

Chapter 1 Reflection:

Chapter focused on the roots of psychology dating back to the Greeks up to modern day psychologists and their perspectives. We also looked at the means by which researchers collect, analysis, and use data in the development and support of various psychological theories.

For you reflection you will need to answer the following:

What did I learn from this chapter?

Why was this information important?

Where have I seen examples of what I learned about in my surroundings and daily life?

The reflection should be between 2-3 pages in length. It needs to be typed and spaced according to APA formatting standards.