# **Learning Journal - Unit 1**

Computer Science, University of the People

PSYC 1504-01 Introduction to Psychology - AY2024-T4

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Saying that “Science is the only way” implies that there are lots of ways to monitor and interpret the events around us. The scientific method, which is a large part of science, gives as a systematic, evidence based way to dig into the events around us. The tools include observations, experimentation, and theory formulations. But even though all of this, this is not the only method we have to understand human behavior.

Psychology is the science that is focused on the study of the cognitive, social, and emotional behaviors of humanity. Exploring how and why we humans behave the way we do. Psychology does implements and uses scientific methods for the gathering of empirical data and the testing of theories. But it does also use other tools to do it.

So, what other tools are in use in Psychology apart from the scientific method:

1. **Sociology:** this tool lets us look at human behavior from the point of view of social structures. This includes human interactions on both the one-to-one level and the group-to-group level. This also includes taking into account how human social interactions affect and mold human behavior, interactions and attitude. Sociology tries to take a big picture perspective of human nature and behavior unlike psychology which is a more singular point of view.
2. **Philosophy:** philosophy has a few of the same guidelines and goals as psychology but uses a more conversational (even argumentative) approach. It also uses things like logical reasoning and discussion rather than the empirical methods found in the psychological approach. Concepts like morality, free will and happiness are constantly being looked at from the point of view of philosophy allowing us to have a more subjective and theoretical look at the subjects.
3. **Anthropology:** This looks at human behavior from the point of view from a cultural level. Including cultural belief and practices and the history and how it evolved in that culture. One of the main tools used in anthropology is ethnographic studies which follows and tries to understand how the cultures behavior is influenced over time and over different locations.
4. **Religion and Spirituality:** A common way to explain a culture’s behavior is found in that culture’s belief system. This is usually found using texts and doctrines and divine influences. All these are polar opposites to the scientific method and have no empirical evidence to examine.
5. **Art & Literature:** Books and art are often a looking glass into human behavior. This method mainly focuses on the interpretive, metaphorical, and personal points of view. Even though these are not scientific or empirical in nature they still provide a very unique and nuanced understanding of human behavior and nature.

All of the methods above add to our overall understanding and exploration of human behavior and nature. Each looking at the issue from its own different point of view allows us to see the big picture from multiple positions and angles. When we see that science is only one of the many available options it helps us understand the depth and importance and shier scope that is human behavior. We need to understand that the multi point of view allows us to also see and use the more complex and non-imperial parts of humanity that we might not fully understand yet but are still an integral part of humanity.

## References

* Learning Guides  
  <https://my.uopeople.edu/>
* Spielman, R., Dumper, K., Jenkins, W., Lacombe, A., Lovett, M. & Perlmutter, M. (2017). Psychology. OpenStax College, Rice University. Download for free at <https://openstax.org/details/books/psychology>