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Reflection Paper 1 for Chapters 1, 2, 3 & 4

# Chapter 1, Introduction to Social Psychology

Entry 1: Importance of Relationships

(150 words)

I found it really interesting how our biology (nature) and environment (nurture) shape our thoughts and actions, as discussed in Chapter 1. Psychology is about studying how we behave and think. It's not just about our genes (like our hormones and genetic traits) but also about where we grow up, our culture, family, and even things like technology and past experiences.

What fascinated me the most was learning that humans are naturally social. The COVID-19 lockdowns showed how much we need to be around others. It made me think about why being together is so important for us compared to some animals, like bears, who don't need social interaction like we do.

Understanding these things made me curious about how our biology and environment work together to make each of us unique. It also made me appreciate the value of social connections in our lives.

# Chapter 2, Methodology: How Social Psychologists Do Research

Entry 2: Social Psychology Research

(150 words)

I found it fascinating how social psychologists do research to understand human behavior. They use different methods like watching people (observational), looking for connections between things (correlational), and setting up experiments (experimental).

What caught my interest was how they observe people without interfering too much, like watching how kids act on the playground to understand bullying. They also make sure their findings are reliable by having different people agree on what they see (interjudge reliability).

I also learned about the importance of being careful with how they measure things (operational definitions) and how they check if their results are real (correlation coefficient).

Seeing how research can help solve problems, like reducing bullying in schools, made me realize how important this work is for making our world better.

# Chapter 3, Social Cognition

Entry 3: Social Cognition

(150 words)

Chapter 3 teaches us how we think about people and situations. It's like having two modes in our brain: automatic and controlled. Automatic thinking is like riding a bike effortlessly once you've learned. Controlled thinking is when we have to put effort into figuring something out, like learning to ride a bike for the first time.

We also learned about schemas, which are like mental maps that help us understand and react to things. For example, if we see a doctor, we expect certain things because of our schema about doctors.

The Stroop Effect activity showed how our brains can get confused when words and colors don't match, highlighting how our minds work in automatic and controlled ways.

The idea of self-fulfilling prophecy was interesting. It's like if we expect someone to be friendly, we might act friendly, which then makes them act friendly too.

Chapter 3 showed us how our brains sort through information and make sense of the world, using shortcuts and past experiences to guide our thoughts and actions.

# Chapter 4, Social Perception

Entry 4: Social Perception

(150 words)

Chapter 4 talks about how we understand people through their actions and gestures without using words. This is called nonverbal communication. It includes things like facial expressions, body language, and how close we stand to someone when we talk.

One important idea is that different cultures have different ways of showing emotions and understanding gestures. For example, in some cultures, avoiding eye contact can be a sign of respect, while in others, it might show lack of confidence.

Another interesting point is that we tend to judge people based on their actions without considering the situation they are in. This is called the fundamental attribution error. For example, if someone is quiet at a party, we might think they are shy, but maybe they're just tired or not feeling well.

Chapter 4 helps us see that how we express ourselves and interpret others' actions can vary a lot depending on our culture and the context of the situation.