

 Your-Future.**Life**

#AIMHIGH

# Transition Pack

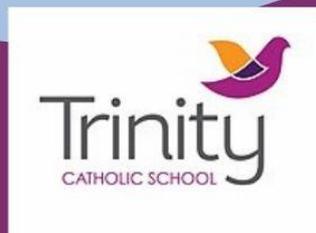
## A Level

# Psychology

Get ready for Level 3 qualifications!



2021



# Psychology: *the scientific study of the human mind and behaviour*

Q: What does Pavlov use to wash his hair?

A: Classical conditioner!



## A Level course outline

Year 12: Intro to Psychology	Year 12-13: Applied Psychology	Year 13: Options in Psychology
Social Influences on behaviour	Approaches in Psychology	Issues & Debates in Psychology
Memory	Research Methods 1	Stress
Attachment in childhood	Research Methods 2 (advanced)	Gender
Psychopathology (mental health)	Biological psychology	Aggression

# Task One: What is Psychology?

*“Psychology is the scientific study of the human mind and behaviour.”*

This really means we are trying to understand what it is that causes us to behave in the ways we do; why are some people depressed? Why are some people introverted and some extroverted? Why do we conform? Why do some people want to change gender? It’s a sensitive subject, but the focus is always on: why are humans the way they are?

1) **Watch** this short video to start you off: <https://www.youtube.com/watch?v=1Os1C000qxY>

2) Using the internet (e.g. Wikipedia, YouTube and other sources) **research and complete** the key terms in the table below – only give a short definition for each in your own words.

The most important thing in an A’ level is your understanding – so it’s not about having the “right” or “word-perfect” definition, it’s about your understanding of what a concept means 😊

Term	Explanation
Armchair psychology	
Experiment	
Observation	
Self-report	
Correlation	
Ethical issues	
Biological psychology	
Behaviourist psychology	
Psychodynamic psychology	
Humanistic psychology	

Cognitive psychology	
Social psychology	
Social learning theory	
Obedience	
Conformity	
Phobia	
Depression	
OCD	
Validity	
Reliability	
Nature-Nurture debate	
Free Will – Determinism debate	

## Task Two – Approaches in Psychology

Some of the core approaches to Psychology are outlined in the table you have already completed above. Approaches are different ways of explaining human behaviours. Use the internet (again, you can use YouTube etc but <https://www.tutor2u.net/psychology> is also an excellent and trustworthy resource) to complete the following task.

Task: **Complete the table below.** For each of the approaches below, **identify** one key researcher (psychologist) and **outline** what they did (how they contributed to psychology):

<b>Approach</b>	<b>Name of psychologist</b>	<b>What they did</b>
<b>Behaviourist</b>		
<b>Social Learning Theory</b>		
<b>Cognitive</b>		
<b>Biological</b>		
<b>Psychodynamic</b>		
<b>Humanistic</b>		

## Task Three – Psychological History

**Create an A4 Psychological History timeline.** You may use both sides of your sheet of paper if you need to.

On your timeline you should include dates and a number of features such as the ones below (but not necessarily ONLY these):

- The Curious Case of Phineas Gage
- Wilhelm Wundt's Psychology Lab
- foundation of the American Psychological Association
- Sigmund Freud publishes "*The Interpretation of Dreams*",
- Pavlov's Dog Studies are published
- Carl Rogers publishes "*Counselling and Psychotherapy*"
- the first use of a brain scan in Psychological research.

This will be the focus of the first topic we will study next year. A great link for this task is <https://allpsych.com/timeline/>.

## Task Four – Psychology Today

This task is one to start doing now, continuing over the summer holidays and until you finish your A' level Psychology! Psychology is still a developing subject, with new research and information being revealed every single day. As keen young psychologists, you need to keep abreast of new information. Twitter is seen by some to be the future of social science – it is used by researchers, academics and other scientists alike to share news and information as well as discuss issues. I would suggest you follow the below users for information and news:

**@PsychToday (Psychology Today magazine)**

**@tutor2uPsych (Tutor2U's Psychology feed)**

**@ResearchDigest (the British Psychological Society's Research feed)**

**@Psychmag (The Psychologist magazine)**

Keep an eye on these Twitter accounts (as well as wider sources – the news and shows on TV, newspapers and others – there are loads of fantastic movies and documentaries that you can watch for Psychology) over the Summer holidays and make a note of any particularly interesting news that is relevant to Psychology.

**These tasks are designed to give you a flavour of psychology and the intention is that you enjoy them! You can either use the tables provided in Tasks 1 and 2 or do your own. With Task 3, you can be as technical or artistic as you like (as long as the information is comprehensive).**

**We look forward to meeting you in September 😊**