

Sir Harry Smith

COMMUNITY COLLEGE



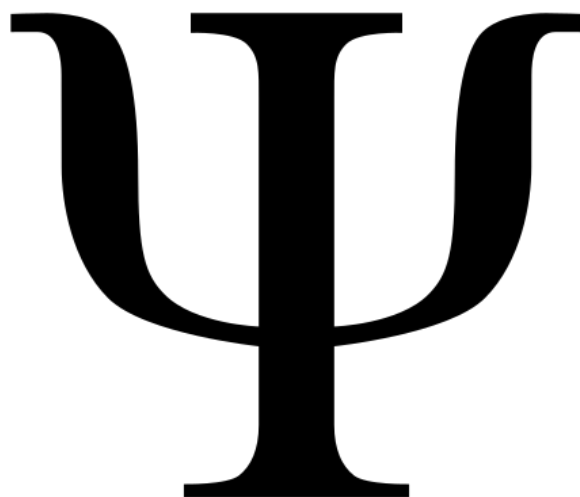
Psychology Transition Work

Please complete this work if you did **NOT** take GCSE Psychology.

All work in the booklet must be completed in preparation for the first week of Sixth Form.

Email me at cmccoy@sirharrysmith.com if you have any questions or see the back page for additional support. **Work must be completed in the booklet.**

Name:



Welcome to A Level Psychology

Introduction

The purpose of this booklet is to give you essential information and resources to support the beginning of your A Level in Psychology. This booklet will also help you to understand and develop the skills you will need. To prepare you for your first lesson, please ensure you have a lever arch folder and file dividers ready to organise your notes.

What we expect you to do:

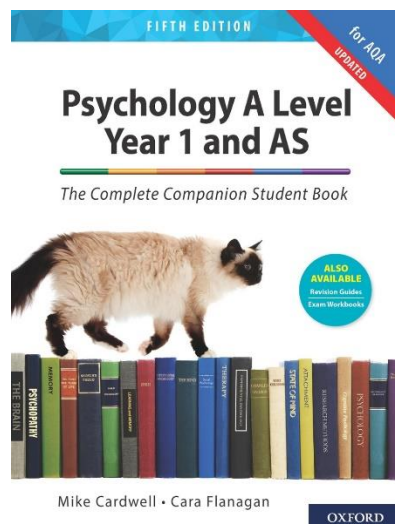
- Bring folders and all notes to every lesson.
- No laptops/tablets to be used in lessons for note taking.
- Bring all equipment, such as pens, highlighters, rulers and a calculator.
- 100% attendance and punctuality (lessons missed must be caught up on).
- To use directed study time to complete additional exam questions and revision resources.

What we will do for you:

- Mark and return work promptly.
- Provide support within lessons.
- Set directed work tasks to be completed outside of the lesson.
- Offer additional support outside of the lesson, if appropriate.
- Extra-curricular reading, podcasts, documentaries and scientific journals.
- Provide extra materials for support with classwork/revision (paper, flash cards, handouts, A3 sheets, exam questions and papers).

Textbook for A level Psychology:

The Complete Companions: AQA Psychology Year 1 and AS Student Book (Fifth Edition) (Complete Companion Psychology) Paperback 2018: Mike Cardwell and Cara Flanagan.



We have PDF copies available of these textbooks which will be uploaded to TEAMS, but you may wish to purchase your own copy.

What is Psychology?

“Psychology is the science of behaviour and mind, including conscious and unconscious phenomena, as well as feeling and thought”

At A-level there are three exams, each account for one third of your A-level. The three exams last 2 hours and are worth 96 marks each. The exams consist of multiple choice, short answer and extended writing questions.

There are some mathematical skills which are used in Psychology. This shouldn't put students off, but they should be aware of this as 10% of the examination is Maths based at GCSE Maths tier higher.

Psychology is also a science and students should be aware of this when enrolling on the course. There is also a strong extended writing element to the exam.

