

Psychology

Presented By:
Shaan Shahabuddin, M.A.
Psychology Faculty
Seattle Central College

DISCOVER



SEATTLE COLLEGES

North · Central · South

Overview

Overview

Definition

- What is psychology?

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- What is psychology?

Activity

- Mental imagery
- Representative heuristic

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Fields of psychology

- Perspectives
- Subfields

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Jobs

- Bachelor's degree in psychology
- Skills gained as a psych major

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Fields of psychology

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- Bachelor's degree in psychology
- Skills gained as a psych major

Seattle Central

- Psych classes offered
- Faculty

What is Psychology?

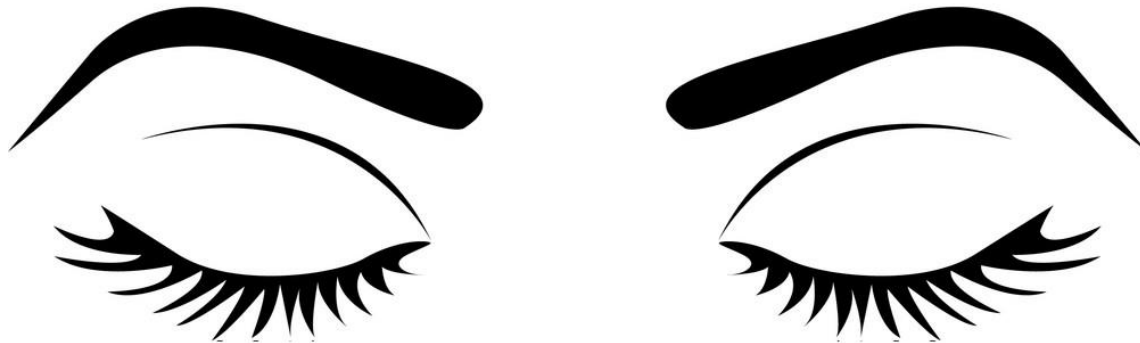
The scientific study of the mind, mental processes, and behavior



Mental Imagery Activity

Close your eyes and...

- Imagine eating your favorite dessert



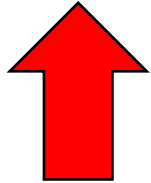
Mental Imagery Activity



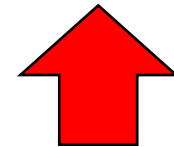
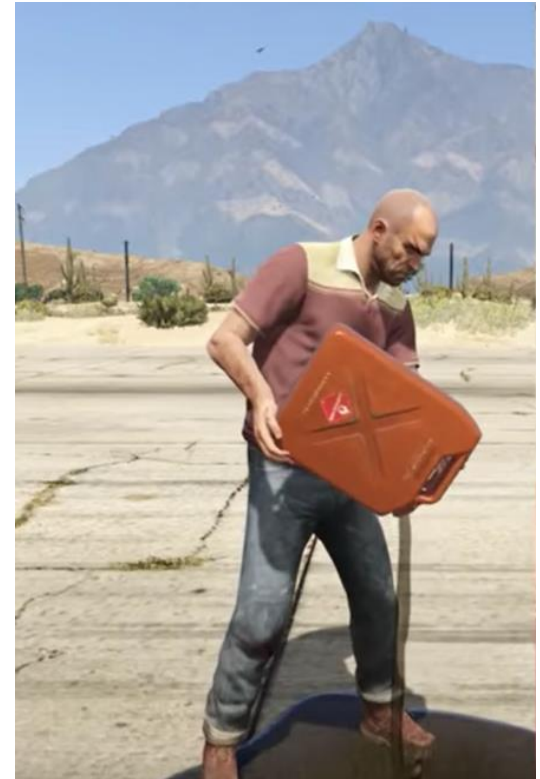
How can we limit the amount of desserts we eat?



Mental Imagery



First-person
perspective



Third-person
perspective

Mental Imagery

- Participants were told to imagine eating chocolates from either a first-person or third-person perspective
- **Third-person perspective**
 - Chocolates were evaluated as less favorable (in taste, appearance, sweetness, etc.)
 - Less chocolates were consumed



Mental Imagery

Other studies of thinking from the **third-person** perspective have resulted in:

- Saving more money for the future
- A reduction of emotional intensity of past experiences
- Feeling less anxious



Activity

Imagine there is a room with 100 people (70 are engineers and 30 are lawyers). The following describes an individual who was picked at random from this room:

“He is a twice divorced man who spends most of his free time at a country club. He regrets following in his father’s footsteps. He wishes he hadn’t spent so much time in college on academics and instead spent more time socializing so he wouldn’t be so quick to argue with people”

Which is more likely:

This guy is a **lawyer**

This guy is an **engineer**

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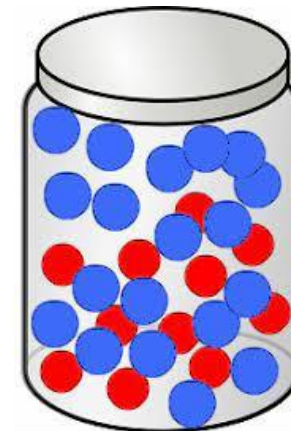
Imagine there is a room of 100 people (**70 are engineers**
and 30 are lawyers:

Which is more likely:

This guy is a **lawyer**

This guy is an **engineer**

70 Blue
30 Red



70% Blue
30% Red

Representative Heuristic

Judging the probability of membership in a category by how well an object/person is representative of that category



