



1. psychology-foundations.pdf

Title: Foundations of Psychology

1. Introduction to Psychology

Psychology is the scientific study of human mind and behavior. It helps us understand how people think, feel, and act in different situations.

2. Major Branches of Psychology

- Cognitive Psychology – Study of thinking, memory, and problem solving
- Behavioral Psychology – Study of observable behavior
- Clinical Psychology – Deals with mental disorders and treatment
- Social Psychology – Study of how people behave in groups
- Developmental Psychology – Study of human growth across life

3. Key Concepts

- **Perception** – How we interpret information
- **Emotion** – Feelings like happiness, anger, sadness
- **Motivation** – Drives that push us to act
- **Personality** – Unique traits of an individual

4. Nature vs Nurture

Human behavior is influenced by both:

- Genetics (nature)
- Environment (nurture)

5. Importance of Psychology

- Helps improve mental health
- Improves relationships
- Helps in decision making
- Used in education, business, and healthcare

6. Conclusion

Psychology gives us tools to understand ourselves and others, helping create a healthier society.