

PSYCHOLOGY · CHAPTER 1

What is Psychology?

A 1-page guide for parents · 90-second read.

EXPECTED MARKS

A well-prepared student should comfortably score 7-8 out of 8 on this chapter. Below 4 usually means the definitions and the history timeline were never memorised — both are pure-recall marks that are easy to recover with daily quizzing.

TIME TO MASTER

6-8 hrs

HELPLINE

70330 05444

WHAT THIS CHAPTER IS, IN PLAIN ENGLISH

This is the very first chapter of your child's Psychology course, so it sets the foundation for everything that follows. Your child is learning what psychology actually IS — not mind-reading, but the SCIENTIFIC study of how people think, feel and behave. They study three things together: mental processes (thinking, memory), experiences (feelings, dreams) and behaviour (both what we can see, like talking, and what we cannot, like a racing heartbeat). They also learn the history of the subject — how it broke away from philosophy when Wilhelm Wundt opened the first psychology laboratory in 1879 — the different 'schools of thought', the many branches of psychology, and how psychology connects to medicine, law, economics and computer science. It is a definition-heavy, memory-heavy chapter, usually worth 6 to 8 marks.

5 QUESTIONS TO ASK YOUR CHILD

- What are the THREE things psychology studies together? (mental processes, experience, behaviour)
- Why is psychology called a SCIENCE and not just common sense?
- Who is the father of modern psychology, and what did he do in 1879?
- What is the difference between a psychologist and a psychiatrist?
- Can you name four branches of psychology and what each one studies?

WEAK-SPOT INDICATORS

- Says psychology is 'the study of the mind' and forgets behaviour and experience.
- Thinks Freud (not Wundt) founded psychology, or mixes up the 1879 date.
- Confuses behaviourism (observable behaviour) with psychoanalysis (the unconscious).
- Cannot tell a psychologist apart from a psychiatrist.
- Lists branches but cannot say what each branch actually studies.

WHEN TO WORRY — AND WHAT TO DO

If your child cannot give the full definition of psychology (all three pillars) AND name at least four branches with their focus, they will lose easy marks in every later chapter too, because the whole

subject's vocabulary starts here. The fix is not re-reading — it is active recall: ask them the five questions above out loud until the answers are automatic.

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