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Psychology In Your Life

Sarah Grison is an Associate Professor of Psychology at Parkland College. She brings 20 years of psychology teaching experience to Psychology in Your Life. Sarah's research examines how psychological research can be applied to teaching and learning.

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Psychology can also be a useful tool for improving your overall health. From ways to encourage exercise and better nutrition to new treatments for depression, the field of health psychology offers a wealth of beneficial strategies that can help you to be healthier and happier. Some examples that you can apply directly to your own life:

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Psychology in everyday life is also hugely relevant on an interpersonal level. The ability to read social cues accurately and interact with others normally is paramount in every area of life, from finding a job to finding a romantic partner. Psychology outlines what types of behaviors are prosocial and antisocial.

"Psychology in Your Life, 2nd Edition" by Sarah Grison

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How Everyday Uses for Psychology Can Impact Your Life

Here are seven ways that learning about psychology can change your life for the better: 1. Increased self-understanding and insight. This is a no-brainer: By learning about psychological constructs, such as dimensions of personality, we can better understand ourselves, our motives, and our patterns of behavior.

Psychology In Your Life Lecture PowerPoint chapter 1

Psychology in Your Life: Chapter 3. Psychoactive drugs that increase both mental processes and physical activity. Cocaine,

amphetamines, caffeine, & nicotine. Activates sympathetic nervous system by increasing heart rate and blood pressure. Effects are caused because they allow dopamine to remain in synapse longer prolonging the impact of dopamine.

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