*One of the main parts of the first unit of applied psychology are the different approaches to explaining and researching human behaviours. Each one has its unique spin on approaches behaviours we take part in every day.*

**Task: Read up on the following approaches and find out 3 facts/pieces of information about each one.**

The behaviourist/learning approach

1

2

3

The cognitive approach

1

2

3

The biological approach

1

2

3

The social approach

1

2

3

**Task 2: From what you have read, in your opinion; rank the approaches from best to worse in terms of explaining human behaviour.**

**1st**

**2nd**

**3rd**

**4th**