

Learning Goals

Chapter 1: Psychology in Your Life



Why is Psychology Important in Your Life?

- 1.1 Describe the three critical aspects of psychology.
- 1.2 Summarize the six strategies for learning how to learn.
- 1.3 Describe the three steps in critical thinking.

What Key Principles Guide Psychology Today?

- 1.4 Explain why psychology is relevant to your personal and professional life.
- 1.5 Explain how the five domains of psychology work together to provide rich insight into psychological processes.
- 1.6 Describe diversity and identify three ways that diversity is increasing in psychology.

How Do You Benefit from Psychological Research?

- 1.7 Summarize the four ethical principles that guide psychologists in their research.
- 1.8 Summarize the five stages of the scientific method.
- 1.9 Explain the three types of descriptive methods used in research.
- 1.10 Explain correlational methods and two reasons they cannot necessarily show that one factor causes changes in the other factor.
- 1.11 Explain the two types of variables and two types of groups that are necessary in experimental methods.

In addition, explain how an experiment is conducted and different from a correlation (this is not in your textbook).

In addition, you should be able to give examples and elaborate on the major concepts from the chapter.