Stereotypes, Assumptions, Prejudice



Different Perspectives in Psych

The 5 Pillars of Psychology

BIOLOGICAL

Biopsychology
/Neuroscience

Sensation

Consciousness

COGNITIVE

Perception

Thinking

Intelligence

Memory

DEVELOPMENTAL

Learning

Lifespan
Development

SOCIAL & PERSONALITY

Social

Personality

Emotion

Motivation

MENTAL & PHYSICAL HEALTH

Abnormal

Therapies

Stress,
Lifestyle, and
Health

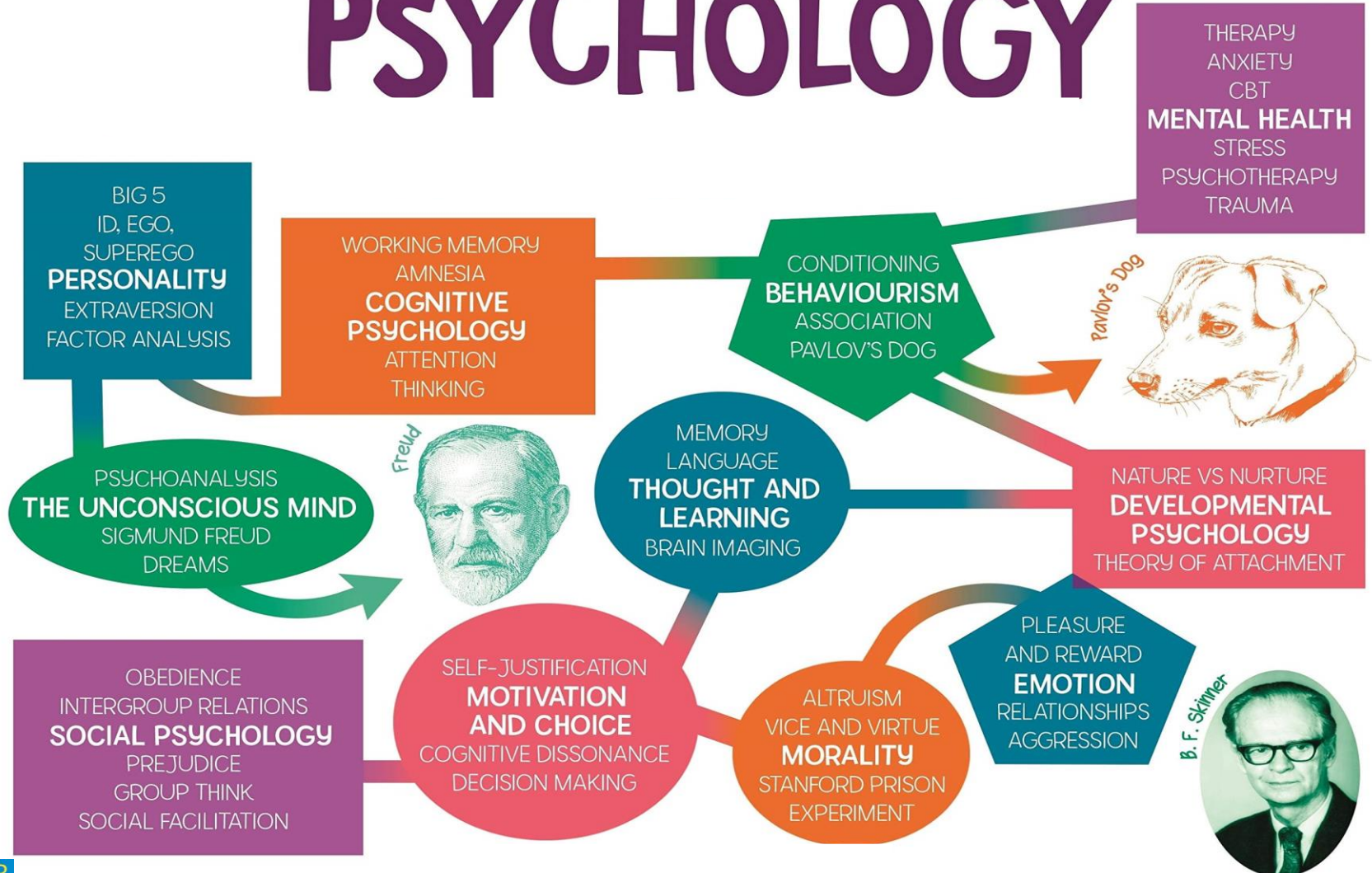
What do Psychologist's study?

PSYCHOLOGY

THERAPY
ANXIETY
CBT
MENTAL HEALTH
STRESS
PSYCHOTHERAPY
TRAUMA

What do Psychologist's study?

PSYCHOLOGY



Where do Psychologist's work?



