



**Welcome to Psychology**

# Introduction to Psychology

Psychology is the  
**scientific study** of **behaviour**  
and **mental states**.

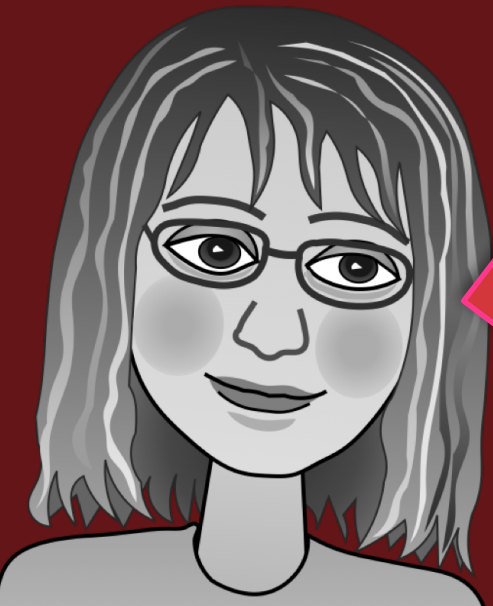


**Behaviour:** Typing/writing my first definition in Psychology. Only 1,456 to go.

**Mental state:** irritation, pleasure, frustration, boredom, amusement, daydreaming...

# Introduction to Psychology

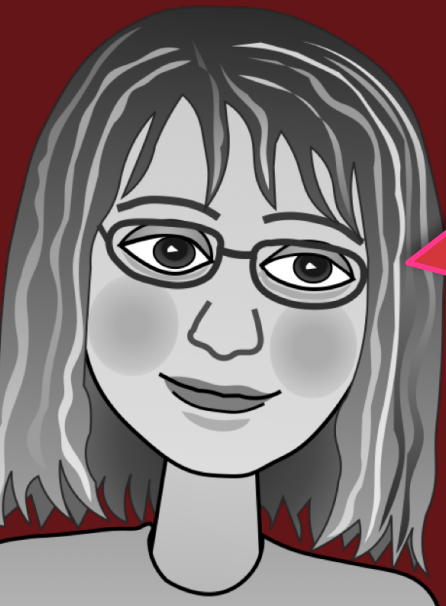
Psychology is the  
**scientific study** of **behaviour**  
and **mental states**.



Always break down  
definitions with  
**examples** and  
**alternative wording**.

# Introduction to Psychology

Psychology is the  
**scientific study** of **behaviour**  
and **mental states**.



- **scientific:** systematic, based on research, step-by-step
- **behaviour:** observable actions
- **mental state:** thoughts and feelings - not directly observable



# Behaviour or Mental State?

(Each picture may represent both.)

a



b



c



d



## Use the Key Words

- behaviour •
- observable action •
- mental state • feeling
- thought • not directly observable

# Useful Synonyms

## Thoughts

opinions, ideas, cognitions,  
beliefs, convictions, point of  
view, decisions



## Feelings

emotions, affects



# Behaviours, Thoughts and Feelings

A young man with dark hair, wearing a black beanie, a colorful patterned sweater, and dark pants, is sitting on a concrete ledge. He is looking down and smiling, with his hands clasped in his lap. The ledge is part of a concrete wall with a metal railing. Behind him is a river with white water rapids. In the background, there are green trees and a bridge with graffiti. The overall scene is bright and sunny.

Describe your day in behaviours, thoughts and feelings. Use the key terms.

But first, a  
**CLINKERS**  
activity...



**GREEN**

Describe a  
behaviour.



**PINK**

Describe a  
feeling.



**YELLOW**

Describe a  
thought.

