# 生活心理学范文英语精选16篇

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*生活心理学范文英语 第一篇There are all kinds of jobs in the world, but different people are attracted by different jobs because ever...*

**生活心理学范文英语 第一篇**

There are all kinds of jobs in the world, but different people are attracted by different jobs because everyone has their own interests and destinations. Many people regard the ideal job as a way to earn more money and live a more comfortable life. It may sound reasonable, because money is the basis of my ideal job.

I think I want to be a psychologist. I have made up my mind to do what I really want to do so that I can realize my ideal. I believe that interest is the most important thing in choosing a career.

I am very interested in psychology. So I want to be a psychologist in the future. I think being a psychologist can help many people live a happier life.

However, it is not easy to be a qualified psychologist, and many people around me think it is unrealistic for me. However, I will make every effort to acquire more knowledge, patience, methods, etc. to achieve the reputation of a qualified psychologist.

I believe my dream will come true one day.

中文翻译：

世界上有各种各样的工作，但不同的人被不同的工作所吸引，因为每个人都有自己的兴趣和目的地，很多人把理想的工作看成是赚更多的钱和生活得更舒适的一种方式，听起来可能是合理的，因为钱是我理想的工作的基础。我想我想成为一名心理学家，我已经下定决心去做我真正想做的事情，这样我才能实现我的理想，我相信兴趣在择业中是最重要的，我对心理学很感兴趣，所以我想将来成为一名心理学家，我认为做一名心理学家可以帮助很多人过上更幸福的生活。然而，要成为一名合格的心理学家并不容易，而且我周围的许多人都认为这对我来说是不现实的。

但是，我会尽一切努力获得更多的知识、耐心、方法等，以达到一个合格心理学家的名望，我相信我梦想总有一天会实现的。

**生活心理学范文英语 第二篇**

From what has been mentioned above, as students, we should try our best to communicate with our, friends, parents or teachers. Last but not the least; we should not hesitate to go to the mental health consult room for help when we have trouble in mental illness. Only in this way, can we reduce our mental illness, and we will become a strong and confident person in the end.

综上所述，作为学生，我们应该尽我们最大的努力与我们的朋友，父母或老师交流。最后但并非最不重要的；在我们有心理问题的时候，我们应该毫不犹豫地去心理健康咨询室求助。只有这样，我们才可以减少心理疾病，最终成为一个坚强自信的人。

**生活心理学范文英语 第三篇**

In recent years, there is no doubt that mental health has aroused hot debates in our daily life. There is a fact that many students in college suffer from mental illness. The mental health illness has an effect on their study and life. So, it’s time to know how to overcome it.

近年来，毫无疑问，心理健康在我们的日常生活中引起了激烈的争论。事实上很多大学生都有心理问题。心理健康问题对他们的学习和生活都造成了影响。因此，是时候该了解如何克服它了。

As far as I am concerned, effective measures must be taken before things get worse. We should pay attention to students’ mental health. For one thing, lessons on psychological health should be given to students to prevent problems from happening. For another thing, psychological clinics should be set up to provide troubled students with timely help.

我认为在事态进一步恶化之前有效措施是必须要采取的。我们应该关注学生的\'心理健康。一方面，应该要为学生开设心理健康课，以防止问题再发生发生。另一方面，应该建立心理诊所及时为有困扰的学生提供帮助。

As a student, I should make friends with others, and we should be positive to communicate with friends, teachers, and parents. In case of illness happen, we are supposed to ask mental teacher for help without any hesitation. So, only in this way can we have a healthy mental in college life.

作为一名学生，我应该和他人交朋友，积极与朋友，老师，家长沟通。以防病例的再次发生，我们应该毫不犹豫地向心理老师寻求帮助。所以，只有这样我们在大学生活中才能拥有健康的心理。

**生活心理学范文英语 第四篇**

Knowing that your university is well-organized, well managed and enjoys a high reputation in the society, I am full of infinite enthusiasm for educating young people and eager to work in such an environment. My intelce makes me tell you about the hard work of your XX and XX year\'s college preparatory students, not only in outstanding professionals, but also in psychology, English and other fields In the past four years, more than two-thirds of the renovated courses have studied all the professional courses of psychology.

