**Psychology Reflection Paper**

Student’s name:

Institution:

Course:

Date:

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The cardinal reason for the study of psychology is to understand the triggers of human behavior. Psychology provides an understanding of aspects such as actions, emotions, motivations, communication, language, social interactions, and even decision making. By addressing these areas, psychology addresses almost every dimension of human life, thereby providing a more complete vision to other fields. Simply, understanding human psychology is the foundation of understanding all that human beings engage in. This paper will explore how various concepts of psychology apply to different aspects of my life, including the past, present, and future, as well as my personal, educational, and my prospective career life.

Chapter 3 of the book addresses the topic of neurons and behavior. Under this chapter is the concept of neurons that explains the origin of behavior. The most insightful knowledge that I obtained from this concept is that human behavior is not only determined by social factors. Rather, human behavior is more complex than what meets the eye because a continuum of biological factors come into play before an individual acts or behaves in a certain way.

For instance, on page 74 of the book, the authors state that visible signals usually accompany human behaviors, feelings, and thoughts. The authors further posit that these elements result from the brain’s information processing activities, where the brain takes in information and processes output. The cells that are responsible for these activities are known as neurons. This concept of psychology significantly affects my personal life in the sense that it gives me an objective understanding of human behavior.

Initially, I only associated human behavior with social factors. However, after encountering the concept of neurons as the origin of human behavior, I am equipped with a more effective and logical understanding of why people behave the way they do. This understanding is based on an adopted notion that since people are different biologically, their brains are also bound to process information differently, causing varying behaviors. I will use this interpretation in my personal life to guide my interactions with others.

I also found the concept of the motivated mind from chapter 8 of the book, which addresses emotion and motivation, very intriguing and applicable to an aspect of my life. The authors explain that compared to other animals, the psychological motivations of human beings are more unique and numerous. However, the numerous psychological motivations can be grouped into three main dimensions. These include approach versus avoidance, conscious versus unconscious, and intrinsic versus extrinsic psychological motivations.

Of all the dimensions examined, the intrinsic versus extrinsic dimension was the most insightful, but more specifically, the extrinsic tenet. Page 342 of the book reads that extrinsic motivation is the pursuit of actions that lead to a reward, as opposed to intrinsic motivation that usually involves actions that are rewards themselves. A perfect example of extrinsic motivation is studying hard in college in order to graduate, a factor that completely applies to my academic life. My academic goals are to get good grades and graduate college for better career opportunities. To achieve these goals, studying hard presents the best course of action that I can take. This action acts as an extrinsic motivation since it is a means to an end.

Another topic of the book, which applies to all aspects of my life, is the concept of the social cognitive mind, personalities in situations, found in chapter 12. On page 48, which marks the beginning of the topic, the authors explain that the social-cognitive approach refers to how people think about and respond to the everyday situations that they encounter in their lives. Later in the topic, the authors address a facet that I strongly relate to, which is how my personality changes depending on the prevailing circumstances, as well as the people I am with.

From observation, this concept of the real world does not only apply to me but to everyone else that I know. However, using myself as an example, my personality tends to change depending on where and with whom I am. From my understanding of the book, the concept of personality changes with situations and people stems from another concept, which is that of personality consistency.

Page 486 of the book states that personality consistency is anchored on elements of where and when. This is because the consistency of personalities is the result of how people interpret as well as pursue goals during different situations. Therefore, my behavior around my parents is bound to be different from my behavior around peers or in a class because the people within these environments and the subsequent situations surrounding them will interpret my behavior differently.

The last exciting concept of the book that I perceive to be worth addressing, particularly concerning my career life or future, is the topic of the psychology of health found in chapter 14. The overall chapter is concerned with the element of stress and health. Deeper within the topic is the concept of the psychology of health is another dimension that I intend to use in my career and holistic future life. This is the dimension of personality and health.

On page 573 of the book, the authors posit that personality is a critical factor in wellness, explicitly in relation to the hardiness and optimism differences among individuals. The levels of hardiness and optimism among individuals determine their health outcomes. Therefore, the concept has taught me that being very optimistic and hardy will make me live a healthier life by eliminating the risk factors of several common illnesses.

In conclusion, the identified concepts, as well as many other concepts in the book, are critically relevant to various aspects of my life. The above analysis has offered insight into that relevance by addressing four concepts from different book chapters. However, the most important lesson is that psychology affects every element of human life. Hence, it is worth studying.