

**Guided Reading Activity 1-1** **Why Study Psychology?**

*For use with textbook pages 7-13*

**Directions: Outlining** Locate the heading in your textbook. Then use the information under the heading to help you write each answer.

**I. Why Study Psychology?**

**A. Introduction**

- 1. What are examples of physiological needs? \_\_\_\_\_
- 2. What type of behavior cannot be observed? \_\_\_\_\_
- 3. How can learning about psychology improve your everyday life? \_\_\_\_\_

**B. Gaining Insight into Behavior**

- 1. What type of psychology explores the effects of different groups on their members? \_\_\_\_\_
- 2. How can explanations of behavior improve one's confidence? \_\_\_\_\_

**C. Acquiring Practical Information**

- 1. Give an example of using rewards to change behavior. \_\_\_\_\_
- 2. How are mnemonic devices used? \_\_\_\_\_

**D. Overview of Psychology**

- 1. What is psychology? \_\_\_\_\_
- 2. What are the four goals of psychology? \_\_\_\_\_

**E. The Scientific Basis of Psychology**

- 1. What methods are used to gather data? \_\_\_\_\_
- 2. Who proposed that psychological experience is composed of compounds similar to chemical compounds? \_\_\_\_\_