中文翻译：

得知贵校在井然有序、管理良好、在社会上享有很高的声誉，我对教育青年充满了无限的热情，渴望能够在这样的环境中工作，自己的才智让我向大家讲述了您xx届我xx届大学预科生在校期间的辛勤劳动，不仅在成绩突出的专业人士，也拓展了心理学、英语等其他领域的知识面，xx年来，在修缮的多门课程中，几乎有三分之二以上的天才，学习了心理学的所有专业课程。

**生活心理学范文英语 第五篇**

One in four people will experience some kind of mental health problem in the course of the year. When you fail to manage these problems, they are likely to cause various mental illnesses and physical illnesses.

The causes of mental health problems often vary a lot from one case to another. In today’s society, a good number of people are suffering from heavy pressure. Others are lacking in communication skills and feel they are living in an isolated world. In addition, a lot of people are ignorant of psychological knowledge about how to keep mentally fit.

There are a lot of ways to curb mental health problems and keep psychologically healthy. Firstly, find the real cause of your mental health problem and see whether you can do something to make a change. Secondly, learn to relax ourselves and take exercises to release the pressure. After all, your health is what counts most. Finally, you may find it helpful to talk to your partner, a relative or a friend about your problem, or seek support and advice from a psychological consultant.

每四个人中就有一个人在一年中会经历某种心理健康问题。当你不能解决这些问题时，他们可能会导致各种精神疾病和身体疾病。

心理健康问题的起因往往因人而异。当今社会，许多人承受着巨大的压力。另一些人缺乏沟通技巧，觉得自己生活在一个与世隔绝的世界里。此外，很多人都不知道如何保持精神健康的心理学知识。

有很多方法可以控制精神健康问题，保持心理健康。首先，找出你心理健康问题的真正原因，看看你是否能做些改变。第二，学会放松自己，锻炼身体，释放压力。毕竟，你的健康才是最重要的。最后，你可能会发现和你的伴侣、亲戚或朋友谈谈你的问题，或者寻求心理顾问的支持和建议是很有帮助的。

**生活心理学范文英语 第六篇**

How to Keep Psychologically Healthy?

Psychologically healthy problems can cause the with the psychologically healthy problems can’t work well and enjoy the beautiful fell bad without self-confident.

The reason why so many people are not quiet psychologically healthy is that the social pressure make them can’t relax example,nowadays many people are worry about the house and order to get a house,many people fight with manage their life only keep the job in their always know that just work harder and if they fell tiered and unhappy,they don’t a long time,they take the pressure for themselves and can’t put down.

How to keep the Psychologically Healthy?People should take part in some activities to relax themselves and make friends with other something that people interested in can make them fell more better.

**生活心理学范文英语 第七篇**

The purpose of this study is to understand the current situation of College Students\' dependence on mobile phone on interpersonal trust. The purpose of this study is to understand the current situation of College Students\' dependence on mobile phone. Through the college students\' mobile phone dependence scale and interpersonal trust scale (it), this paper studies the interpersonal trust relationship of college students randomly selected from college students (sports to the countryside, birthplace villagers anonymous questionnaire survey) Statistical analysis of the survey data shows that: there is no significant difference between College Students\' mobile phone dependence rate and gender.

The mobile phone dependence rate of sports college students is higher than that of non sports major students, and the difference is significant, that is, the average score of college sports major students and interpersonal trust score is negative correlation between College Students\' mobile phone dependence and interpersonal trust.

中文翻译：

手机对大学生体育人际信任的影响研究本研究的目的是了解体育院校大学生使用手机依赖人际信任的现状，并通过大学生手机依赖量表和人际信任量表（IT）对大学生随机抽取大学生（体育下乡人、出生地村民匿名问卷调查）进行人际信任关系研究，运用SPSS软件对调查数据进行统计分析，结果表明：大学生手机依赖率与性别间无显著性差异体育院校大学生手机依赖率高于非体育专业大学生，且差异具有显著性意义，即高校体育专业大学生和人际信任得分平均分大学生手机依赖性与人际信任之间呈负相关关系。

**生活心理学范文英语 第八篇**

The Necessity of Mental Health Education for College Students

Nowadays, many universities offer mental health classes to their students. Besides, many teachers are ready for students\' psychological consultation.

The reason for this phenomenon lies in the fact that more and more college students have hidden mental problems. Good performance in college and the uncertainty of employment make college students feel pressured. Without parents\' immediate help or teachers\' adequate guidance, they have no idea about how to deal with these problems. Therefore, mental health education is of vital importance to the college students. On the one hand, the students who suffer from depression may feel relieved under the guidance of the teacher consultants. On the other hand, mental health education will be helpful for students to know about some methods to release their pressure.