Counseling



Sports



Video Games



Smart Phones & Apps



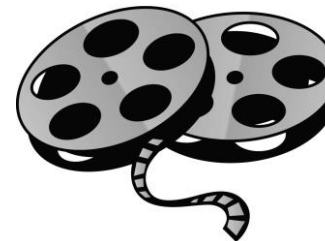
Government



Medicine



Engineering

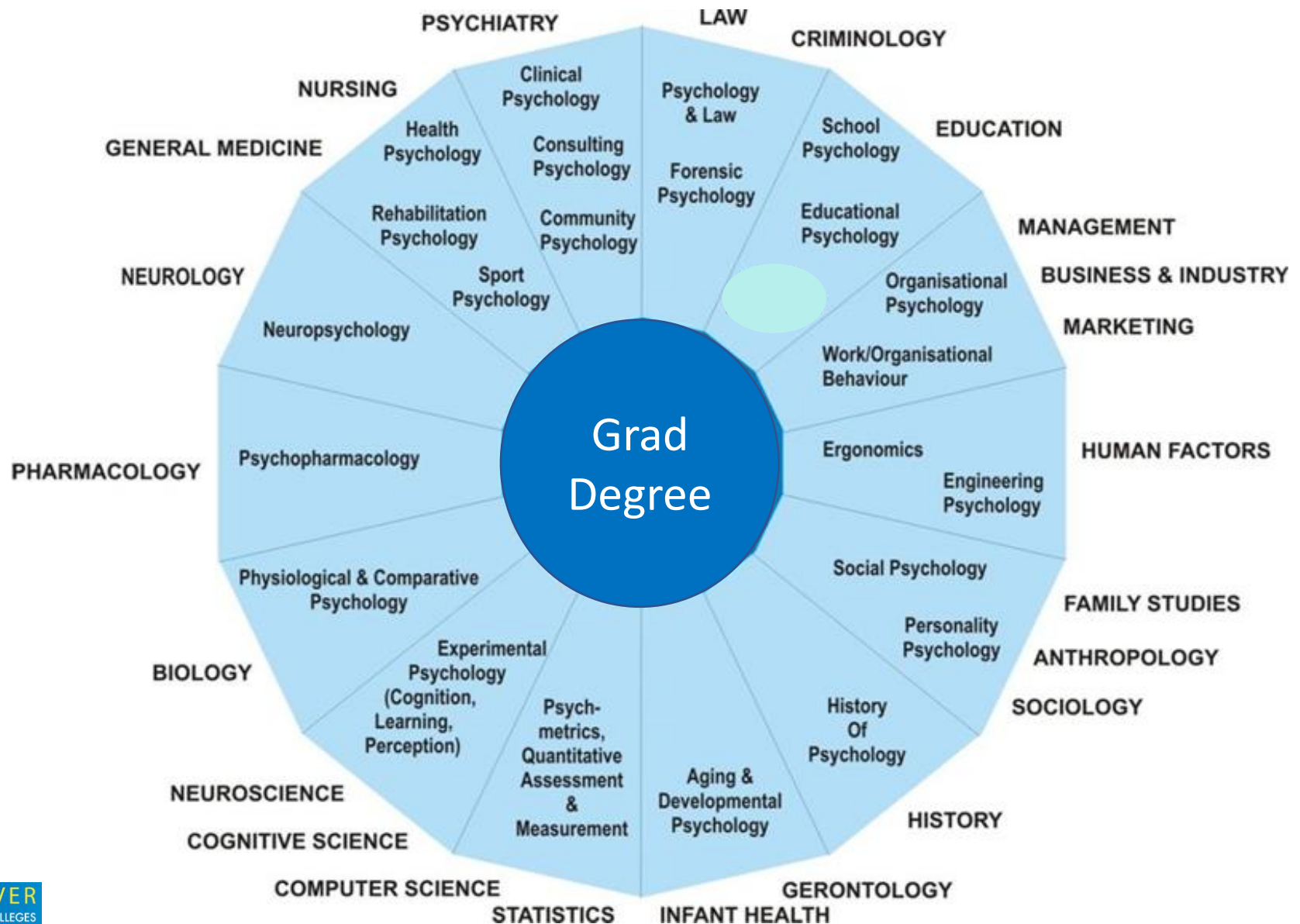


Film

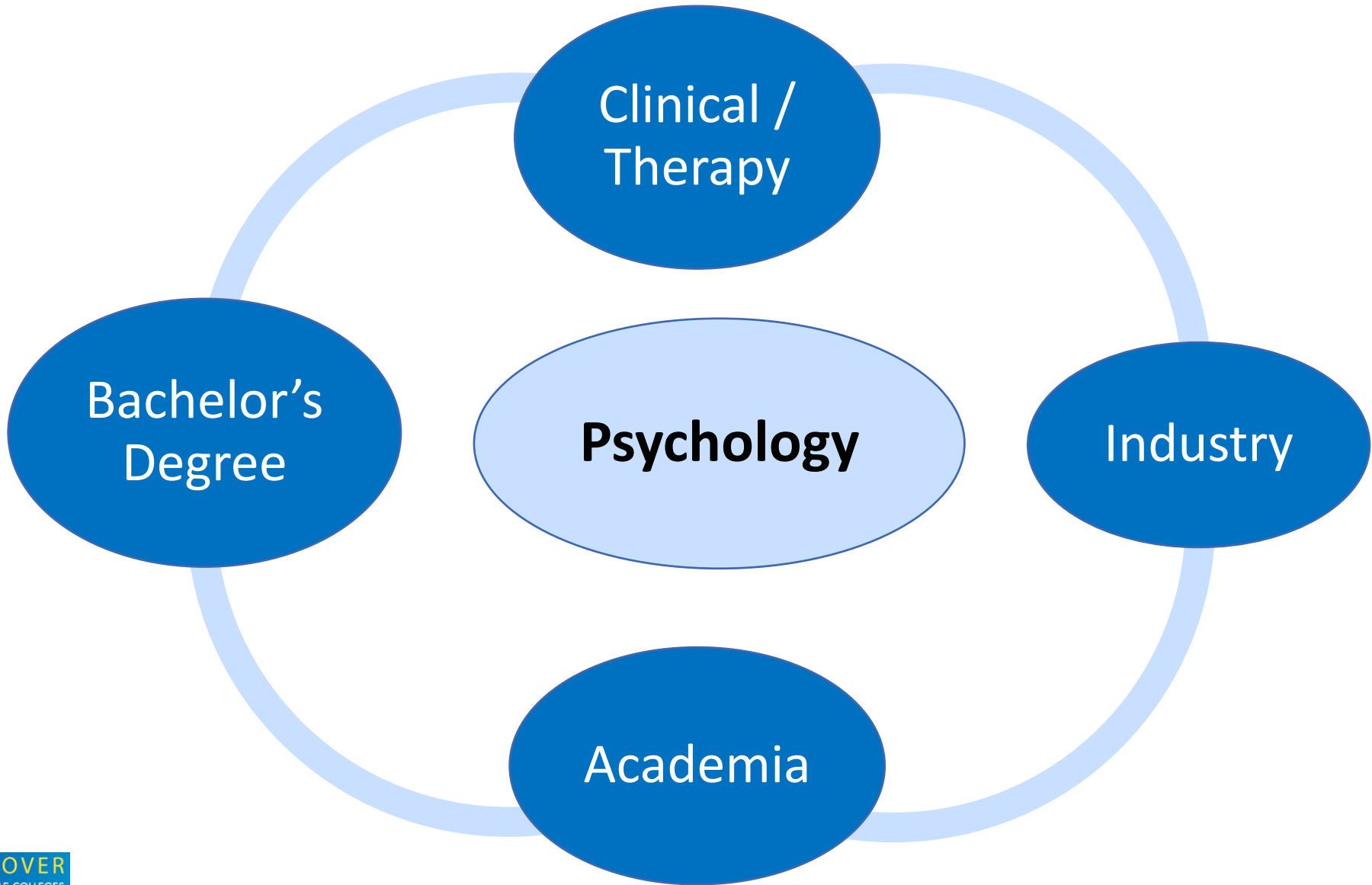


Animal Trainers

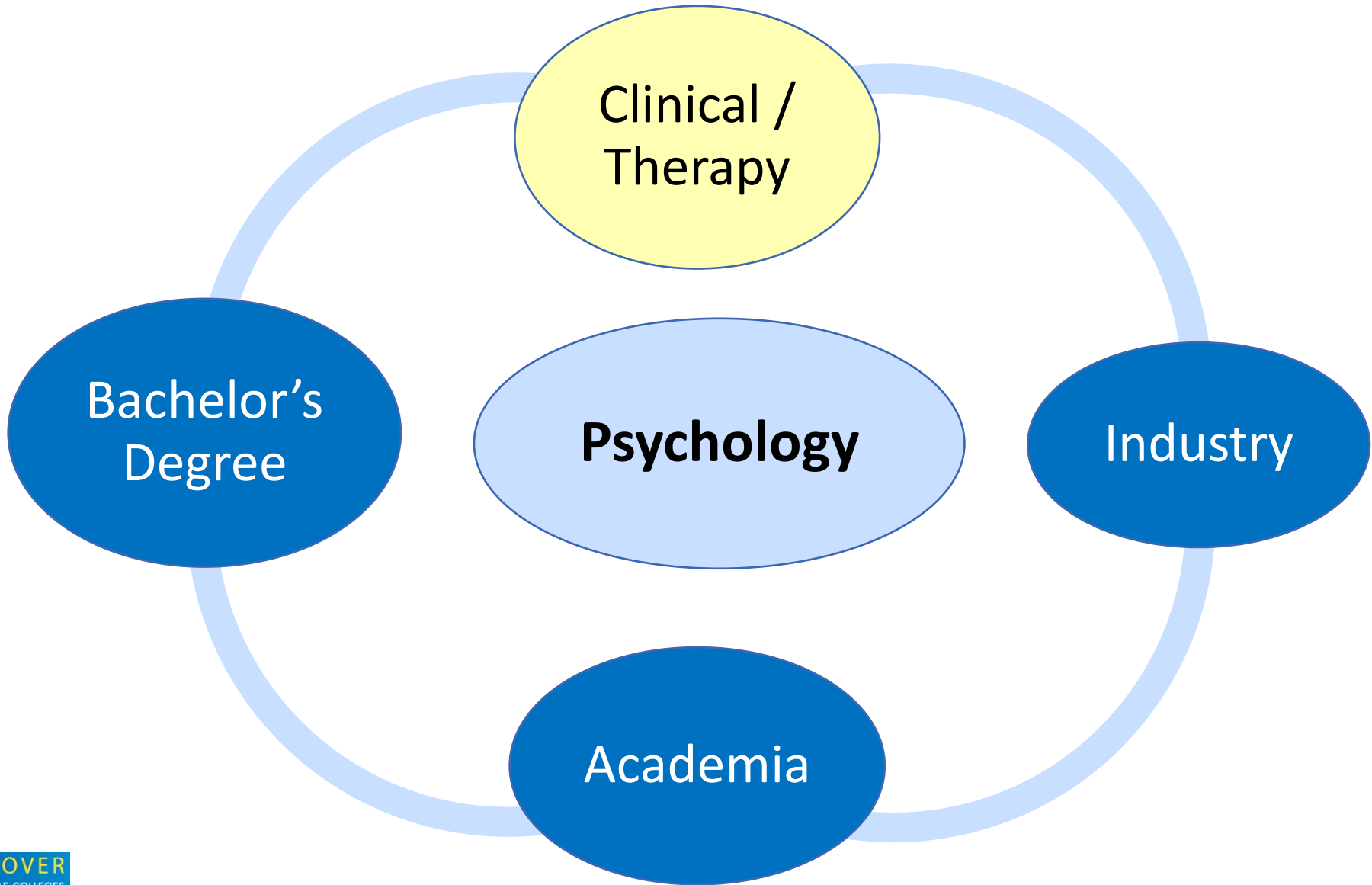
Where do Psychologist's work?



Sub-Fields of Psychology



Sub-Fields of Psychology



Clinical/Therapy Sub-Field

Counselors
(Applied)



Counseling

Clinical/Therapy Sub-Field

Psychiatrists

Counselors
(Applied)



Medicine

Counseling

Clinical/Therapy Sub-Field

Psychiatrists

Counselors
(Applied)

