

Department of Psychology

Orientation Programme

❖ Unit 1

➤ (a) Define Psychology:

- Psychology is the scientific study of the mind and behaviour, according to the American Psychological Association.
- Psychology is a multifaceted discipline and includes many sub-fields of study such areas as human development, sports, health, clinical, social behaviour and cognitive processes.

➤ (b) Importance of Psychology:

- The purpose and importance of psychology in our life is to remain happy and healthy in life in mental level.
- Psychology is to the study of people's behaviour, performance, and mental operations. It also refers to the application of the knowledge, which can be used to understand events, treat mental health issues, and to improve education, employment, and relationships.

❖ Unit 2

➤ Important for Personal life:

- **The building of relationships:** Psychology makes it easier to live with others by understanding them more and working with their behaviour. Below, University of Texas professor James Pennebaker explains one way psychology can be used to predict romantic compatibility.
- **Improving communication:** A greater understanding of how humans think and behave will help people communicate better. They will be more effective in understanding what a person really means by gestures and actions.
- **Building self-confidence:** By understanding more about yourself and your personality, you can gain more self-confidence. You will learn more about your weaknesses and can build on them.
- **Enriching careers:** You will be able to understand your co-workers more and stand a better chance of building friendships. It helps to deal with their actions to enrich your career.

❖ Unit 3

➤ **What does Student get? :**

- Today's educational system is highly complex. There is no single learning approach that works for everyone. That's why psychologists working in the field of education are focus to because identifying and studying learning methods to better understand how people absorb and retain new information.
- Educational psychologists apply theories of human development to understand individual learning and inform the instructional process.
- While interaction with teachers and students in school settings is an important part of their work, it isn't the only facet of the job.
- Learning is a lifelong endeavour. People don't only learn at school, they learn at work, in social situations and even doing simple tasks like household chores or running errands.

❖ Unit 4

➤ **Psychology is scientific process:**

- Psychologists use the scientific method to conduct their research. The scientific method is a standardized way of making observations, gathering data, forming theories, testing predictions, and interpreting results.
- Researchers make observations in order to describe and measure behaviour. After observing certain events repeatedly, researchers come up with a theory that explains to these observations.
- A theory is an explanation that organizes separate pieces of information in a coherent way. Researchers generally develop a theory only after they have collected a lot of evidence and made sure their research results can be reproduced by others.

❖ Unit 5

➤ **Interaction with student:**

- Question answer with student,like
 - Why did you choose Psychology subject?
 - What did you know about Psychology?
 - what does you want to be with a psychology subject.
- Discussion about Scope in Psychology subject.
- Modern aspect in psychology field.
- How to make your own life brighter.