The top six courses taken by students who have an A-level in psychology at University are:

- ❖ ***Psychology***
- ❖ ***English***
- ❖ ***Sociology***
- ❖ ***Business***
- ❖ ***Sports and Exercise Science***
- ❖ ***Law***

A-level Psychology will give you an understanding of the way people think and why people behave in certain ways. You will learn a variety of skills including analytical thinking, improved communication, problem solving and many more that will prepare you for an exciting future with the possibility of a range of fantastic careers.



Students will be studying a range of topics across the 2 years from the AQA exam board including:

Year 12	Year 13
Research Methods Approaches Biopsychology Memory Social Psychology Attachment Psychopathology	Issues and Debates Relationships Aggression Schizophrenia

Students will be assessed through three examinations at the end of year 13 (2 hours each exam). There is no coursework.

Research Methods

Research methods is the most important topic in Psychology as it explores the scientific methods used for conducting research to test or create theories. Students who have taken the GCSE will have some knowledge of this topic already but there is much more to know at A-Level. To help you get to grips with some of the concepts, please complete the tasks below.

Task 1: Variables

In research there are different types of variables. Experimental research uses independent variables and dependent variables. Correlational research uses co-variables.

The independent variable is the thing the researcher changes in the experiment (e.g. what participants are exposed to). The dependent variable is what the researcher is measuring (e.g. the answer a participant gives). Experiments are designed to establish cause and effect, this means we can say that the independent variable did impact the dependent variable, meaning we have found something.

Loftus and Palmer conducted experimental research into whether the verb used in a question could change the estimated speed a car was travelling at. One group of participants watched a clip of a car crash and were asked “how fast was the car going when it **contacted** the other car?” and another group was asked “how fast was the car going when it **smashed** into the other car?”. The researchers measured the speed estimation of participants in miles per hour. The results are below:

	Average miles per hour estimated
Contacted	31
Smashed	40

1. What was the aim of this research?

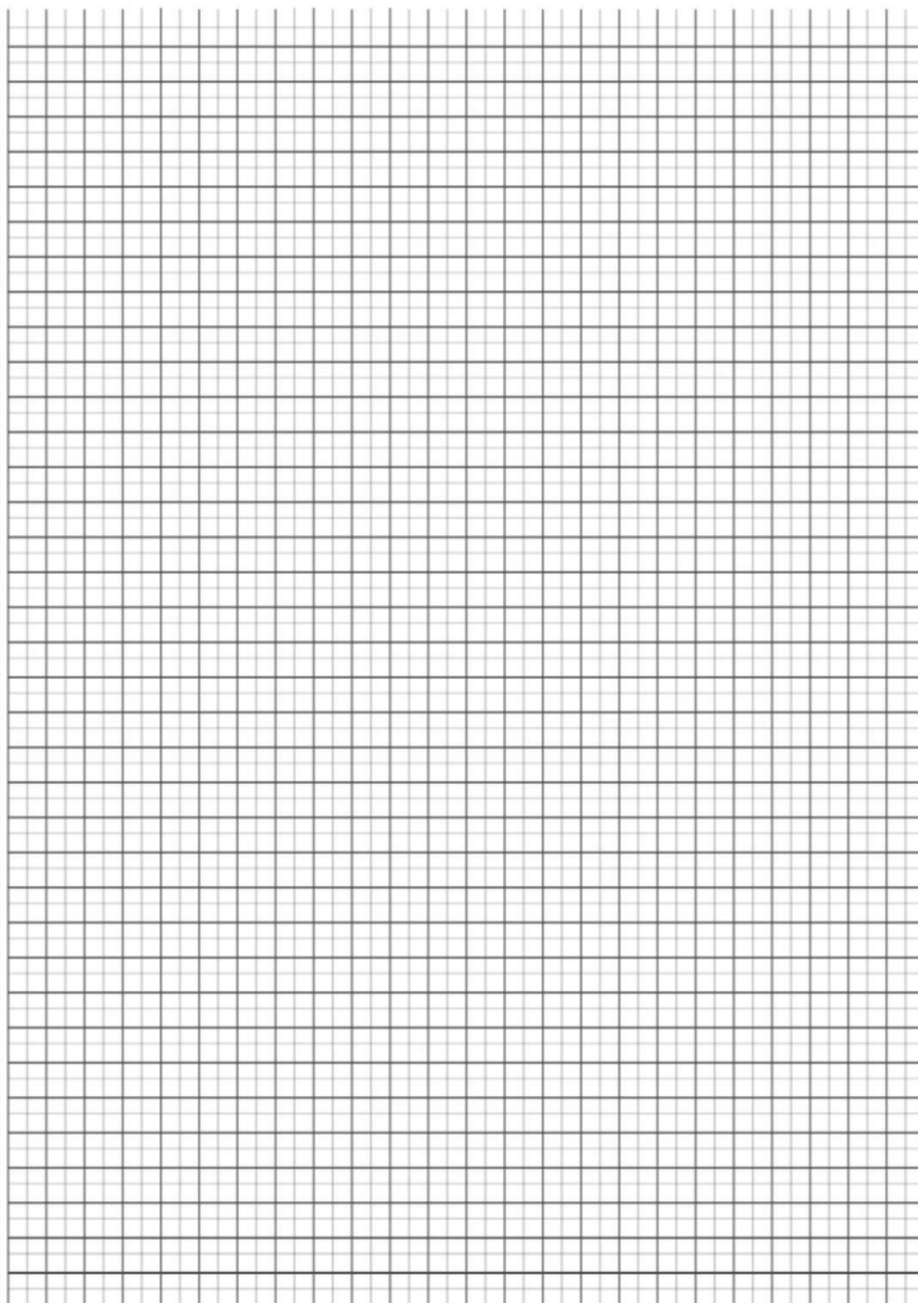
2. What is the independent variable?

