What is Psychology?

Psychology is the scientific study of behavior and mental processes.

- The four goals of psychology are
  - Description: What is happening?
  - Explanation: Why is it happening?
  - Prediction: When will it happen again?
  - Control: How can it be changed?

PSYCHOLOGY'S SEVEN PERSPECTIVES

1. Psychodynamic
   - Focuses on the unconscious mind and its influence over conscious behavior and on early childhood experiences.

2. Behavioral
   - Focuses on studying what we can prove.

3. Humanistic
   - Humanism was a reaction to both psychoanalytic theory and behaviorism.

4. Cognitive
   - Focuses on how people think.

5. Sociocultural
   - Combines Social Psychology and cultural psychology.
     - Social: study of groups, social roles, and rules of social actions and relationships.
     - Cultural: study of cultural norms, values, and expectations.

6. Biopsychological
   - Human and animal behavior is seen as a direct result of events in the body.

7. Evolutionary
   - Focuses on the biological bases for universal mental characteristics that all humans share.