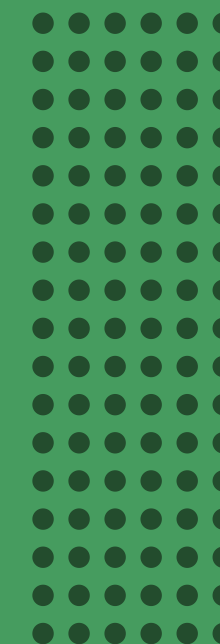
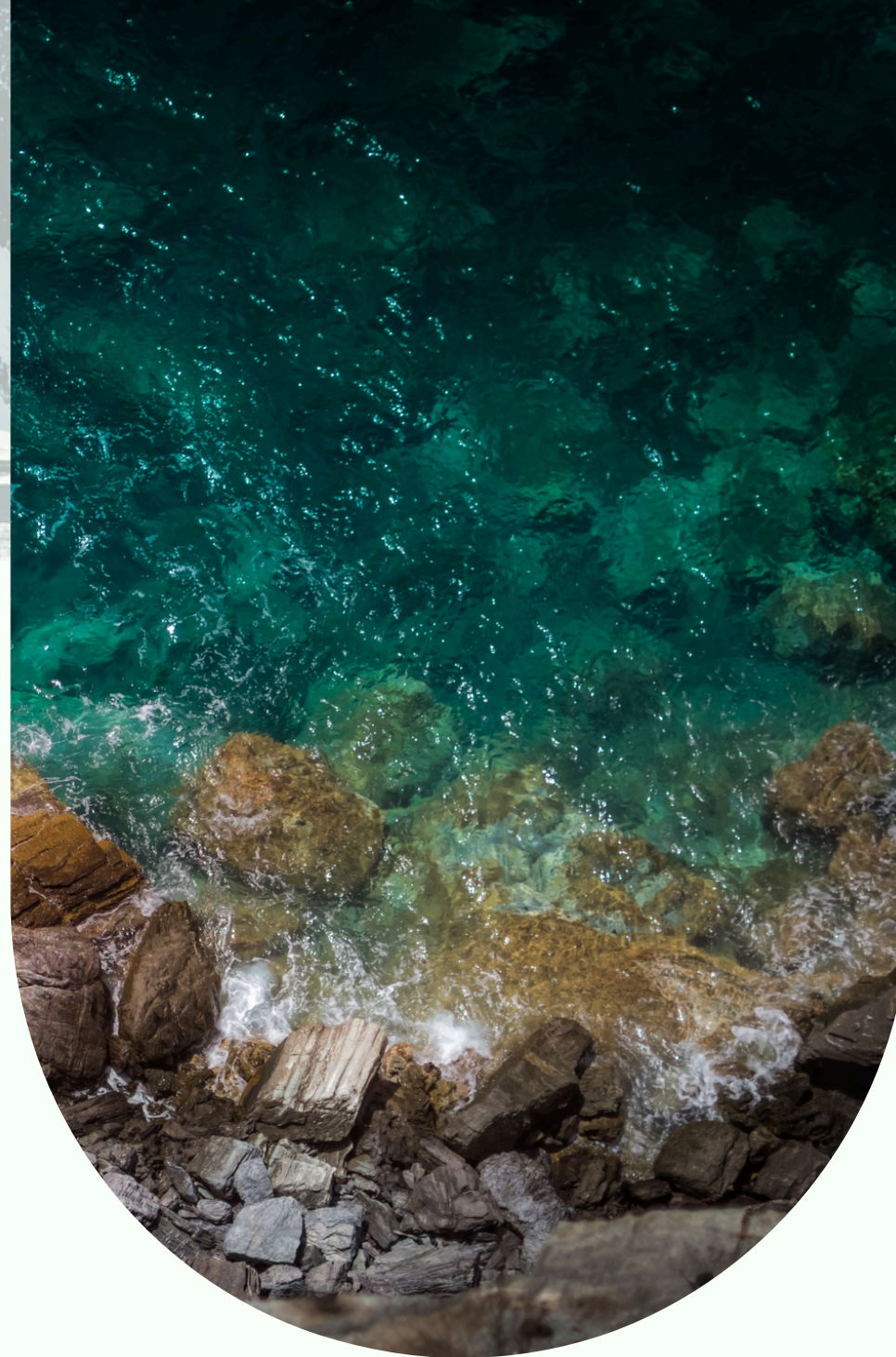




