

## Psychology In Your Life

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Sarah Grison is an Associate Professor of Psychology at Parkland College. She brings 20 years of psychology teaching experience to Psychology in Your Life.Sarah's research examines how psychological research can be applied to teaching and learning.

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**Psychology and Your Life** by Robert S. Feldman

"So I very much believe in the idea that psychology can help you in your everyday life," said Sternberg at an APA Annual Convention session. To demonstrate the power of psychology in our own lives, Sternberg asked audience members to take three quizzes he designed based on his research on learning, love and conflict resolution.

**How psychology helps you every day**

A field that integrates research on health and on psychology; it involves the application of psychological principles in promoting health and well-being. Well-being A positive state that includes striving for optimal health and life satisfaction