

Choose and describe one of the five Domains of Modern Psychology discussed in Chapter 1 of your textbook (biological, cognitive, developmental, social & personality, mental & physical health). How will learning more about this domain help you in your personal, academic, or professional life?

I have chosen the cognitive domain. Learning more about the cognitive domain in my professional life will help me knowledge and comprehension so that I can grasp what I am learning and continue to prosper in my career. In my academic life cognitive domain will enhance as I go through the different courses to obtain my degree. All my previous classes provide a little more knowledge to the next class that I take. Being able to learn and comprehend what I have learned will only take me further in make the next courses more understandable and show me that I did learn something from previous classes. In my personal life the cognitive domain will help me process and think. better processing and thinking will help me make the right decisions and think before doing something irrational. You have to be able to process given information and processing the information lets you know that you are understanding what you are reading or looking at.