Scientists /
Researchers

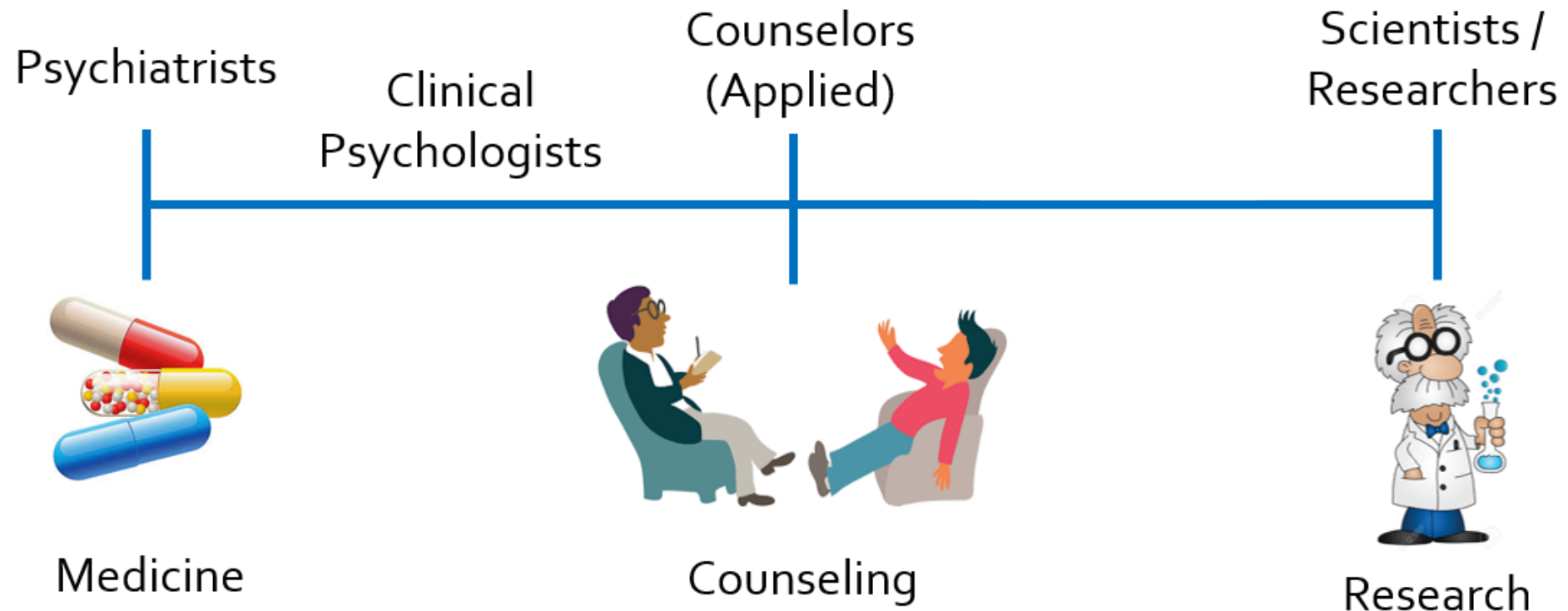


Medicine

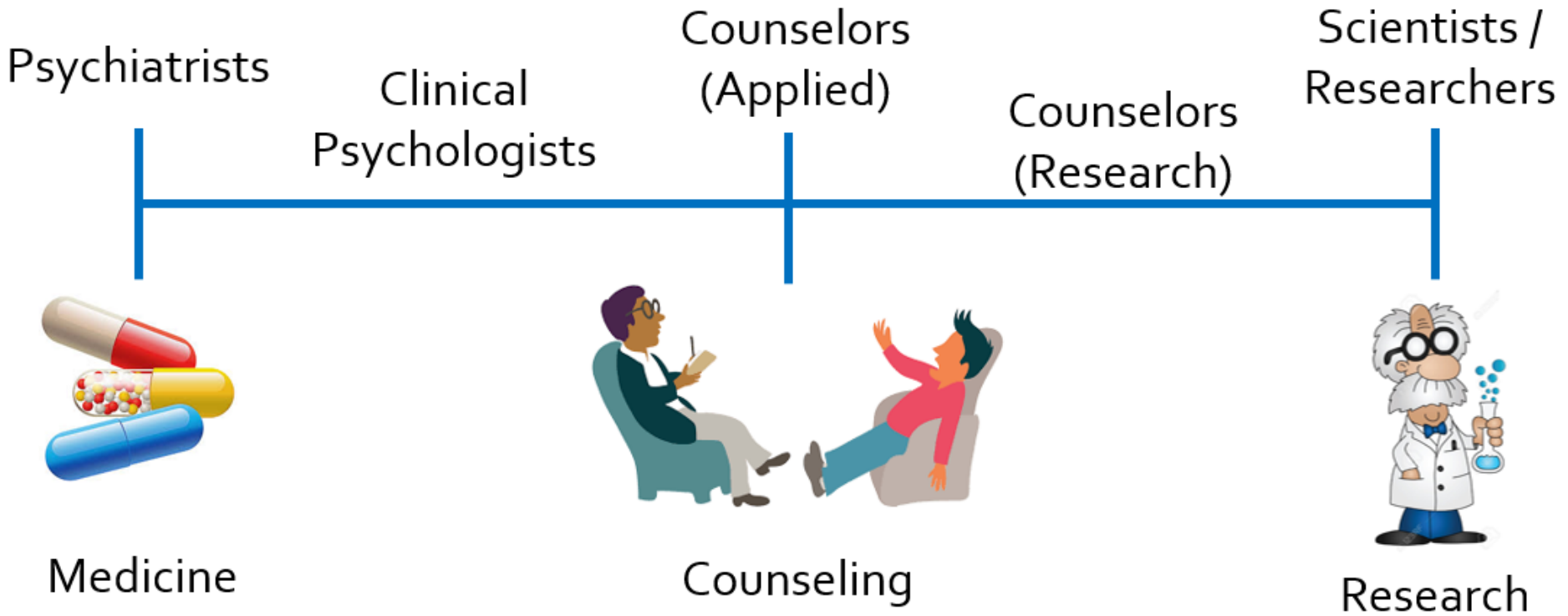
Counseling

Research

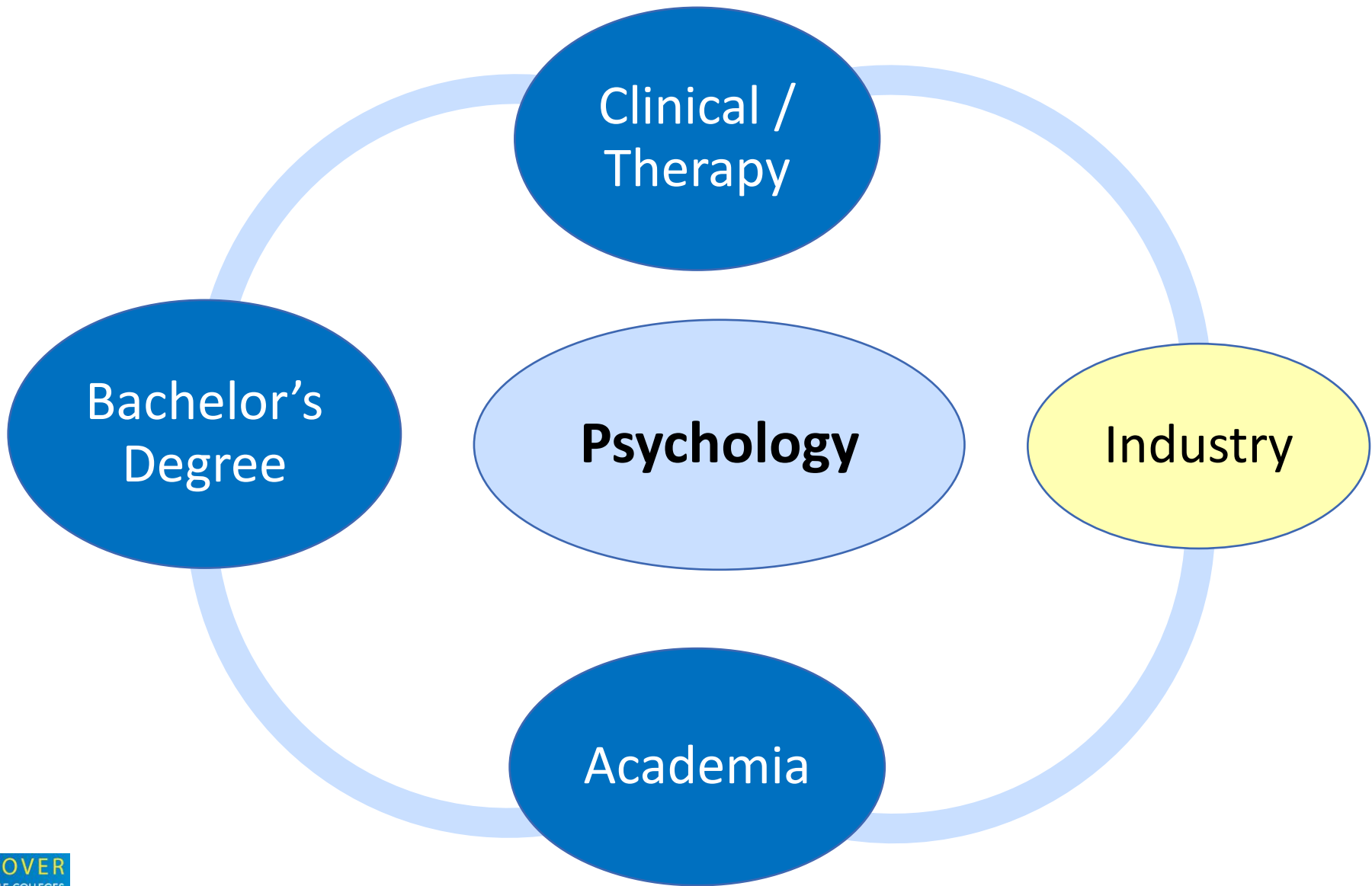
Clinical/Therapy Sub-Field



Clinical/Therapy Sub-Field



Sub-Fields of Psychology



Industry

Industrial/Organizational



Human Factors

Ergonomic Workplace

MONITOR

The top of the monitor should be at or slightly below eye level.

ARMS

