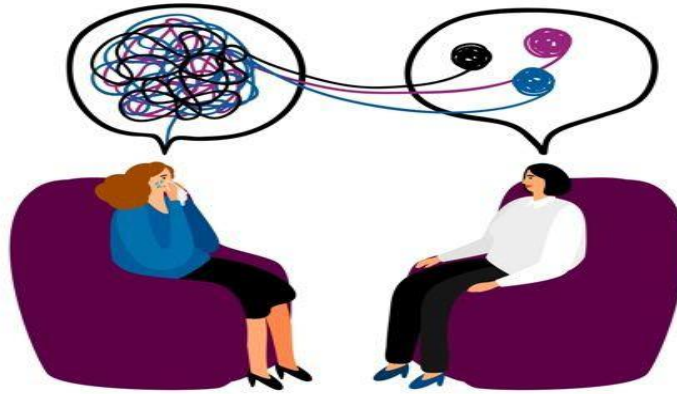


What is Psychology?



Psychology is the scientific study of mind and behaviour. The word psychology comes from the greek words psyche meaning soul, and logos meaning study. It covers various aspects of human experience, including thoughts, emotions, motivations, and social interactions.

Psychologists aim to understand how individuals think, feel, and act in different situations, often through observation, and analysis, The field also seeks to apply this knowledge aiming to explain and improve human behaviour, mental health, and fostering positive social relationships.

Task1: Complete the sentences below by choosing the correct word from the list:

Personality, Consciousness, Therapy, Anxiety, Neuroscience, Mental Health, Behaviour, Memory.

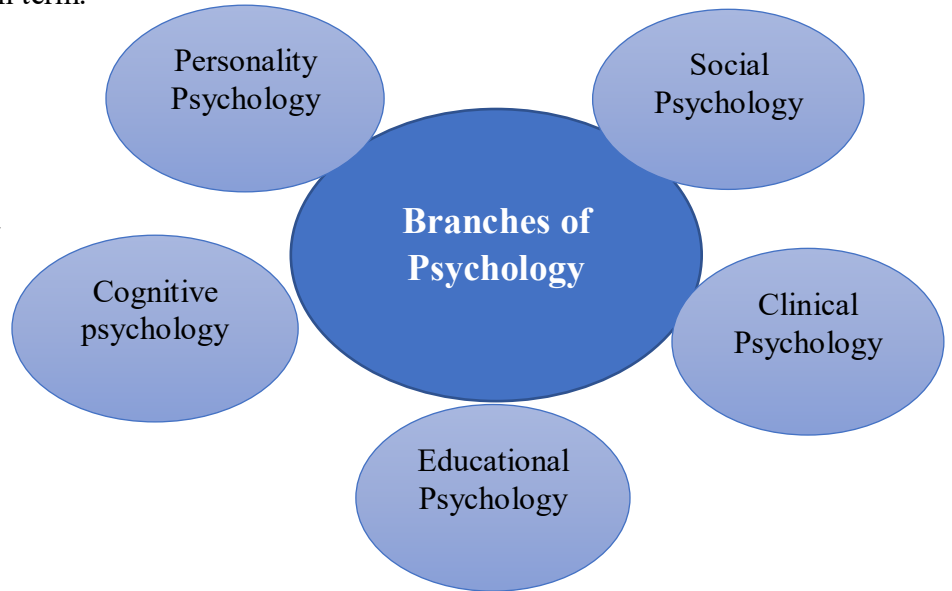
1. _____ is the study of the brain and nervous system, focusing on how they influence human thoughts, emotions, and actions.
2. In psychology, _____ refers to the actions or reactions of an individual, usually in response to external stimuli.
3. _____ is the state of being aware of and able to think about one's own existence, thoughts, and surroundings.
4. When someone experiences excessive worry, fear, or nervousness, they are likely suffering from _____.
5. _____ involves the process of storing and retrieving information and experiences over time.
6. _____ aims to treat emotional or psychological problems by talking with a mental health professional.

7. Taking care of _____ is crucial for overall well-being, involving not just physical but emotional and psychological health as well.
8. Each person's _____ is shaped by their experiences, values, and beliefs."

Task2: Match each branch of psychology with its correct definition by writing the corresponding letter next to each term.

Branches of Psychology:

1. Social Psychology
2. Clinical Psychology
3. Educational Psychology
4. Cognitive psychology
5. Personality Psychology



Definitions:

- A. This branch focuses on diagnosing and treating mental, emotional, and behavioral disorders, often through therapy or counseling.
- B. This branch studies how individuals think, feel, and behave in social situations, including how they influence and are influenced by others.
- C. This branch is concerned with the study of individual differences, traits, and characteristics that make each person unique.
- D. This branch explores how people learn, the effectiveness of teaching methods, and the cognitive processes involved in learning.
- E. This branch investigates mental processes such as perception, memory, problem-solving, and decision-making.

1	2	3	4	5