**Introduction to Psychology**

**DEFINITION**

**“Psychology is the scientific study of behavior and mental processes …. Human or Animal”** Behavior is overt, manifest, obvious, and easy to study; the mental processes that help carry out these behaviors are covert, underlying, hidden, and not easy to study. Besides behavior, what causes these behaviors to occur and the mental processes involved in it is an important area of interest for a psychologist.

###### Psychologists study animals’ behavior too; to better understand and predict human behavior, the study of animal behavior becomes essential at times, especially because some researches cannot be carried out with humans due to safety reasons or ethical issues