3. What is the dependent variable?

4. What could the researcher conclude from the results table?

5. Draw a bar chart to display the data. You should include a title, labelled X and Y axis and appropriate plotting of the data.

Title:



Task 2: Sampling Techniques

Once a researcher has decided what and how they will be investigating their theory, they need to recruit participants. Participants are people we use in our experiment; they are usually paid an hourly rate or a flat fee for participating. Different sampling techniques involve different ways of recruiting the participants, but also have their own strengths and weaknesses. There are five you need to know for A-Level, but to help you get up to speed with GCSE, three are listed below. Research strengths and weaknesses of each.

	How does this work?	One Strength	One Weakness
Random			
Opportunity			
Volunteer (self-selected)			

Populations and samples

The **population** refers to the large group of individuals that a particular researcher may be interested in studying, for example students attending colleges in the North West, children under six with autism, women in their thirties, etc. This is often called the **target population** because it is a subset of the general population.

For practical and economic reasons, it is usually not possible to include all members of a target population in an investigation so a researcher selects a smaller group, known as the **sample**.

Ideally, the sample that is drawn will be **representative** of the target population so that **generalisation** of findings becomes possible. In practice, however, it is often very difficult to represent populations within a given sample due to their diverse nature. Inevitably then, the vast majority of samples contain some degree of **bias**.

Samples are selected using a **sampling technique** that aims to produce a representative sample. We will look at the main techniques used by psychologists.



Random sample

A **random sample** is a sophisticated form of sampling in which all members of the target population have an equal chance of being selected.

To select a random sample; firstly, a complete list of all members of the target population is obtained. Secondly, all of the names on the list are assigned a number. Thirdly, the sample is generated through the use of some **lottery method** (a computer-based randomiser or picking numbers from a hat).

Systematic sample

A **systematic sample** is when every n th member of the target population is selected, for example every 3rd house on a street or every 5th pupil on a school register.

A **sampling frame** is produced, which is a list of people in the target population organised into, for instance, alphabetical order. A sampling system is nominated (every 3rd, 6th or 8th person, etc.) or this interval may be determined randomly to reduce bias. The researcher then works through the sampling frame until the sample is complete.

Stratified sample

A **stratified sample** is a sophisticated form of sampling in which the composition of the sample reflects the proportions of people in certain sub-groups (strata) within the target population or the wider population.

