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.
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.)

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

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.

I felt carefree and happy.

I pondered on what to do next.

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  basing a theory on experimental findings
carrying out an experiment  using an observation checklist
systematic  random
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