Personally, it is very important to have a healthy mind in the competitive society. With a healthy mind, college students can challenge all hardships and they can develop healthy lifestyles and positive outlooks in their lives. (160 words)

**生活心理学范文英语 第九篇**

Dear school leaders: Hello, I know that your school enjoys a high reputation in an orderly and well managed society. I am full of infinite enthusiasm for educating young people and eager to work in such an environment. Let me introduce to you the situation of XX preparatory college students in XX, who are dit and hardworking, not only have made outstanding achievements in their major, but also have made outstanding achievements in their major In addition, I have developed my knowledge in psychology, English and other fields for four years.

After repairing many courses, I have more than two-thirds of my talent. I have studied all the professional courses of psychology, and psychology has reached the professional level. In addition, I have been training hard under the basic skills course, with strong language ability, organization and management research ability and the use of modern teaching The ability to learn methods for teaching, in Changchun for normal practice teaching, which fully reflects their own higher comprehensive quality.

In practice, the trivial and busy social work literature of recognized units not only exercises their own literary quality, but also cultivates their higher organization and management ability. I have published an article in the literature Journal of the hospital for many times The essay competition in the third session has achieved good results, but also in XX xxxXXXxxx published an article, in the domestic university life will soon be over, I have a solid confidence in their professional knowledge, rich psychological knowledge, organization and management ability, teaching ability is strong, can do well will be able to complete your work to me, please give me a sincere opportunity Welcome to XXX-XX & quotxxx & quot.

中文翻译：

尊敬的学校领导：您好，得知贵校在有序、管理良好的社会上享有很高的声誉，我对教育青年充满了无限的热情，渴望能够在这样一个环境中工作，自己的才华让我向大家介绍一下您xx年xx届预科大学生在校期间的情况勤奋刻苦，不仅在专业上取得了优异的成绩，而且在心理学、英语等其他领域拓展了自己的知识面xx年，在修缮了多门课程后，几乎有三分之二以上的天赋，学习了心理学的所有专业课程，心理学已经达到了专业水平，另外，我还在基础技能课下刻苦训练，具有较强的语言能力、组织管理科研能力和运用现代教学方法进行教学的能力，在长春进行正常的实践教学，这充分体现了自身较高的综合素质，实践中公认单位琐碎繁忙的社会工作文学，不仅很好地锻炼了自己的文学素质，同时也培养了自身较高的组织管理能力，我曾多次在医院的文学期刊上发表过一篇文章，一次征文大赛在第三届中取得了不错的成绩，同时也在xx“xxxx”发表了一篇文章，在国内大学生活中很快就要过去了，我对自己的专业知识有着扎实的自信，丰富的心理知识，组织管理能力强，教学能力强，能干好的一定能完成你的工作给我，请贵校给我一个真诚的机会，敬礼XXXX-XX&quotXXXX&quot。

标签：

**生活心理学范文英语 第十篇**

Love is a noble emotion. The most influential thing for teenagers is the caress of family and society. Because of the high porce rate in our country, the great influence on the psychology of teenagers, they will show the negative emotions such as fear, anger, shame, nightmares and irritability. Some are also dependent, anxious, hostile to people, cold, unmoved, depressed, stubborn, glum, and so on. So lack of caressing is a xxxno. 1 killerxxx of mental health.

Demanding is to point to in teenage growing process, the requirements of the parents to the child from the actual, we demand too much, too high, too fast to reach, to the extent of the harsh. So demanding also escapes the charge of psychological xxxkillerxxx.

What is called punishment is often a matter of little things, physical and psychological punishment and discipline. Their punishment often makes them nervous, fearful, insecure, and wary. Only in the state of pleasure can one\'s brilliance be best achieved. Tension, anxiety, fear, and anxiety can be xxxsuppressedxxx. Severe punishment can also result in xxxautism, inferiority, self-deathxxx.

From above, mental health is more important to us! We must have a healthy mind.