To carry out a stratified sample the researcher first identifies the different strata that make up the population. Then, the proportions needed for the sample to be representative are worked out. Finally, the participants that make up each stratum are selected using random sampling. For example, let's say in Manchester, 40% of people support Manchester United, 40% support Manchester City, 15% support Bolton and 5% support Leeds. In a stratified sample of 20 participants there would be eight United fans, eight City, three Bolton fans and one solitary Leeds supporter. Each of these would be randomly selected from the larger group of fans of their team, e.g. Bolton fans selected from Bolton supporters, if there are enough.

Opportunity sample

Given that representative samples of the target population are so difficult to obtain, many researchers simply decide to select anyone who happens to be willing and available (an opportunity sample). The researcher simply takes the chance to ask whoever is around at the time of their study, for example in the street (as in the case of market research).

Volunteer sample

A volunteer sample involves participants selecting themselves to be part of the sample; hence, it is also referred to as self-selection.

To select a volunteer sample a researcher may place an advert in a newspaper or on a common room notice board. Alternatively, willing participants may simply raise their hand when the researcher asks.

Task 3: Data Collection Methods

After participants have been gathered, the researcher must now collect their data. Data can be collected in numerous ways and produce either quantitative data (numerical) or qualitative data (written). This depends on the method used originally.

Observations, Interviews and Questionnaires are the most common way of collecting data.

Match the letter with the correct data collection method and its definition. Use the internet to help you.

1.	Covert Obs	a. Participants are aware they are being watched.
2.	Overt Observation	b. Participants are in a familiar environment.
3.	Controlled Observation	c. Researcher asks any questions they wish.
4.	Natural Observation	d. A list of questions which participants can respond to.
5.	Non-Participant Observation	e. Researcher does not become involved.
6.	Participant Observation	f. Researcher can ask follow up questions.
7.	Structured Interview	g. Researcher follows a set of pre-determined questions.
8.	Unstructured Interview	h. Participants can respond any way they wish.
9.	Semi-Structured Interview	i. Participants must select a fixed response.
10.	Questionnaire	j. Researcher does become involved.
11.	Open Questions	k. Researcher has full control over the environmental conditions.
12.	Closed Questions	l. Participants are unaware they are being watched.

Approaches

There are five main approaches which underpin all psychological theories. The approaches are key for being able to discuss psychological concepts. Each approach takes a different stance in psychology and their views on how behaviour comes to be.

Task 1: Biological Approach

Supporters of the biological approach believe behaviour is determined by our genetics; this means we have no control over it. Our personality and behaviours are inherited from our ancestors. Some behaviours have an adaptive function because of evolution, meaning the chances of survival are increased. We must scan the brain to understand how the brain responds to environmental stimulus.

Using the paragraph above, write three assumptions of the biological approach.

- 1.
- 2.
- 3.

Research the following:

Summarise how the MAOA gene works in relation to making people more aggressive.

Who is Bradley Waldroup and why this case study may be harmful to society?

Task 2: Cognitive Approach

The cognitive approach focuses on the view that mental processes can be studied scientifically to understand response to stimulus. For example, how our brains process information. Cognitive psychologists believe the human brain is similar to a computer which has an input, encoding, storage, retrieval and output function. Theoretical models (flow charts, linear processes) are the best ways to understand behaviour.

Using the paragraph above, write three assumptions of the cognitive approach.

- 1.
- 2.
- 3.

Research the ABC Model of Depression and answer the following questions:

1. What does the A B C stand for?

2. What is depression?

3. Use an example to explain how the ABC model suggests an individual becomes depressed.

Task 3: Behaviourist Approach

The behaviourist approach focuses on how behaviour is the result of changes in the physical environment. This means it is possible to influence human behaviour by manipulation of surroundings or exposure to stimulus. Behaviourists believe anything scientific must be observable and quantifiable (measured numerically). They also suggest we must be able to apply laws and rules to behaviour as a way of predicting future behaviour. Animals can be used in research because humans are animals too and generalising between the two is acceptable.

Using the paragraph above, write three assumptions of the behaviourist approach.