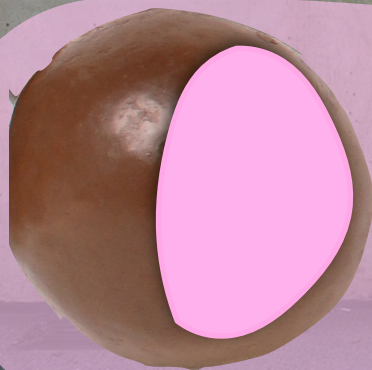
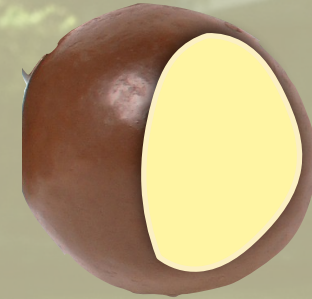




**I sat on the  
railing and  
laughed.**

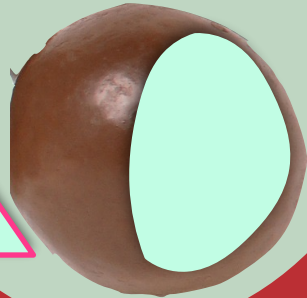


**I pondered  
on what to  
do next.**



**I felt carefree and happy.**

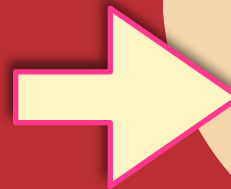
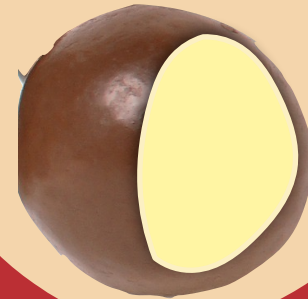
**I sat on the  
railing and  
laughed.**



**behaviour, observable action**

**thought,  
mental  
state**

**I pondered  
on what to  
do next.**



**emotion, feeling, mental state**



**I felt carefree and happy.**



# **Classify: Behaviour, thought or feeling?**

- a** Your coordinator yells at you.
- b** You are angry and upset.
- c** During class, you talk with your friend.
- d** You long for the weekend.
- e** Your mind wanders to the weekend while the teacher drones on.
- f** You begin to daydream about the holidays.
- g** You are horrified when the teacher calls on you to answer a tricky question.

**Key Terms: observable action, behaviour, emotion, feeling, mental state, not directly observable**



# What makes a discipline a SCIENCE?

A science is a discipline in which...

When you carry out a scientific investigation, you must...

The work of scientists includes...



Add to your answers from the last slide...  
**USE THE WORDING BELOW:**

**Adjectives:** objective, systematic, critical, analytical, experimental, evidence-based, methodical

**Nouns:** experiment, observation, replication (repeating studies), conclusions, evidence, measurement, data, method





# Psychology is generally considered to be a **SCIENCE**.

- Science requires **research**, not guessing.



- Psychologists formulate **hypotheses** and test them.

- Their conclusions are based on **experiments** or **systematic observation**.

- Psychologists employ the **scientific method**. This involves **empirical** research.





# Empirical or not?

guessing

collecting data

assuming

jumping to  
conclusions

imagining

evidence-based

objective

subjective

formulating a  
hypothesis

basing a theory  
on reasoning

carrying out an  
experiment

basing a  
theory on  
experimental  
findings

systematic random

using an  
observation checklist



# A Simple Empirical Research Activity

**Step 1:** Take your pulse and write down the result.

**Step 2:** Sit silently for one minute.

**Step 3:** Breathe deeply for one minute. Breathe slowly to the count of 4, hold for 4, and breathe out slowly to the count of 4.

**Step 4:** Body focus: Start from your toes, focus on how they feel, continue to your calves, thighs, stomach, chest, shoulders, neck, jaws and forehead.

**Step 5:** Take your pulse again.

# A Simple Empirical Research Activity

**Possible Hypothesis:** Students who undertake a relaxation activity will have a lowered pulse after 3 minutes.

✓ observation

✓ collecting evidence

✓ set procedure

✓ hypothesis

✓ evidence-based  
conclusion

✓ produces data



# Quick Quiz on this Presentation

**a** Psychology is the scientific study of behaviour and \_\_\_\_\_.

**b** A mental state can be either a \_\_\_\_\_ or a feeling.

**c** Another word for a feeling is a/n \_\_\_\_\_.

**d** A behaviour is a/n \_\_\_\_\_ action.

**e** Psychology is a science because it is based on evidence and \_\_\_\_\_ research.

**f** Empirical research is based on experiments or \_\_\_\_\_.

**emotion • empirical • observable •  
observation • mental states • thought**