Personal reflection

[Psychology](#)

PSY 111 PSY 111 Feedback I have to admit that the PSY 111 wasn't easy for me and I believe this claim concerns most of my peers who also attended it. Even though the course required learning bunches of materials on psychology and its different aspects and theories, I tried hard to take as much information as possible, because I truly believe that basic knowledge of psychology is a must-have of a modern educated person. In addition, psychology has always been interesting personally for me, so I believe I've achieved what I expected to achieve from this course.

First of all, my achievements concerning the course are engaged not only with the vast amount of knowledge that I've managed to retrieve from the course material, but also with the credits that I've got from my teacher. The reason why I use the words " managed to" in the context of this course is because I want to emphasize on the fact that PSY 111 was extremely difficult, as we had to read a lot of texts and obtain a lot of brand new information, which was very complicated to understand and process quickly. However, I realize that as more I learned, the more new horizons opened to me. Hence I believe there is still a huge amount of information that I've skipped and I wish I could have learned the course material more deeply. That's why I have some advices for the next students that will attend the class soon.

First of all, the moment when you realize that the course is not easy at all and you are literally drowning in the ocean of new information, just take a deep breath and calm down. You should stop worrying that the course in unobtainable and try to focus on what a great knowledge you are about to gain very soon. Trust me, although it is hard and takes a lot of efforts, you can manage this course if you analyze that the knowledge of psychological

principles and universal laws opens a brand new world of understanding of people's conduct, their motives and actions. Knowing that, makes you enlightened and you start understanding people better. Once you realize it, you'll be inspired by the thought that you can actually learn human beings, which is an incredible feeling.

Second of all, use as much resources as you can. Try to keep up the course syllabus and use all the materials available on LaunchPad, as it will help you to explore more deeply and take a look at the information from multiple perspectives. Also, try to apply the material you've learned on practice, for example, by searching for empirical evidences of the theories you discussed in class, as it helps to understand material and remember it better.

Eventually, I encourage you to try not only to think about what grade you will get at the end of the course but enjoy learning. Because thinking of your grade makes you forget about the reasons why you are studying in the first place. Moreover, I can assure you that once you realize how useful psychology is in real life application, you will regret that you've missed the classes of PSY 111.