

PSYCHOLOGY CHEAT SHEET: THE MOST IMPORTANT DEFINITIONS FOR EACH OF THE BRANCHES

COGNITIVE PSYCHOLOGY

- It is the scientific study of the minds on its role as an information processor.
- Cognitive psychologists create information-processing models that can go into a person's mind. It includes memory, consciousness, perception, thinking, language, and attention.
- It deals with the processes and methods on how people acquire knowledge and putting it in practice.
- It is influenced by neuroscience, computer science, anthropology, biology, artificial intelligence, philosophy, linguistics, and physics.
- **Notable People in Cognitive Psychology:** Some of the notable persons in the history of cognitive psychology re Norbert Wiener, Tolman, George Miller, Newell and Simon, Miller, Ulric Neisser, Atkinson and Shiffrin.
- **Modern approach in cognitive psychology:** The modern study of cognitive psychology is based on the idea that the brain is a complicated computing system.
- **Sub-domains of Cognitive Psychology:** Some of the domains of cognitive psychology are language processing, reasoning, perception, attention, problem solving, animal cognition, judgment, emotion, decision-making, and consciousness to name a few.

• Significant Applications of Cognitive Psychology:

It has developed a computer interface to effectively meet the information needs of users.

• Comparing it with Cognitive Science:

A versatile information infrastructure is created through knowledge demonstrations and reasoning processes.

There are effective smart tools for the financial industry.

Cognitive Science has a broader scope than Cognitive Psychology. It is more concerned with the collection of data by research for application in different areas like neuroscience, artificial intelligence, sociology, and linguistics.

SOCIAL PSYCHOLOGY

- This is the study of an individual behavior in a social environment.
- It aims to understand a person's behavior when exposed to other individuals and the social context where it happens.
- Social psychology seeks to know the factors why there are certain behaviors when surrounded by other people.
- It tackles the influences of intentions, feelings, goals, thoughts, and beliefs on how individuals interact with each other.

- Psychology is the study of human behavior, the way a person feels, acts, and thinks.
- Connection it with social psychology, it also studies human behaviors but it focuses more on its changes when exposed to a social context and interactions with other individuals.
- Social Psychology lets people understand their own behavior when being around with other people as well as when in a social context. Through this, they are able to identify the discrepancies of their choices and actions when they are alone and when they are with other people.
- **Terms significant to Social Psychology:** Some of the fundamental terms and topics on Social Psychology are stereotypes, self-concept, prejudice and discrimination, attitudes, social cognition, social influence, aggression, attribution theory, and interpersonal processes.
- **Significant persons in Social Psychology:** There are a lot of significant persons in social psychology. Here are some of those who contributed to its history: Aristotle, Hegel, Lazarus and Steinthal, McDougall, Allport, Bandura, Murchison, and Klineberg.

PSYCHOLOGY CHEAT SHEET: THE MOST IMPORTANT DEFINITIONS FOR EACH OF THE BRANCHES

PERSONALITY PSYCHOLOGY

- It is the branch of psychology that studies personality and how they are different from other people's personalities. In addition, it also seeks to understand similarities of personalities among individuals.
- It is one of the most known and broadest branches of psychology.
- Personality Psychology is a study of the effects of different factors on human behavior. It seeks to understand why certain personalities occur, and what needs to do to avoid personality disorder.
- **Personality:**
It is what people see in you. It is something that helps acknowledge who and what you are. It also lets you identify your influences from creating relationships up to your lifestyle.
- **Personality connected with psychology:**
Through psychology, a person's personality is comprehensively studied. It lets psychologists analyze personalities and give diagnosis and treatment for personality disorders. Personality disorders can influence a person's everyday life.
- **Factors affecting personality:**
Some of the factors affecting personality are genetics, life experiences, upbringing and present circumstances.

- **Theories on Personality Psychology:**
Personality Psychology is often linked theories. Some of these theories are Trait theories of personality, Type Theories, Big Five Theory, and Freud's theory of psychosexual development to name a few.
- **Personality Tests:**
Personality tests are conducted for psychologists to assess personalities well. Over the years, personality tests have undergone developments. Assessments and inventories were also included to these developments.
One of the most popular tests is called Myers-Briggs Type Indicator or MBTI which is often utilized for employment screening.
- **Personality Disorder:**
Personality Psychology can diagnose personality disorder. Personality disorders can create serious effects on a person's life and functioning. Personality disorders are mental disorders, which are pervasive and chronic. They can give significant changes on interpersonal functioning, thoughts, and behaviors.
Some of these personality disorders are narcissistic personality disorder, antisocial personality disorder, obsessive-compulsive personality disorder, and borderline personality disorder.

- Treatment for personality disorders can be complicated and difficult. So, it is better to consult the doctors right away when diagnosed.
It is good to know that there are psychologists that are keen in studying both usual human personality and personality disturbances.
Through psychologists, individuals can acquire skills to avoid and cope up with personality disorder symptoms. Some of the factors that can cause personality disorders are abuse, trauma, and genetics.

References:

- <https://www.simplypsychology.org/cognitive.html>
- <http://psych.rutgers.edu/co>
- http://www.scholarpedia.org/article/Cognitive_psychology
- [https://www.sciencedaily.com/terms/social_psychology_\(psychology\).htm](https://www.sciencedaily.com/terms/social_psychology_(psychology).htm)
- <https://www.verywellmind.com/social-psychology-4157177>
- <https://www.verywellmind.com/personality-psychology-4157179>
- <http://www.apa.org/topics/personality/>
- <https://www.bestmastersinpsychology.com/faq/personality-psychology/>