Arms should be relaxed. Elbows should be bent at a 90° angle. Wrists should be relaxed, but straight.

CHAIR

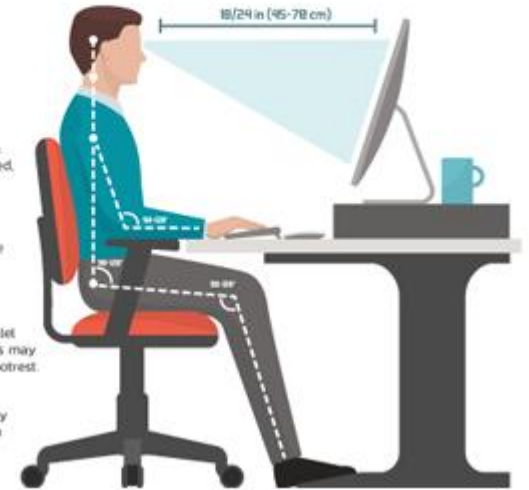
Hips should be as far back as possible. Curve in lower back should have support.

LEGS

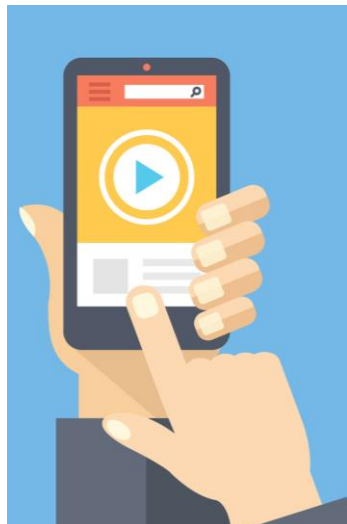
Thighs should be parallel to the floor. Some folks may benefit from a small footrest.

FEET

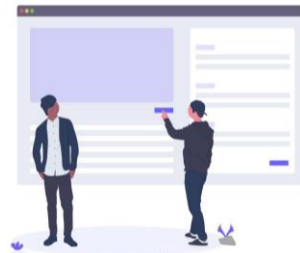
Feet should have plenty of room. A footrest can be helpful for workers with shorter legs.



