

Psyc 1000 Paper 2

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Sensation / Perception

To begin with, the sensation is something we feel primarily through our sense organs, and perception is an interpretation of that input, such as when two individuals see the same object but experience it differently (Schacter et al., 2020). Several factors affect our thinking, such as our everyday experiences, our past experiences, or our regular way of life, among others. The environment does, in reality, affect sensation and perception on a regular basis. Furthermore, numerous environmental factors affect our perception, including social, physiological, and psychological factors, among others. For instance, people of different ages have different perceptions, such as a teenager's perception is different from an adult's perception. On top of that, our health may also influence our perception; for example, if we have a fever, we can become annoyed by seemingly minor things. For instance, I normally enjoy the “Career and Professional Development” class, but I had a headache yesterday, so I argued with a friend that yesterday's lecture was boring, but she said no, it was fine. Subsequently, my perception was influenced by a physiological difference in my environment, while my friend's perception was not.

Moving on, a present sequence of events is viewed in the sense of previous events. In other words, we bring our personal experience with us into any new situation (Schacter et al., 2020). Moreover, this personal history is what allows us to find meaning in our lives. No two people would have the same personal history and no two people can have identical life experiences (even identical twins can't have absolutely identical life experiences). Besides that, all are on the same ship and until anyone knows the direction in which this vessel is going, it is unguided. However, more than one person interprets it differently. Thus, it's not the same as

having an experience and interpreting it. Additionally, they're stages that aren't linked in any way and the variable and the constant as our minds function in different ways.

Apart from that, it would be a sensation to feel a breeze on your skin. It may also be a feeling, but perception typically implies a wider range of sensations and contexts, as well as the relationship between those sensations and objective reality. Besides, the sun appears to be setting and when it sinks into the horizon, I have the impression of seeing a bright disk change color. I may feel a different kind of breeze in another area or location, I may sense it to be cold but at first, might perceive a certain location to be hot or cold depending on the changing kind of climate as well. Finally, I would like to conclude this by stating an example. Consider that two people fall off a boat into the sea. On the surface, that seems to be two people going through the same thing, right? But what happens if one of them is unable to swim? It will be remembered as “the time I almost drowned” by that individual, while “the time I fell off a boat and had to swim back to shore” by the other.

Reference

Schacter, D. L., Gilbert, D. T., Nock, M. K., & Wegner, D. M. (2020). PSYC 1000 Introduction to Psychology I. The University of Colorado Denver. *Psychology* (5th edition). New York: Worth Publishers.