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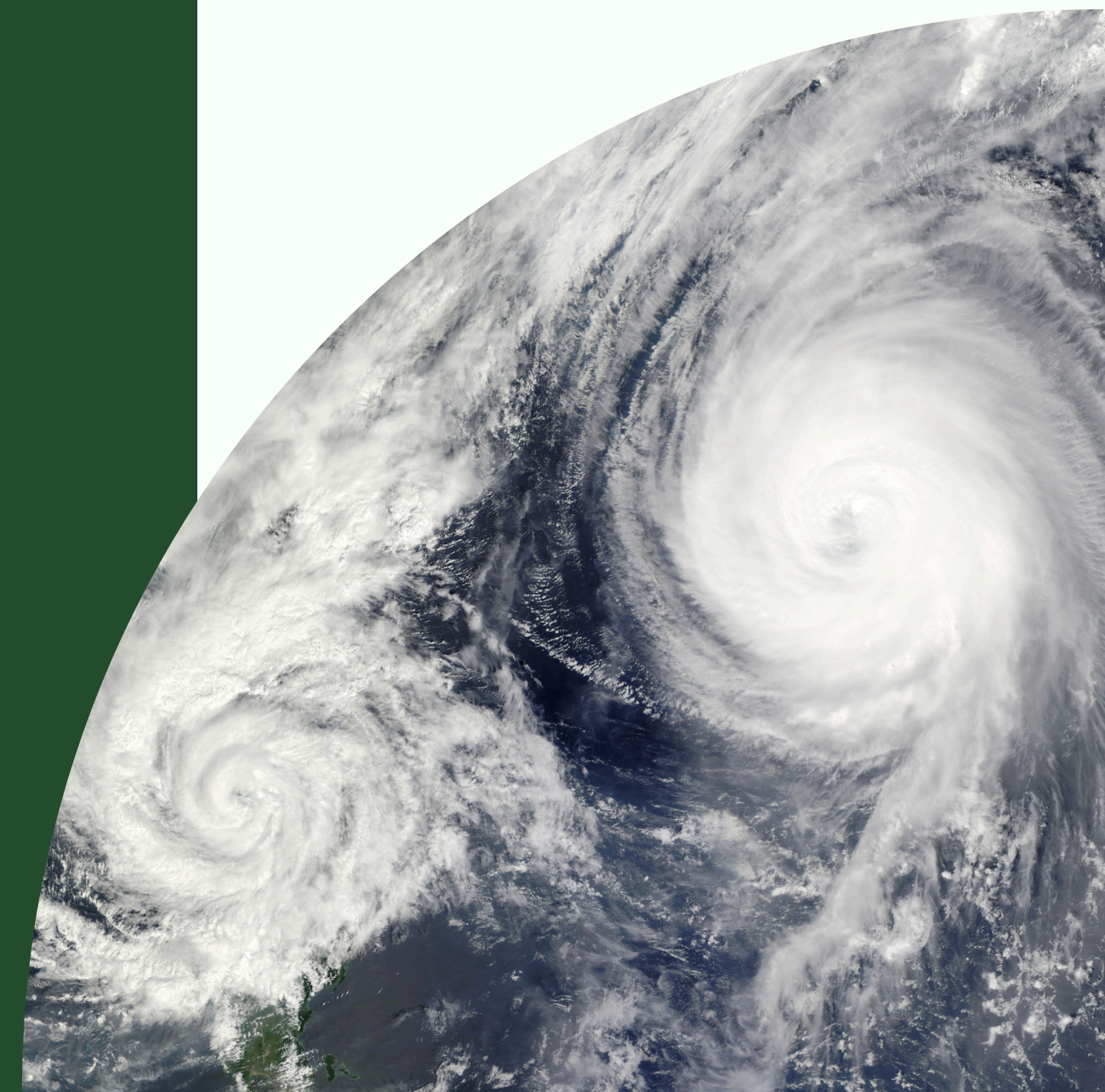
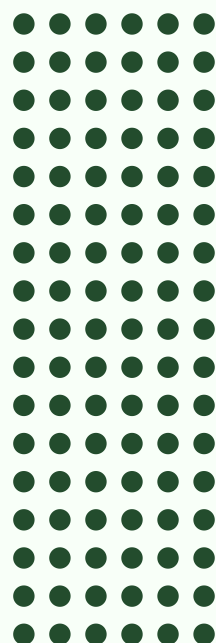
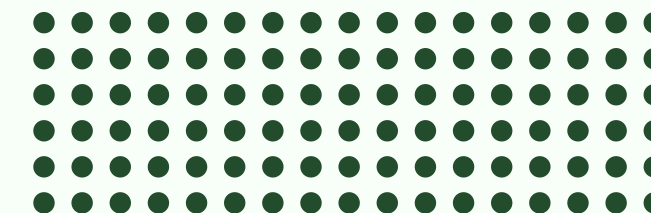
INTRODUCTION TO PSYCHOLOGY