User Experience User Research UX / UR



Researcher



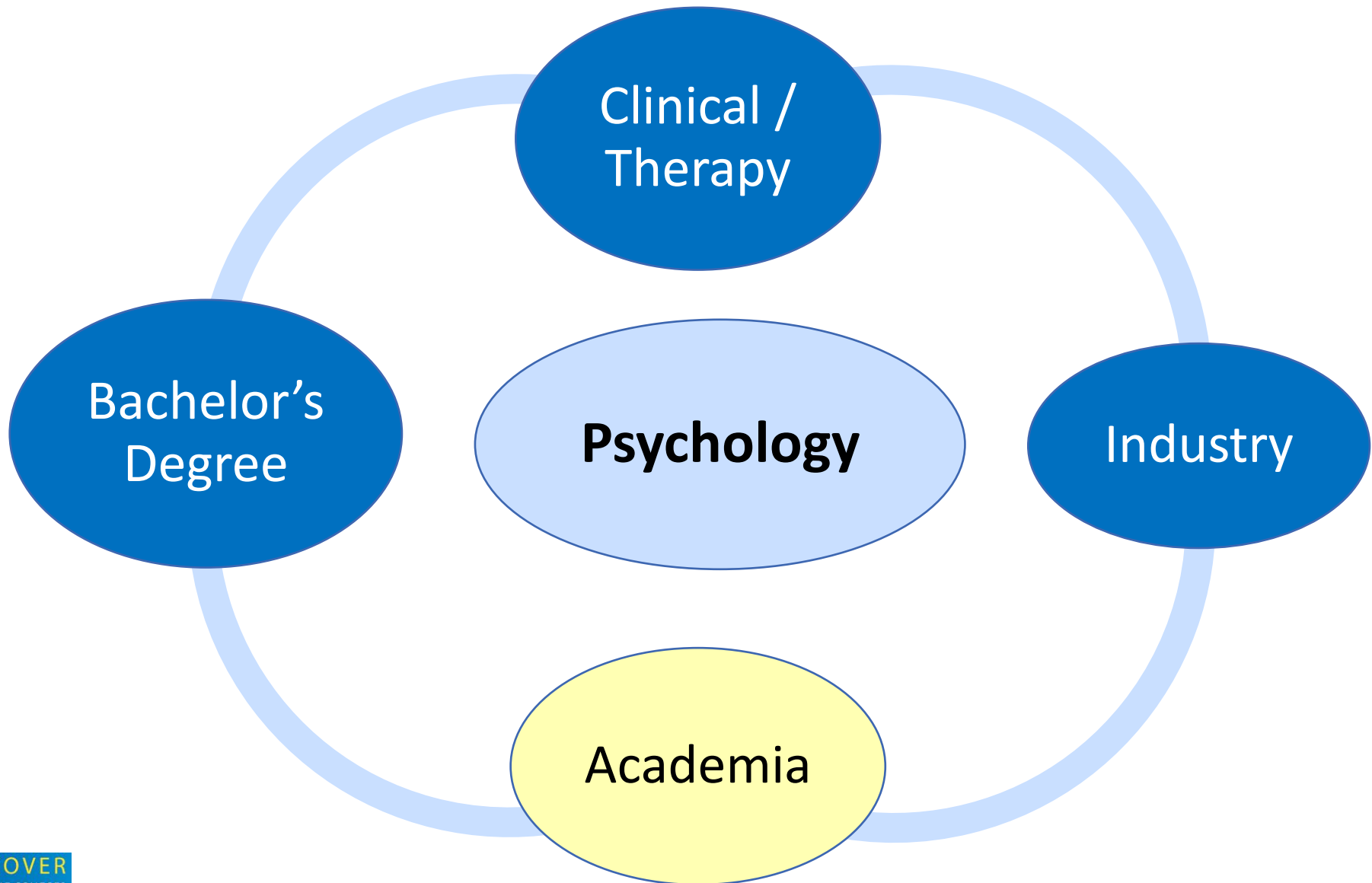
Designer



Writer



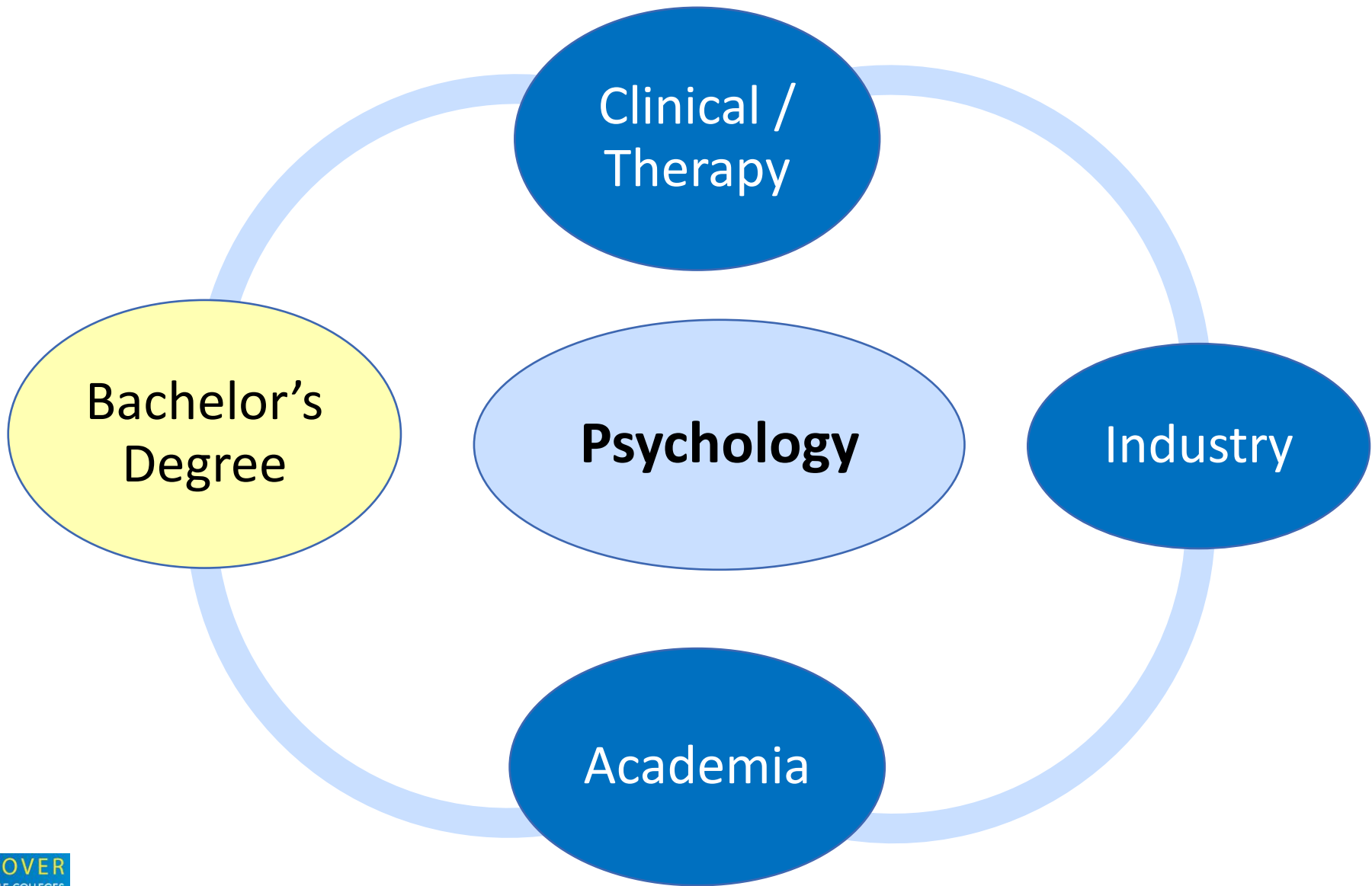
Sub-Fields of Psychology



Academia



Sub-Fields of Psychology



Bachelor's Degree in Psych

Activities Director	Disability Case Manager	Probation/Parole Officer
Advertising Sales Representative	Employee Health Maintenance Program Specialist	Project Evaluator
Alumni Director	Employee Relations Specialist	Psychiatric Aide/Attendant
Animal Trainer	Employment Counselor	Psychiatric Technician
Army Mental Health Specialist	Employment Interviewer	Psychological Stress Evaluator
Benefits Manager	Financial Aid Counselor	Rehabilitation Specialist
Career/Employment Counselor	Fund Raiser	Public Relations Representative
Career Information Specialist	Health Care Facility Administrator	Purchasing Agent
Caseworker	Human Resource Advisor	Real Estate Agent
Child Development Specialist	Information Specialist	Recreation Leader
Caseworker	Job Analyst	Recreation Supervisor
Claims Supervisor	Labor Relations Manager	Research Assistant
Coach	Loan Officer	Retail Salesperson
Community Organization Worker	Management Analyst	Social Services Aide
Community Worker	Market Research Analyst	Substance Abuse Counselor
Computer Programmer	News Writer	Systems Analyst
Conservation Officer	Occupational Analyst	Technical Writer
Correctional Treatment Specialist	Patient Resources	Veterans Contact Representative
Corrections Officer	Reimbursement Agent	Veterans Counselor
Criminal Investigator	Personnel Recruiter	Victims' Advocate
Data Base Design Analyst	Police Officer	Vocational Training Teacher
Department Manager	Preschool Teacher	
Disability Policy Worker		

Skills gained as a Psych Major

Skills gained as a Psych Major



- Analytical thinking
- Critical thinking
- Information management
- Judgment and decision making



- Oral communication
- Written communication

Skills gained as a Psych Major



- Analytical thinking
- Critical thinking
- Information management
- Judgment and decision making



- Oral communication
- Written communication



- Adaptability
- Integrity
- Self-regulation



- Collaboration/inclusivity
- Leadership
- Management
- Service orientation

