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### Reflection Paper

I have found various connections with psychology and other classes I took at Salt Lake Community college. I have found the strongest connection to be is sociology. I feel strongly sociology has the clearest connection with psychology. What exactly is Sociology? Sociology is the science of social phenomena, social relationships, social problems, and the functioning of human society. Whereas, psychology I like to think of as the science of the mind. In order to give a better picture, psychology analyses attitudes, emotions, perception, and process of learning and values. As well as, psychology is a process of personality formation in society. When defining both terms it seems like there is clear wall between the two sciences, but I have found they build on one another.

Sociology provides the building blocks for psychology. Sociology provides the organization and culture of society, in which human behavior is born. For examples, the structure of family, caste groups, and class groups. Psychology is the study on how the mind works in different scenarios. Psychology goal is to try to explain the behaviors in the different scenarios. For example, it would try to explain the behavior with the mind in say a rich individual or a poor individual. Whereas, Sociology in the same scenario may try to understand why they are poor or rich on the micro and macro level. Continuing, psychology will study the development into adult hood. I imagine a Lego set where

psychology and sociology are building together, you need both social sciences to build and learn. Many social problems like caste, conflict, crimes, juvenile delinquency, gambling, and drug-addiction have psychological implications. The theories and ideas build on each other and help us understand more clearly.

Concluding, Sociology and psychology are intertwined. Sociology is the structure for psychology. I feel sociology has developed entirely because of psychology. Adding on, I find both sciences piggy back off one another theories. I have taken many sociology courses at Salt Lake community college and have found many of the ideas to be linked to sociology. Thus, I feel like I have deeper understanding in the world because I can effectively use sociology and psychology to think in scenarios. If you still have a hard time finding the connection it would be helpful to add that the works of some of the most famous psychologists like Freud, Piaget, and Maslow I have read about in my sociology textbooks. Another good example would be to add, Karl Pearson a famous mathematician in statistics believed the relationship between Social Psychology and Sociology is so close that Karl Pearson said that basically the two are not different sciences. I find the most appropriate quote to end my connection is with the quote, "Thinking is difficult that's why most people judge."-Carl Jung.