Assoc. Prof. Dr Đinh Tiên Minh



Contents

1. What is psychology?
2. Why should you learn psychology?
3. Main perspectives in psychology





1. What is psychology?





What is psychology?

Psychology: The systematic study of behavior and experience.

Aspects of behavior depend on a variety of things, such as age, health, past experience, and even whether one is asleep or awake.

Progress in research depends on good measurement.

Confidence in the conclusions should depend on the strength of the evidence.



Major Philosophical Issues in Psychology

Free Will vs. Determinism

- **Determinism:** Every event has a cause.
- **Free will:** Behavior is caused by independent decisions.

The Mind-Brain Problem

- **Dualism:** The mind is separate from the brain but controls it, and therefore, the rest of the body.
- **Monism:** Conscious experience is inseparable from the brain.

The Nature-Nurture Issue

How behavior differences relate to heredity and environment differences.



Psychology in Research and Practice

Social and Cross-Cultural Psychology

- **Social psychologist:** Study how an individual influences others, and how others influence an individual.
- **Cross-cultural:** Compares behavior of people from different cultures.

Evolutionary Psychology

- Explains behavior in terms of the history of the species.
- Attempts to explain why we tend to act in particular way occurs.

Biological Psychology

- Explains behavior in terms of biological factors.
- Explains activities of the nervous system.
- Effects of drugs and hormones, genetics and evolution.



Psychology in Research and Practice

Developmental Psychology

- How behavior changes with age.
- May include areas of language, memory, taste preference.

Learning and Motivation

How behavior is shaped by outcomes of past behaviors and current motivations.

Cognitive Psychology

- **Cognition:** Thought and knowledge.
- How people make decisions, solve problems, and convert thoughts into language.



Psychology in Research and Practice

Community Psychologists

- Professors, researchers, program directors or policy developers.
- Promote mental health and well-being for a community.

School Psychologists

- Specialists in the psychological condition of students.
- Identify and plan for educational needs.

Military Psychologists

- Specialists who provide services to the military.
- Leadership about strategies, enemies, culture, and difficulties of battle.



Psychology in Research and Practice

Clinical Psychologists

Specialty in helping people with psychological problems.

Psychiatrists

- Deal with emotional disturbances.
- Can prescribe drugs.

Other Mental Health Professionals

- Psycho analysts
- Clinical social workers
- Counseling psychologists
- Forensic psychologists



Psychology in Research and Practice

Industrial/Organizational (I/O) Psychology

Study of people at work:

- Hiring the right person for the job
- Providing feedback to employees to improve performance
- Structuring the work to aid productivity and satisfaction

Human Factors

- **Human factors specialist or ergonomist:** tries to facilitate the operation of machinery to increase efficiency and safety.

2. Why should you learn psychology?





Discussion

1. What is your dream job? What type of education would you need to get a job in that field?
2. How will a background in psychology help you succeed in that field?
3. What other training in the field of psychology will help you achieve your work-related goals?



Why should you learn psychology

Psychology courses prepare people to:

- 1 Evaluate evidence
- 2 Organize and write papers
- 3 Handle statistics
- 4 Listen carefully to what people say
- 5 Respect cultural differences

3. Main perspectives in psychology





Main perspectives in psychology

Reading Chapter 1–Module 1.2
and do Discussion 1 on LMS.

THANK YOU!



Hopefully this
material is useful



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