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Academic Education CBSE › Class 11 Arts › Psychology

What is Psychology

Psychology: The Science of Mind and Behavior

DEFINITION

Psychology is the scientific study of the mind and behavior. It explores how people think, feel, and act.

KEY CONCEPTS

Cognitive Psychology

Focuses on mental processes like perception, memory, and problem-solving.

Behavioral Psychology

Studies observable behaviors and the ways they're learned through interaction with the environment.

Developmental Psychology

Examines how people grow and change from infancy through adulthood.

Social Psychology

Investigates how individuals influence and are influenced by others in social contexts.

Clinical Psychology

Focuses on diagnosing and treating mental health disorders.

EXAMPLES

- A psychologist studying how children learn language.
- Analyzing group behavior in a team setting.
- Therapy sessions aimed at addressing anxiety.

MEMORY TIPS

- ★ Remember 'CABDS' for key concepts: Cognitive, Behavioral, Developmental, Social, Clinical.
- ★ Use the phrase 'Mind and Behavior' to recall psychology's focus.
- ★ Visualize a tree with branches for different psychology fields.

COMMON MISTAKES

- ✗ Confusing psychology with psychiatry, which is medical.
- ✗ Overlooking the importance of research methods in psychology.
- ✗ Assuming all behavior is conscious and ignoring unconscious influences.

QUICK RECAP

Psychology is the study of mind and behavior, encompassing various fields. Key areas include cognitive, behavioral, developmental, social, and clinical psychology, each focusing on different aspects of human experience.