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MATRIC NO: 17/SCI14/016

DEPT: CHEMICAL ENGINEERING

ENG 384 SHORT TEST I

**QUESTION:**

**Write a brief report of your activities during the Covid-19 period for the past three months.**

I was eager to go on my break from school because I thought I’ll finally rest and enjoy. Little did I know that this wasn’t going to be like how I imagined. The Pandemic made all schools in the country halt in the middle of the semester but it didn’t stop school activities from stopping. The school made sure the lecturers engage the students with online classes and of course assignments. For the first two months, we had classes everyday but with short breaks in between so we finally got to finish our syllabus for the semester. Now we are waiting to write our exams so we can finally end the session.

During this period, I decided to finally focus on what really interests me which is Psychology and I’ll briefly discuss about it. Psychology is the science of behavior and mind. Psychology includes the study of conscious and unconscious phenomena, as well as feeling and thought. It is an academic discipline of immense scope. Psychologists seek an understanding of the emergent properties of brains, and all the variety of phenomena linked to those emergent properties, joining this way the broader neuro-scientific group of researchers. As a social science it aims to understand individuals and groups by establishing general principles and researching specific cases. In this field, a professional practitioner or researcher is called a psychologist and can be classified as a social, behavioral, or cognitive scientist. Psychologists attempt to understand the role of mental functions in individual and social behavior, while also exploring the physiological and biological processes that underlie cognitive functions and behaviors.

Psychologists explore behavior and mental processes, including perception, cognition, attention, emotion, intelligence, subjective experiences, motivation, brain functioning, and personality. This extends to interaction between people, such as interpersonal relationships, including psychological resilience, family resilience, and other areas. Psychologists of diverse orientations also consider the unconscious mind. Psychologists employ empirical methods to infer causal and correlational relationships between psychosocial variables. In addition, or in opposition, to employing empirical and deductive methods, some especially clinical and counseling psychologists at times rely upon symbolic interpretation and other inductive techniques. Psychology has been described as a "hub science" in that medicine tends to draw psychological research via neurology and psychiatry, whereas social sciences most commonly draws directly from sub-disciplines within psychology.

While psychological knowledge is often applied to the assessment and treatment of mental health problems, it is also directed towards understanding and solving problems in several spheres of human activity. By many accounts psychology ultimately aims to benefit society. The majority of psychologists are involved in some kind of therapeutic role, practicing in clinical, counseling, or school settings. Many do scientific research on a wide range of topics related to mental processes and behavior, and typically work in university psychology departments or teach in other academic settings (e.g., medical schools, hospitals). Some are employed in industrial and organizational settings, or in other areas such as human development and aging, sports, health, and the media, as well as in forensic investigation and other aspects of law.

From my research, psychology is a really broad discipline but I narrowed my interest down to Business Psychology which I’m currently attending some online courses on it. Anyways, that is basically what I used this period for.