**生活心理学范文英语 第十一篇**

study the pictures above carefully and write an essay entitled “how to be a healthy modern man”. in the essay, you should (1) describe the pictures (2)

interpret their meaning (3) give your opinion about the phenomenon. you should write about 200 words neatly on answer sheet 2. (20 points)

in the modern world, mental health has become a matter of great concern. firstly, let’s look at the pictures above. there are four pictures, which give us some advice about how to be in good mental health. the first picture tells us that happiness depends not on what you have, but on what you can give. the second one shows that you cannot decide what the weather is like, but you can decide what mood you are in. the third one shows that you should eamine your own words and deeds before correcting the others. the fourth one shows you should not be always upset and should say to yourself everyday, ” i’m really good.”

these pictures indicate that we should try to be in good mental health. nowadays, it is a common phenomenon that people go to have some psychological consultations. this is because people in the modern world are facing great pressure from work and life. being depressed for a long time, some problems will come out in people’s mental health. these problems will do great harm. they may cause some health problems and affect our daily life and work. to be a healthy person, mental health seems to be more important.

to become a real healthy modern man, we should take the advice of the pictures. besides, we should remember some important points. firstly, we should be open with people. talk with your family and your friends when you meet some difficulties. secondly, we should be sympathetic. since we are a part of a society, we should be concerned with it. thirdly, we should spend some time in reading, listening to the music and learning to lessen our pressure. in this way, we can become a healthy modern man, ready to take on any challenges.

**生活心理学范文英语 第十二篇**

Change detection is an ability to perceive changes in the world around us, which is very important in our daily life, for example, to notice a person walk into a room, cope with traffic conditions, or watch a kitten running under a table. However, although change detection is ubiquitous in our life, it is surprising that it has only recently proved to be very difficult to study in various ways The term xxxchange detectionxxx mainly refers to the visual process involved when a change is first noticed. It not only indicates that the detection is correct (., the observer reports the existence of the change), but also means recognition (reporting what the change is) and positioning (reporting the perception of the dynamic pattern itself (such as motion perception) is not here It is discussed in detail, because this itself involves a series of daunting issues (see also Jacobs et al., focusing on behavioral measurement and its interpretation, rather than on the underlying nervous restricted by this.

Change detection may seem to be a fairly process. However, empirical studies have repeatedly demonstrated that, as observers, we tend to recognize that For example, if the change is large enough, we can immediately detect any of the previous changes (however, Levin et al., which is not the case: in a variety of situations, we can surprisingly turn a blind eye to changes, even if they are large, repeated and anticipated (for comments, see Rensink a, Simons & Levin, this change blindness (Rensink et al al.，Rensink et As our ability to detect change reveals some sensing mechanisms, our ability to detect change also illuminates other sensing mechanisms. The research on change detection can be roughly pided into three stages: the first stage occurs in the middle and the middle, including the change of lattice position by French Hochberg\'s face changes, which usually occur in a few second intervals.

At the same time, ditchburns and Wallach & Lewis et al. Investigated eye movement (or saccade) displacement.

中文翻译：

变化检测是对我们周围世界的变化的一种感知能力在我们的日常生活中很重要，例如，注意到一个人走进房间，应付交通状况，或者看着小猫在桌子下奔跑，然而，尽管变化检测在我们的生活中无处不在，令人惊讶的是，直到最近才证明研究起来非常困难，各种方法在它是什么以及在这里是如何进行的方面开始趋同，术语“变化检测”主要涉及首次注意到变化时所涉及的视觉过程，它不仅表示检测正确（即观察者报告变化的存在），还表示识别（报告变化是什么）和定位（报告动态模式本身的感知（如运动知觉）在这里没有详细讨论，因为这本身就涉及一系列令人生畏的问题（同样，参见Jacobs等人，重点是行为测量及其解释，而不是对受此的底层神经系统的研究，变化检测看起来可能是一个相当简单的过程，然而，经验研究已经反复证明了，例如，作为观察者，我们倾向于认为，如果变化足够大，我们可以立即检测到前面的任何变化（然而，Levin等人，事实并非如此：在各种各样的情况下，我们可以令人惊讶地对变化视而不见，即使它们是巨大的、反复做出的和预期的（关于评论，请参见Rensink a，Simons&Levin，this change blindness（Rensink et al.，Rensink et al.是一个引人注目的现象，一个经常充当变化检测的反面：正如我们检测变化的能力揭示了一些感知机制，我们检测不到变化的能力也照亮了其他感知机制一样，变化检测的研究可以大致分为三个阶段第一阶段，大致发生在中间和中间，包括French关于点阵位置的变化，Hochberg关于脸的变化，变化通常发生在几秒钟的时间间隔内。与此同时，Ditchburns和Wallach&Lewiss等研究调查了眼球运动（或眼跳）时的位移。

**生活心理学范文英语 第十三篇**

Psychologists say that parents are too indulgent to their children now, and the happiness of children is very important. But what about the happiness of parents? When the children happily open up the place, parents constantly suffer from fear and guilt. A good old-fashioned spanking is impossible: there is no modern parenting manual that would allow such brutality.