Psych Classes at Seattle College



NORTH SEATTLE
COLLEGE



SOUTH SEATTLE
COLLEGE

North Seattle

- Statistics
- Research Methods
- Lifespan
- Personality
- Social

Seattle Central

- African Americans
- Racism
- Abnormal
- Social
- Cognitive
- Sexuality
- Human Relations

South Seattle

- Addiction
- Gender
- Physio Psych
- Research Methods
- Cognitive

Psych Classes at Seattle College



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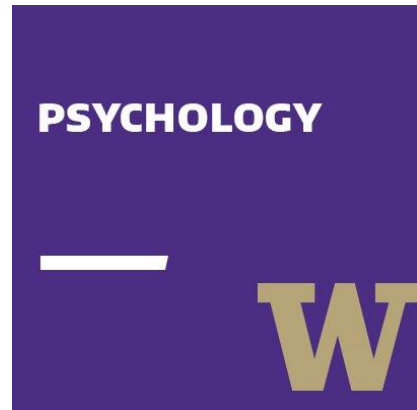
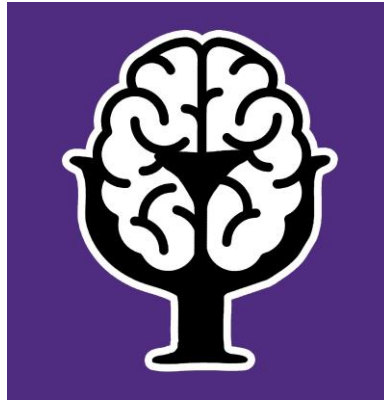
South Seattle

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Transferring as Psych Major

W

UNIVERSITY *of*
WASHINGTON



Psych Pre-Reqs

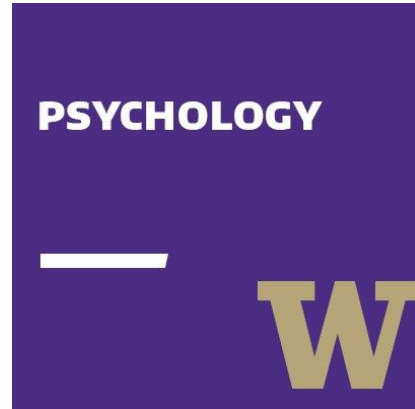
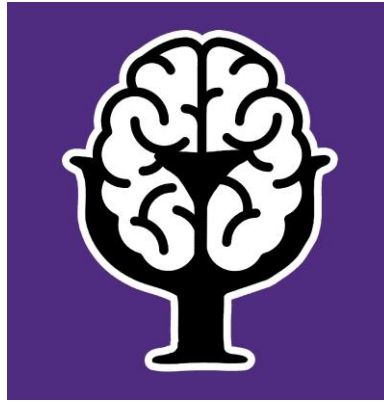
- Intro to Psych
- Physio Psych
- Research Methods

*Need to achieve at least a 2.00 in all classes

Transferring as Psych Major

W

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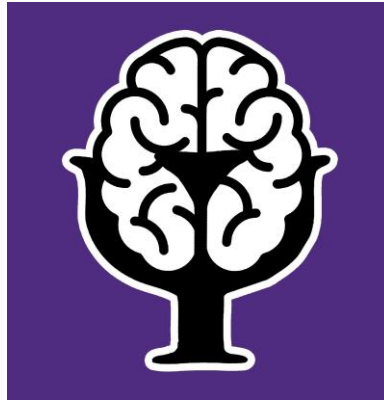
Additional Psych Courses

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Transferring as Psych Major

W

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PSYCHOLOGY



Psych Pre-Reqs

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- Physio Psych
- Research Methods

*Need to receive at least a 2.00 in all classes

Additional Psych Courses

- Every other Psych class will be counted as a general elective

General Education

- ENGL 101
- College Algebra, Pre-Cal, or Calculus
- Anthropology or Sociology
- Biology
- Logic (PHIL 120)

Contacting Psych Faculty

Faculty



Krystle Balhan
Full-time Psychology
Instructor

Email

Phone: (206) 934-0955



Charles Jeffreys
Full-time Psychology
Instructor

Email

Phone: (206) 934-0955



Shaan Shahabuddin
Full-time Psychology
Instructor

Email

Phone: (206) 934-6985



Kelsey Tyler
Part-time Psychology
Instructor

Email

Phone: (206) 934-3130



Anne Richards
Part-time Psychology
Instructor

Email



Heather Ryan
PHL Part-time
Psychology Instructor

Email



Carissa Leeson
Part-time Psychology
Instructor

Email



Rachel Macor
Part-time Psychology
Instructor

Email



**DISCOVER
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COLLEGES**

PRESENTED BY:

**SHAAN
SHAHABUDDIN**