ONE PAGE SUMMARY

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.

Developmental Psychology

Studies how people grow and change from infancy through old age.

Social Psychology

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

Clinical Psychology

Involves diagnosing and treating mental health disorders.

Behavioral Psychology

Looks at how behavior is learned and reinforced through interactions with the environment.

EXAMPLES

→ Using cognitive strategies to improve memory retention.

→ Observing how peer pressure affects teenage behavior.

→ Therapists helping clients manage anxiety through behavioral techniques.

MEMORY TIPS

★ Remember 'CDBS' for Cognitive, Developmental, Behavioral, and Social psychology.

★ Use the acronym 'CATS' for Clinical, Applied, Theoretical, and Social aspects of psychology.

★ Visualize a brain to recall different psychological approaches.

COMMON MISTAKES

✗ Confusing psychology with psychiatry, which focuses on medical treatment.

✗ Overgeneralizing findings from studies to all populations.

✗ Neglecting the importance of research methods in psychology.

QUICK RECAP

Psychology is the study of mind and behavior, incorporating various branches like cognitive and social psychology. Understanding key concepts and avoiding common mistakes will enhance your grasp of the subject.