

# PSY101

## Operant Conditioning

- **Operant Conditioning:** A type of learning where behaviors are influenced by rewards or punishments. For example, if you get a reward for doing something, you're more likely to do it again, but if you're punished, you might avoid it.

## Cognitive Approach

- **Cognitive Approach:** A way of studying how the mind works, focusing on how people process information, solve problems, and make decisions. It looks at thoughts, memories, and how we understand the world.

## Memory

- **Memory:** The ability to store, recall, and use information. It's how we remember things like facts, experiences, or skills.

## Secondary/Learned/Psychological Motives

- **Secondary/Learned/Psychological Motives:** Motivations that are learned through experience, such as the desire for success, achievement, or social approval, rather than basic needs like hunger or safety.

## Emotions

- **Emotions:** Strong feelings like happiness, sadness, anger, or fear, which arise in response to different situations and influence our behavior.

## Cognition and Thinking

- **Cognition and Thinking:** Cognition refers to all the mental processes we use to understand and make sense of the world, such as thinking, remembering, and problem-solving.

## Thinking, Reasoning, Problem-Solving, and Creativity

- **Thinking, Reasoning, Problem-Solving, and Creativity:**
  - **Thinking:** The process of using your mind to consider or reflect on things.

- **Reasoning:** Making decisions based on logic or evidence.
- **Problem-Solving:** Finding solutions to challenges.
- **Creativity:** Using imagination to come up with new and original ideas.

## Personality

- **Personality:** The unique patterns of thoughts, feelings, and behaviors that make someone who they are. It includes traits like being outgoing, introverted, friendly, or anxious.

## Intelligence

- **Intelligence:** The ability to learn, understand, and apply knowledge and skills. It involves reasoning, problem-solving, and adapting to new situations.

## Psychopathology

- **Psychopathology:** The study of mental disorders or conditions, including how they affect thoughts, emotions, and behaviors.

## Abnormal Behavior

- **Abnormal Behavior:** Behaviors that are unusual, disruptive, or harmful, which may be signs of mental illness or disorder.

## Psychotherapy

- **Psychotherapy:** A treatment for mental health problems that involves talking with a therapist to explore thoughts, feelings, and behaviors, and find ways to improve emotional well-being.

## Popular Areas of Psychology

- **Popular Areas of Psychology:** Different branches of psychology that focus on specific aspects of behavior, such as mental health, behavior in the workplace, or sports performance.

## Health Psychology

- **Health Psychology:** The study of how mental and emotional factors affect physical health, and how to improve health through better habits, stress management, and coping strategies.

## Industrial/Organizational Psychology

- **Industrial/Organizational Psychology:** The study of how people behave in the workplace, including topics like employee motivation, leadership, and job performance.

### **Consumer Psychology**

- **Consumer Psychology:** The study of how people make decisions about what to buy and how marketing, advertising, and product design influence consumer behavior.

### **Sport Psychology**

- **Sport Psychology:** The study of how mental factors influence sports performance, including motivation, anxiety, and team dynamics, and how to improve mental toughness.

### **Forensic Psychology**

- **Forensic Psychology:** The application of psychology in legal and criminal justice settings, including assessing criminals, working with witnesses, and understanding criminal behavior.

