Assignment # 3

Write down six things you have learned from your study of psychology so far with examples from your personal life.

1. First, I learn about psychology in the introduction part after that I can say I learn many terms of psychology and the techniques like, when I feel stress I do my favorite thing that take away the stress.
2. Second, I learn about the development how the child develops and in old ages human also developing that thing change my perspective to see the development of human.
3. I learn how over memory works and how every element is doing something that is important for over memory. I also learn how over learning is so important every expects of learning is important to understand the topic.
4. I learn how over senses work and how we adapt the things. I also examine examples like I was reading the book, but the environment is very Noise but in some time this noise environment did not bother me.
5. I also learn about human behaviors that can be changed socially and psychologically. I see some social experiments, that how I persons behavior change. Sometimes my behavior also changes when someone talking to me in bad way.
6. I learn that psychology is an interesting subject if you focus there are many things that psychologically hurting you so you can study that and get that thing out of your mind. I also learn that never be depressed always be happy and do your favorite things.