

## Application of Approaches with Dwight

Remember that the approaches of psychology are like lenses that you can use to look at and explain human phenomena. (If you need to review, look over [1.2](#) & [1.3](#) of your online book). In an effort to better understand these approaches, let's put them into practice while we watch a clip from an episode called "Stress Relief" from a TV sitcom.

As you view the clip, think about explaining the behavior in the scene from five of the six approaches. Record your thoughts in the chart below.

[Clip from Vimeo](#)

*We are omitting the psychodynamic and evolutionary approaches*

Approach	Definition of Approach	Application with Dwight
Behavioral		
Biological		
Cognitive		
Humanistic		
Sociocultural		

