

Psychology In Your Life



Why is Psychology Important in Your Life?

- 1.1 Psychology is a Science that Helps You Understand your Mental Activity, Behavior and Brain Processes
- 1.2 Psychology Uses the Science of Learning to Help You Study Better
- 1.3 Psychology Develops Your Critical Thinking Skills
- 1.4 Psychology Improves Your Life Personally and Professionally

What Key Principles Guide Psychology Today?

- 1.5 Psychologists Investigate Topics Across Five Interconnected Domains
- 1.6 Psychology is Becoming More Diverse
- 1.7 Psychologists Must Be Ethical In Their Research

How Do You Benefit from Psychological Research?

- 1.8 Psychologists use the Scientific Method
- 1.9 Descriptive Methods Describe What is Happening
- 1.10 Correlational Methods Reveal Relationships
- 1.11 Experimental Methods Test Causation