

Βατάκη Αργυρώ - Θανάπουλος Βασίλης

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Authors: Βατάκη, Α., Αναπληρώτρια Καθηγήτρια, Πάντειο Πανεπιστήμιο, Θανάπουλος, Β., Υποψήφιος Διδάκτωρ, ΕΚΠΑ

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Abstract

Because we deal with human behaviour every day, we tend to think that we already know what is true in psychology. All too often, we are tempted to "buy" commonsense beliefs. These beliefs, however, are often proven to be wrong. Because common sense is problematic, psychologists focus their attention on scientific observation, which is based on gathering empirical evidence. But unlike our everyday experiences, scientific observation is systematic and carefully planned. Psychology's greatest strength is that it uses scientific observation to systematically answer questions about behaviour. The careful recording of information is at the core of all sciences. The scientific method is a form of critical thinking based on careful data collection, precise measurement, analytical definition, controlled observation, and repeatability of findings. A course

on the scientific method and experimental design in Psychology is capable of enriching critical thinking skills, but it is the practical application of knowledge that will lead to the consolidation of skills acquired in the classroom. The goal of this book is to highlight the knowledge gained and offer practical learning exercises—in and out of the classroom—to continually enhance scientific thinking and experimental design in Psychology. This textbook will encourage the student to engage in a variety of critical thinking activities, thus, making learning more active. It will also be a useful tool for the professor, enhancing the education process. Such a laboratory manual is currently not available in the Greek market and, therefore, it is considered useful to be accessible to all students interested in practicing the scientific method.

