

# Chapter 1: Psychology and Scientific Thinking



KEEP  
CALM  
AND  
STUDY  
PSYCHOLOGY



# Popular Psych Myths

- We only use 10% of our brains
- It's better to express anger than to hold it in
- The polygraph test is an accurate means of detecting lies
- Opposites attract
- Full moons cause crime and craziness
- A large proportion of criminals successfully use the insanity defense
- Some people are right-brained or

# Psychology Defined

- Scientific study of the mind, brain and behavior
- Multiple levels of analysis
- Psychology faces unique challenges other sciences do not face

