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Psyc101

Dr Carol

Self-Assessment Paper

The scientific study of mind and behavior. (McLeod, 2019) . Reading this article on the website titled “What Is Psychology” is the last thing I have learned as it comes to psychology. Being in a high school taking over 40 different classes, Psychology was my favorite and the one I was excited about taking. Getting to understand yourself better and learning how and why others are the way they are is very interesting if you asked me. This led me to choose forensic psychologist for my first career choice at that time. It was very amazing doing different class activity and interaction with my classmates. There is 4 different types of psychology and this semester I learned how to look at myself and others in 4 different ways. The 4 different types are as follow, cognitive, forensic, social, and developmental psychology.

Psychology has impacted me in ways I am still learning. While in high school I understood why my friends thought and acted the way they did. This was a good and bad thing. It was good because it was nice seeing true loyalty in the flesh however the bad thing was some people do mean harm. Throughout learning these things of course, I understood who I am. I am still learning myself better to till this day. Before taking psychology, I know I’ve always tried to see people for who they are but, I didn’t understand viewing people socially was what it was called. Social psychology compares to how we relate to one another. For example, I’ve always related myself to my siblings and their friends to our friends and my cousins.

My sister and I share the same mom and not the same dad, so I use to wonder why it is some siblings I see at school that looks exactly alike. I am short and my sister is tall, I am dark and my sister is light. As it compares to our friends, they were differences in the way we all interacted at dinner at my house, or even when it came to our birthday parties. When it comes to my cousins, I

noticed how the girls are closer to grandma and the boys are closer to grandad. Something that is common, and a downfall to the fact that I tried to view people on how they acted is in some cases which involve crimes. 7 in every 10 women can agree to men mistaking their politeness as an opportunity to have a sexual come on. I hear men so often proclaiming something was consensual.

I've witnessed many times on the news and internet where a man proclaimed a women agreed to sex. One which was most shocking to me, and I am sure to many people is the famous singer R. Kelly being in jail till this day. R Kelly is facing charge of sexual exploitation of a child and kidnapping. "R. Kelly pleaded not guilty Thursday to a superseding indictment brought in New York, marking the seventh time the embattled singer has been arraigned on sexual abuse-related charges in a little more than a year." (Chicagotribune, 2020) . I have been following this story for some time now and as it compares to psychology r Kelly claims that he's never held anyway against their will and doing anything sexual with them. r Kelly could be looking at his situation as it relates to socially psychology, for it seeming like someone wanted something that now they are saying they didn't.

My inner mental process such as attention, memory, action planning and language make me who I am. I believe this more than ever now that I am a mother. I am watching two little humans "become" and I see there cognitive firsthand. I have noticed that my daughter attention expand is very low and I do believe that has a ton to do with her age right now also. We could be having a simple conversation but during this conversation she's been off topic 4 different times. When it comes to my oldest, I noticed that he is different, he is better at keeping his attention on one thing at a time. This is just what makes them who they are. Psychology had

impacted me especially when it comes to motherhood because who knows you better than you mother? for some reason they always know what we are thinking when we are thinking it. I like to joke that motherhood is almost like magic hood. I say this because it is like magic being able to understand someone because we are all difficult in our own ways.

This semester we learned about personality. I took a required personality test to complete an assignment and I was told my personality type was ISFJ. ISFJ is describe as follows, the defender of this world, strong work ethics, kind, peaceful and sometimes put other needs before they are self. (MinionNoMore, 2017). It was shocking to me how true these things are about me and that the decision came because of a personality test. One thing that stood out the most was how they said I loved structure orders. This is so true about me, and I believe that is because of how I was raised. Every single workday I am at work at least an hour early. I remember growing up my mother was never late for anything and was always prepared. As it again relates to me being a mother, I have clothes out for the week each Sunday. There is a routine we have when leaving out the door every day. There is just a strong love for be in order and ready that I have. this test describes me to the point when it came to that. Something that I learned about myself was that I am a defender. Because in my opinion I am super scary I never looked at myself for being some type of defender. This was up into I read the video on YouTube about people with ISFJ personality type. I do like to defend when it comes to something being right or wrong.

Sigmund Freud was one of the most influential thinkers. he believed that anything pleasurable was sex, he figured the main determinant of personality development was human sexual drive. (King, 2019)

Going forward I will always be using psychology in ways to help me. I will be a Nurse and somebody a doctor and using psychology is something that will happen on the regular. Even now as an CNA working side by side with patients the way they behave will sick for very surprising. Instead of taking it so personal I wondered how I would feel and act if I was as sick as they are during their hospital stay. When you are sick the way you act sometimes, and most times can be unexplainable. Feeling sick is not a good feeling, especially not being able to do and take care of yourself like you are used to. working side-by side I will understand and not judge for the responses I get. Another way I will use psychology going forward is when I am out in the world shopping, celebrating, or simply relaxing and I encounter with somebody with a bad attitude or even so simply having a bad day I will do my best to improve their spirit. I never knew how much your energy your spirit, and smile could change someone's day.

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