Please delete all red type prior to submission and fill in with your original information.

This Assignment should be written adhering to the guidelines of Standard English. This means that your thoughts should be well-organized, logical, and unified as well as original with the viewpoint and purpose clearly established and sustained. Standard English guidelines also include the use of correct grammar, punctuation, and sentence structure. All writing should be in APA Formatting and Citation style.

(Keep 3-4 lines between the top of your page and the title.)

**Foundational Psychological Concepts**

(Enter an extra line between the title and your name.)

First/Last Name

Department of Psychology, Purdue University Global

PS115 Psychology and the Profession

Instructor’s name and title

Date

**Foundational Concepts in Psychology**

As a reminder, this part of your assignment should be at least 2 pages, not including the Title and Reference pages.

**General Psychology Concepts**

Begin by choosing one concept from the general psychology list and use your own words to define the concept. Explain its importance in your specialization area.

**Specialization Concepts**

Choose three concepts from your specialization area and use your own words to define these three concepts. Explain their importance in your specialization area.

**Importance of Concepts**

How can knowledge of these concepts help you in the future as a student or in your career field?

Review the Assignment Rubric for more information.

**References**

**Journal Article**

Lachner, A., Backfisch, I., Hoogerheide, V., van Gog, T., & Renkl, A. (2020). Timing matters!

Explaining between study phases enhances students’ learning. *Journal of Educational Psychology*, *112*(4), 841–853.

**Blog Post**

Rutledge, P. (2019, March 11). The upside of social media. *The Media Psychology Blog.*

<https://www.pamelarutledge.com/2019/03/11/the-upside-of-social-media/>

**Authored Book**

Kaufman, K. A., Glass, C. R., & Pineau, T. R. (2018). *Mindful sport performance*

*enhancement: Mental training for athletes and coaches.* American Psychological Association.

**Online Dictionary**

American Psychological Association. (n.d.). Internet addiction. *In APA dictionary of psychology.*

<https://dictionary.apa.org/internet-addiction>

**YouTube Video**

Above the Noise. (2017, October 18). *Can procrastination be a good thing?* [Video]. YouTube.

<https://www.youtube.com/watch?v=FQMwmBNNOnQ>

**Web Page**

Chandler, N. (2020, April 9). *What’s the difference between Sasquatch and Bigfoot?*

HowStuffWorks. https://science.howstuffworks.com/science-vs-myth/strange-creatures/sasquatch-bigfoot-difference.htm