

Name \_\_\_\_\_

Chapter <b>1</b>	<b>What is Psychology?</b>	Observation Guide
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### Behavior and Cognitive Activity

*Psychology* is the scientific study of behavior – any action that can be observed or measured by other people – and of private mental processes. Private mental processes – also called *cognitive activities* – include dreams, perceptions, thoughts, and memories. Psychologists also study emotions or feelings, which can affect both behavior and cognitive activity.

As you go through your day, look for opportunities to quickly analyze what you are doing. Try to differentiate between your behavior and your cognitive activity. If applicable, note how your emotions are affecting either or both. To be ready to observe when the opportunity arises, take time now to familiarize yourself with the guidelines and questions on the back.

**OBSERVATION** Make at least three self-observations. Try to space them throughout the day and include a variety of situations. Record your observations in the spaces to the right of each directive or question.

	Observation #1	Observation #2	Observation #3
Describe the situation you analyzed.			
What behaviors did you exhibit?			
In which types of cognitive activity did you engage?			
What effect did your emotions have on your behavior and your cognitive activities?			

**ANALYSIS** Answer the following questions in the space provided.

1. Which of your recorded behaviors were observable? Which were only measurable?

2. In general, do you think your emotions affect your behavior more than they affect your cognitive activities? Why or why not?