

# What is Psychology?

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Psychology is the scientific study of experience and behaviour. It's supported by scientific research carried out by experimenters, results are then recorded, quite similar to a science experiment.

## Common-sense and psychology

Psychology can be seen as **organised common-sense**. Psychology can give us a more detailed understanding of people, supported by evidence. This evidence has been researched in a systematic way.

With common-sense, we may assume what is true for us is also true for everybody else. This may not be the case as we are particular individuals, who live in a particular community, in a particular culture, at a particular time.