

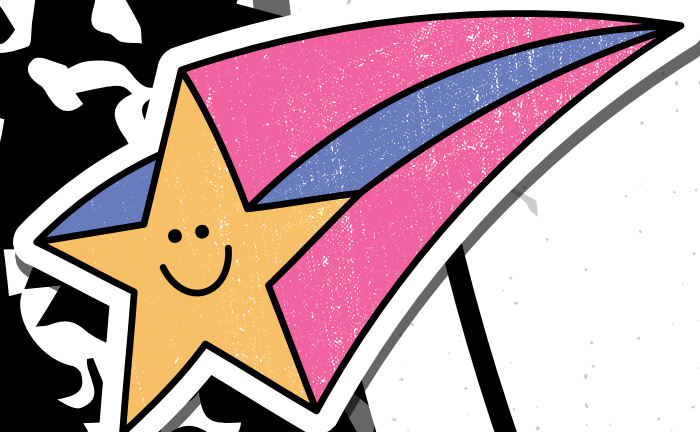


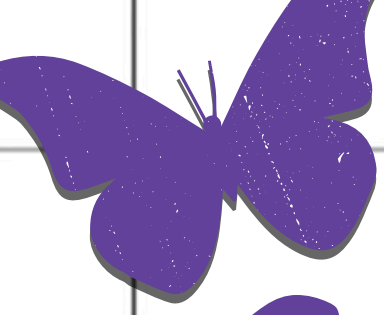
Rosslyn Munoz

Psychology Spiral Notebook



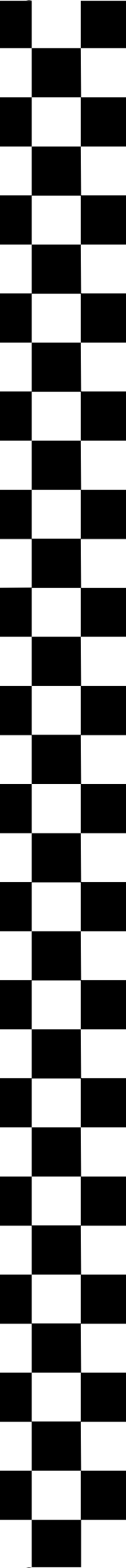
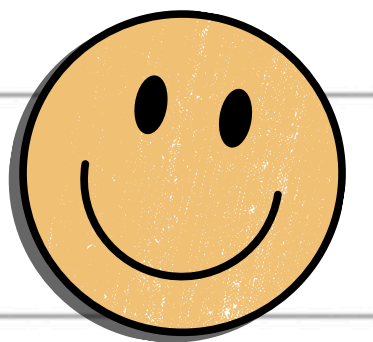
Chapter 1-10

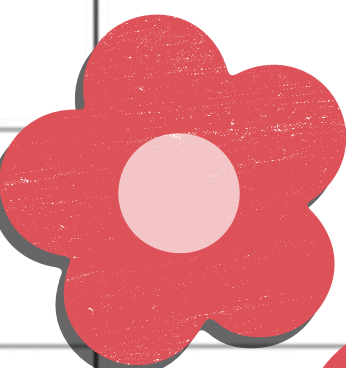




Chapter 1

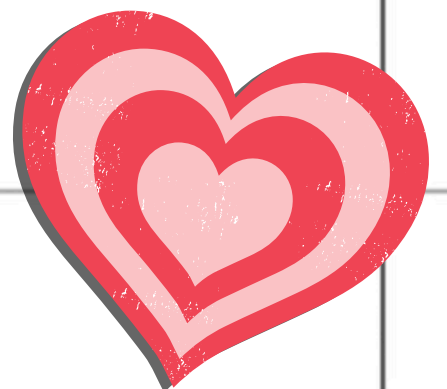
I already understood psychology studies the mind and behavior. I also knew aspects of psychology like studying the mind instead of the brain or studying behavior instead of cognitive functionality. I learned in depth about the history and major perspectives in psychology including but not limited to behaviorism and humanism and also how psychology relates to different careers. I learned research in psychology is based from the scientific method, and is mostly based on measurable data.



