**Psychology quiz 1**

1. Psychology is the scientific study of behaviour and mental processes.
2. Psychologists study:

* **Overt** or observable behaviour, as well as
* **Covert** behaviour – private mental processes that cannot be directly observed or measured and must be inferred from overt behaviour.

1. The primary goals of psychology are to:

* Describe behaviour – what is the nature of this behaviour?
* Understand and explain behaviour - why does it occur?
* Predict behaviour– can we forecast when and under what circumstances it will occur?
* Control behaviour - what factors influence this behaviour?

1. Several types of psychologists exist. These include:

* Cognitive psychologists: study the ways humans perceive and understand the world around them.
* Physiological psychologists: study the role of brain functions in behaviour.
* Developmental psychologists: study how individuals grow and change throughout their lives.
* Social psychologists: study how people influence and are influenced by others.
* School psychologists: test and evaluate students, analyze learning problems, and counsel teachers and parents.
* Industrial/Organizational psychologists: work on a wide variety of issues in work settings.
* Forensic psychologists: work on behavioural issues in the legal, judicial and correctional systems.
* Health psychologists: focus on ways to improve health by altering behaviour.
* Sports psychologists: Study how psychological factors influence performance in sports, physical activity and exercise.

1. Be able to explain 3 of these- Several schools of thought have helped to shape the field of psychology into what it is today. These include:
   * Structuralism
   * Functionalism
   * Psychoanalysis
   * Behaviourism
   * Gestalt psychology
   * Humanistic psychology
   * Positive psychology