

What is Psychology?

What is Psychology?

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.