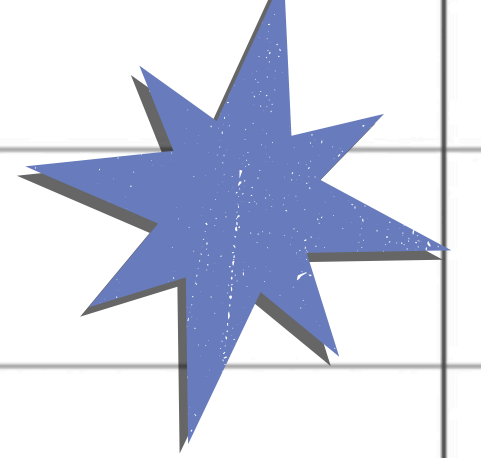


Chapter 2

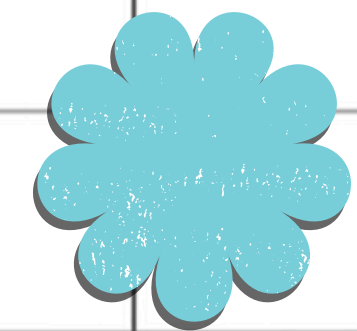
I knew research was essential for evaluating ideas. I learned about descriptive, correlational, and experimental research methods. The chapter included a review of how data are analyzed, provided meaning to reliability and validity, noted a discussion of ethics, and reviewed informed consent and risk of harm to participants, which are of crucial components of research.



Chapter 3

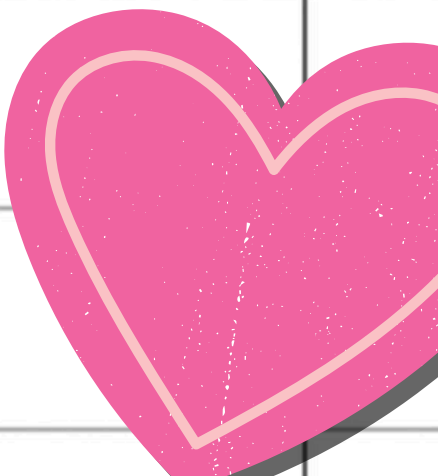


I knew the brain dictates how we think and act. I learned about neurons and neurotransmitters, and basic information on the nervous system. The chapter described the brain's structure, including the endocrine system and how it relates to hormones. I learned how the several areas of the brain controls things like movement and memory, as well as emotions and senses.

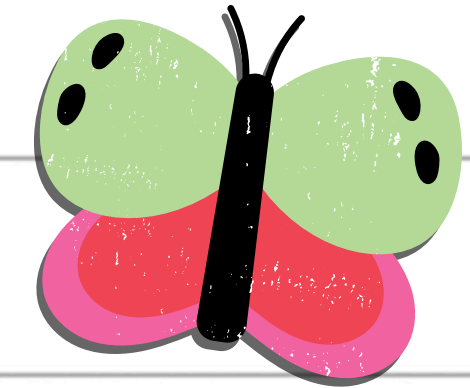


Chapter 4

I was aware there are different levels of sleep. I learned the sleep cycle and the reason we need sleep. This chapter included sleep disorders and the impact drugs have on the brain, as well as altered states of consciousness like meditation. This chapter highlighted that consciousness is both awareness and control of our thoughts.



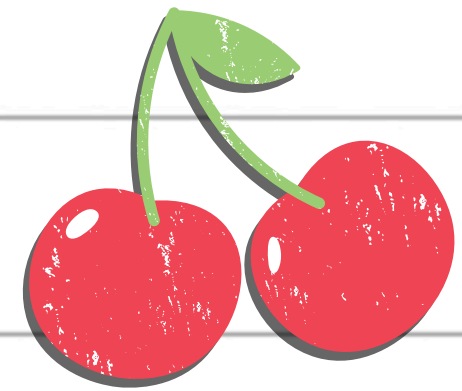
Chapter 5



I knew the senses help us make sense of the world. I learned about how we use vision, hearing, taste, smell, and touch in our bodies. The chapter talked about the ways in which sensation (getting information) and perception (making sense of it) are distinct. The Gestalt principles emphasize the ways in which the brain organizes information into patterns.



