people to achieve their goals Improving productivity Psychologists accomplish these things using objective methods scientifically to understand, explain and predict human behaviour. Psychological studies are very structured, starting with a hypothesis that is then empirically tested. There's a lot of confusion out there about psychology. Unfortunately, such misconceptions about psychology abound in part thanks to stereotypical portrayals of psychologists in popular media as well as the various career paths of those who hold psychology degrees. Sure, there are psychologists who help solve crimes, and there are plenty of professionals who help people deal with mental health problems. But there are also psychologists who: Help create healthier workplaces Design and implement public health programs Research aircraft safety Help design technology and computer programs Employing military life and the psychological consequences of combat Wherever psychologists work, their primary goal is to help describe, explain, predict and influence human behavior. Early psychology evolved out of both philosophy and biology. The discussions on these two topics go back to the early Greek thinkers, including Aristotle and Socrates. Word itself is derived from the Greek word psyche, literally meaning life or breath. Derived meanings of the word include soul or self. The emergence of psychology as a separate and independent field of study really arose when Wilhelm Wundt established the first experimental psychology lab in Leipzig, Germany in 1879. Throughout the history of psychology, various schools have formed to explain the human mind and behavior. In some cases, certain schools of thought rose to dominate in psychology for a period of time. The following are some of the great schools of thinking in psychology. Structuralism: Wundt and Titchener's structuralism was the earliest mindset, but others soon began to emerge. Functionalism: The early psychologist and philosopher William James was associated with a mindset known as functionalism, which focused its attention on the purpose of human consciousness and behavior. Psychoanalysis: Soon, these first mindsets gave way to more dominant and influential approaches to psychology. Sigmund Freud's psychoanalysis focused on how the unconscious mind influenced human behavior. Behaviorism: The behavioral mindset turned away from looking at internal influences of behavior and tried to do the psychology study of observable behaviors. Humanistic psychology: Later, the humanist approach focused on the importance of personal growth and self-realization. Cognitive psychology: In the 1960s and 1970s, the cognitive revolution spurred the study of internal mental processes such as thinking, decision-making, language development and memory. While these schools of thought are sometimes perceived as competing forces, each perspective has contributed to our understanding of psychology. As you can see, while psychology can be a relatively young science it also has a huge amount of both depth and breadth. Assessment, diagnosis and treatment of mental illness are core interests in psychology, but psychology encompasses much more than mental health. Today, psychologists seek to understand many different aspects of human mind and behavior and add new knowledge to our understanding of how people think, as well as develop practical applications that have an important impact on everyday life. Psychology works to help people improve their individual well-being and thrive in an increasingly complex world. Thank you for your feedback! What are your concerns? Verywell Mind uses only high-quality sources, including peer-reviewed surveys, to support the facts in our articles. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable and trustworthy. American Psychiatric Association. Diagnostic and statistical manual for mental disorders, 5. Washington, DC: Author; 2013. Hothersall D. History 4. New York: McGraw-Hill; 2003. 2003.

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