



INTRODUCTION TO PSYCHOLOGY

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What is Psychology

Psychology is the scientific study of our thoughts, feelings and behaviors

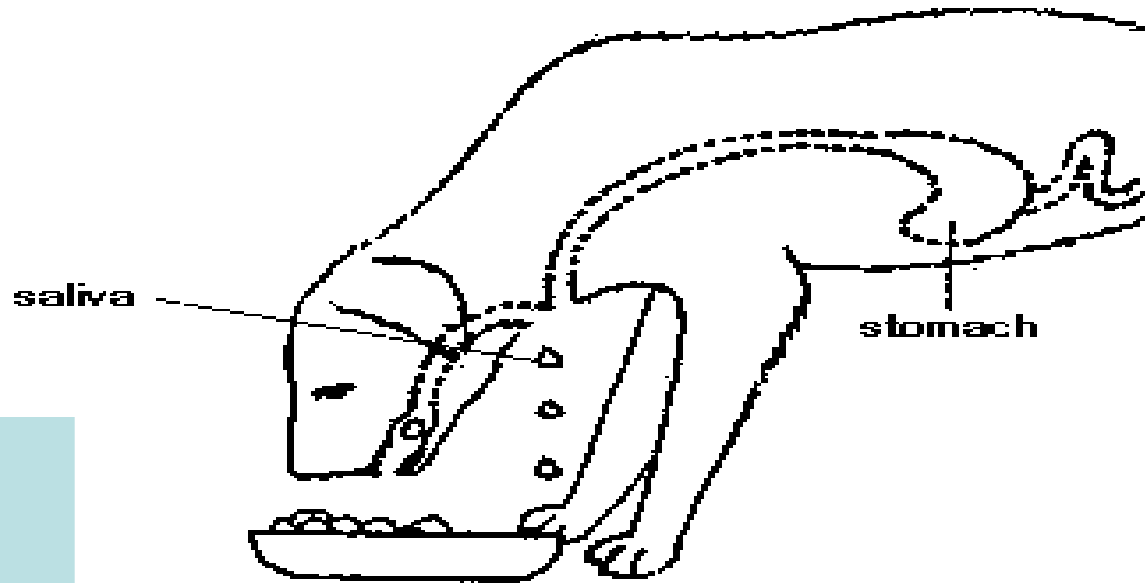


Schools of psychology

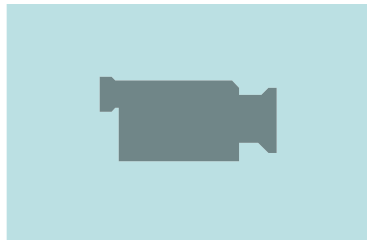
- Many
- They try to explain human behavior according to their theories of underlying causes of human behavior

Behavioral school

Behavioral
how our behavior
the environment

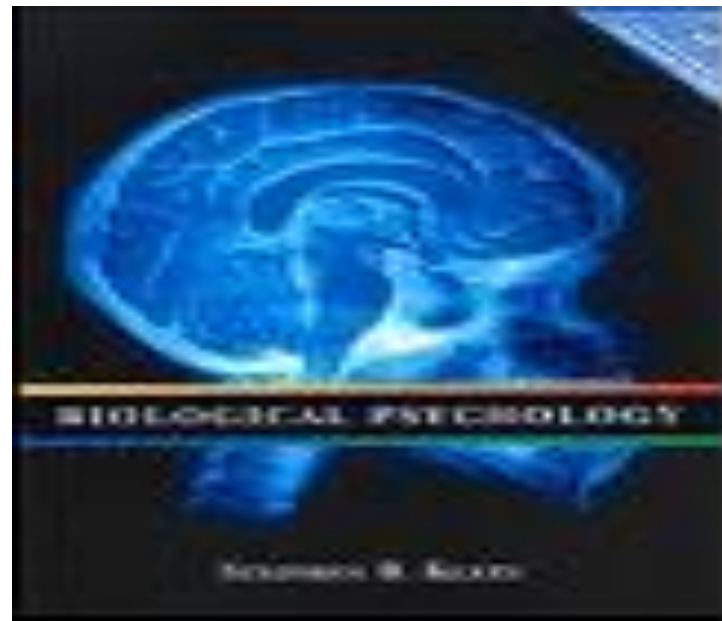


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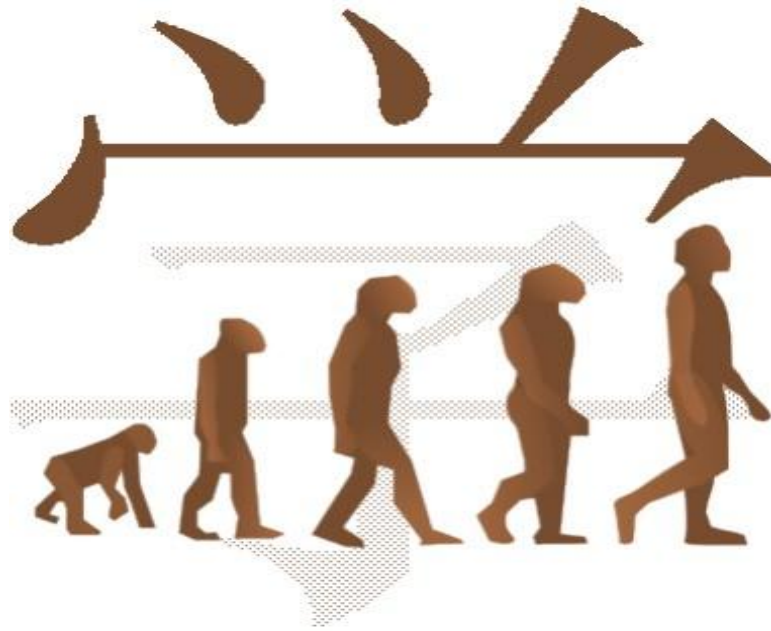
Biological school

- **The biological approach believes us to be as a consequence of our genetics and physiology. It is the only approach in psychology that examines thoughts, feelings, and behaviors from a physical point of view.**



Evolutionary

- Evolutionary psychology focus on how evolution has shaped the mind and behavior.



Developmental

Developmental psychology is the study of human development, is the study of psychological changes that occur in human beings as they age.



Developmental psychology is also known as Human Development, is the study of progressive changes that occur in human beings as they age.

Psychodynamic

- **Sigmund Freud was the founder of the psychodynamic approach to psychology. This school of thought emphasized the influence of the unconscious mind on behavior.**



Cognitive

- **Focus on our information processes of perception, attention, language, memory, and thinking, and how they influence our thoughts, feelings and behaviors.**