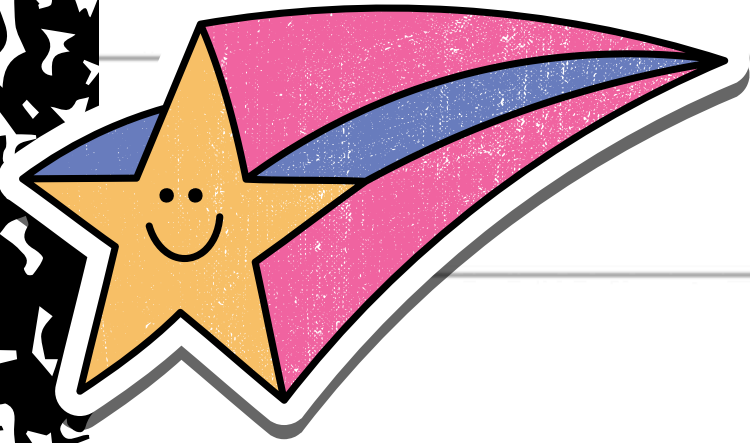
Chapter 6



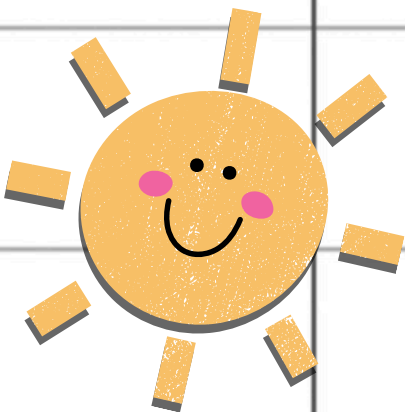
I knew we grow from experience and practice. I learned that's how learning happens, by experience and practice. I learned also about the classical conditioning (Pavlov) and the operant conditioning (Skinner) and observational learning (Bandura). Reinforcement strengthens behaviors while punishment weakened behaviors. Learning theories describes the process of behavior changing over time.

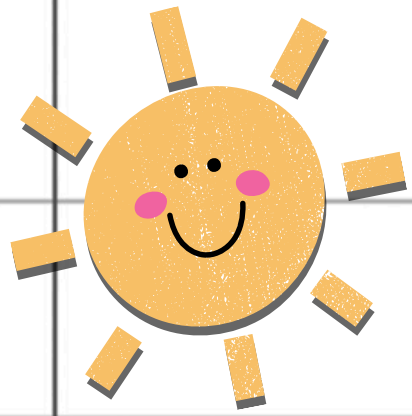


Chapter 7



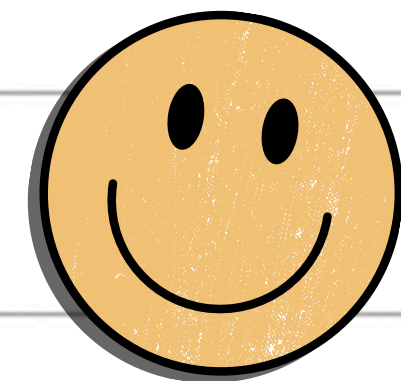
I knew that intelligence aided in solving problems. I learned about the ways we process information, make decisions about those processes, and the ways in which we use language. The chapter explained creativity, problem solving strategies and biases in our thinking. I also learned about how intelligence can be measured and that intelligence is influenced by genetics and environment.



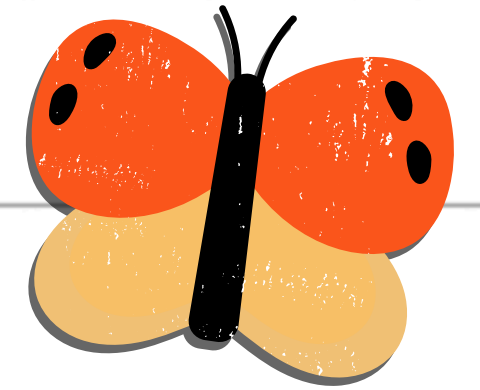


Chapter 8

I knew memory stores and retrieves information. I learned about sensory memory, short term memory, and long term memory. The chapter described the brain areas involved in memory and the reasons we forget. Strategies such as rehearsal and mnemonic devices can enhance memory.

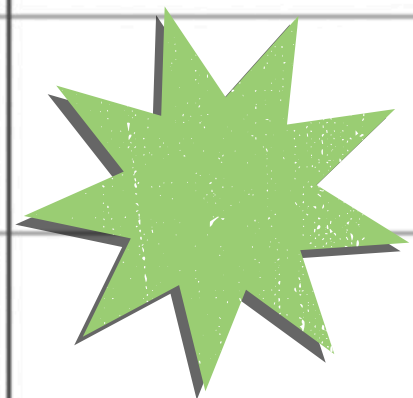


Chapter 9



I understand that people change due to aging. I have learned about physical, cognitive, and social development from infancy to older adulthood. These transformations are outlined and presented in stages based on theorists such as Piaget, Erikson, etc. The chapter also discussed death, dying, and cultural perspectives of aging.





Chapter 10

I knew emotions drove our behaviors, and motivation impacts them. I learned about biological and psychological theories about motivation, such as Maslow's hierarchy. The chapter contains theories of hunger, sexual behavior, and emotions. It explained how emotions are expressed and regulated.