The problem is, you don\'t even allow to shout out who knows what a DCCP trauma is. You may give your child love, of course, a lot, but the excessive indulgence of modern parents certainly does more harm than good, loose authority. If young people want to have parties, for example, parents are asked to leave home, agers\' resistance to their parents is more violent, and their presence will only destroy the fun.

What else can poor parents do but obey their children? Children are hardy animals (much stronger than psychologists think). Most of them can withstand the harmful effects of extreme indulgence, which is a normal situation in modern families. However, many people do not spread the word that juvenile delinquency in our age group is mainly due to lax parents.

Psychologists have many questions to answer. They should shut up and let them shut up Parents continue to work. If children get a little bit of a blow in the process, it may not be very important, at least it will help them form a positive perspective, have and give them some positive reactions, and maybe there are some facts: those who have too much happiness in childhood but can\'t live succesully.

中文翻译：

心理学家说，现在父母对孩子太放纵了，孩子的快乐很重要，但是，父母的幸福呢？当孩子们兴高采烈地把这个地方拆开时，父母不断地遭受恐惧和内疚。一个好的老式的打是不可能的：没有现代的育儿手册会允许这样的野蛮行为问题是，你甚至不允许大喊谁知道什么是dccp的心理创伤你可能会给孩子施加爱，当然，爱很多，但现代父母的过度放纵肯定比好的、松散的权威造成的伤害更大。如果年轻人要开派对，比如，父母被要求离开家，青少年对父母的反抗就更为暴力他们的出现只会乐趣。

除了服从孩子们之外，可怜的父母还能做些什么呢？孩子们是耐寒的动物（比心理学家们想象的要坚强得多），他们中的大多数都能经受住极端放纵的有害影响，这是现代家庭中的正常情况，但很多人并没有传播我们这个年龄段的青少年犯罪主要是由于父母的松懈，心理学家有很多要回答的问题，他们应该闭嘴，让父母继续工作。如果孩子在这个过程中受到一点打击，这可能并不太重要至少这将帮助他们形成积极的观点拥有并给予他们一些积极的反应，也许有一些事实是这样的：那些在童年时期拥有过多幸福的孩子，却不能成功地生活。

**生活心理学范文英语 第十四篇**

In recent years, psychological health has become a pressing issue. According to a recent survey conducted by some organizations, college students \' psychological health is especially significant. Owing to complicated social phenomenon, college students have various psychological health problems.

Admittedly, school is supposed to put college students \'psychological health on the priority list. It is essential to engage some experienced psychologists to guide students . psychological lectures are beneficial to students. Viewed from my perspective, college students should adopt a positive attitude towards life. We regard hardships and frustration as stepping stones and move forward bravely. I am absolutely sure that people who have sound mind and body are successful and optimistic.

To sum up, everyone attach great importance to college students \'psychological health. I sincerely hope that college students are healthy both physically and mentally.

**生活心理学范文英语 第十五篇**

One in four people will experience some kind of mental health problem in the course of a year. When you fail to manage these problems, they are likely to cause various mental illnesses. The causes of mental health problems often vary a lot from one case to another. In today’s society, a good number of people are suffering from heavy pressure. Others lack communication skills. In addition, a lot of people are ignorant of psychological knowledge about how to keep mentally fit. There are a lot of ways to curb mental health problems and keep psychologically healthy. Firstly, find the real cause of your mental health problem and see whether you can do something to make a change. Secondly, learn to relax yourself and take exercise to release the pressure. Lastly, you may find it helpful to talk to your partner or friend about your problem, or seek support and advice from a psychological consultant.

**生活心理学范文英语 第十六篇**

In recent years, psychologically healthy has become quite a serious problem. As for the reasons psychologically healthy, there are many factors contributing to it.

It is conceivable that it has mainly arisen from the two following factors. For one thing, with the speedy development of our society, people will go through many kinds of challenges. Thus, some people often are in pressure. For another, in this day and age, some people feel reluctant to approach. They lack the skill of interpersonal communication.

Taking all the above-mentioned factors into consideration, it is imperative of us to take effective measures to keep psychological healthy. To begin with, we should appeal to authorities to cultivate the awareness of people that keeping psychological healthy is of great significance. For another, people should try to develop the ability of interpersonal communication. Only in this way can we have a brilliant future.

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