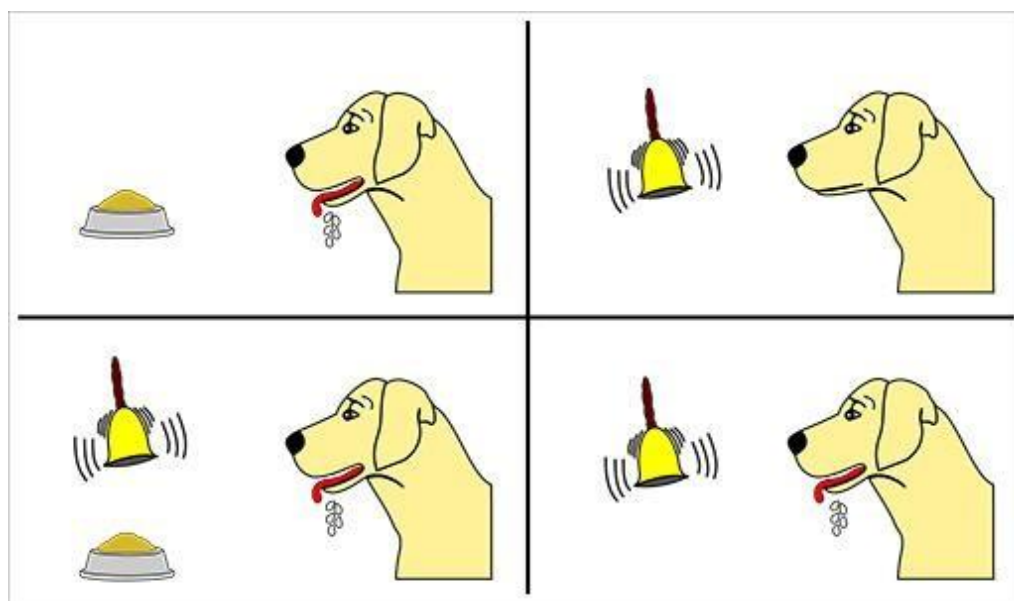
- 1.
- 2.
- 3.

Research Pavlov's dogs and complete the diagram below.

Summary of Pavlov's research (what did he do and find?)

Labels for the diagram below:

Before Conditioning, After Conditioning, During Conditioning, Neutral Stimulus, No Conditioned Response, Unconditioned Stimulus, Conditioned Stimulus, Conditioned Response, Unconditioned Response.



QR Code Support

Scan the following codes with your phone's camera, if connected to the internet it should bring up a website/video which will support you with the work above.

Research Methods – Task 1:



This video will take you to a summary of Loftus and Palmer's research.

<https://www.youtube.com/watch?v=-hha1bAtV5c>

Research Methods – Task 2:



This video will take you to a summary of sampling techniques.

<https://www.youtube.com/watch?v=N7SnQilNi3A>

Research Methods – Task 3:



This video will take you to a summary of data collection methods.

https://www.youtube.com/watch?v=yOU_s0xzc-Y

Approaches: Tasks 1-3:



This video will take you to a summary of all approaches.

<https://www.youtube.com/watch?v=LWcL86DVqCI>

Psychology	
Books	<p>Additional recommendations</p> <p>New to Psychology – The little book of Psychology, by Emily Rails and Caroline Riggs (Overview of all topics).</p> <p>Solid knowledge in Psychology – How to think straight about Psychology, by Keith E. Stanovich's (Research Methods).</p> <p>Further Education – Career paths in Psychology, by Rober J. Sternberg (Aspiration for further education).</p> <p>The man who mistook his wife for a hat – Oliver Sacks</p> <p>Thinking fast and slow – Daniel Kahneman</p> <p>Oxford Dictionary of Psychology – Andrew M. Coleman</p> <p>DSM 5 – APA</p> <p>Evolutionary Psychology: An introduction to the structures and functions of the human brain – Frederick L. Coolidge</p> <p>The boy who was raised as a dog – Bruce D. Perry</p> <p>The Psychology of the child – Jean Piaget</p>
Websites	<p>NOTES</p> <p>WWW.SIMPLYPSYCHOLOGY.ORG</p> <p>WWW.PSYCHOLOGYWIZARD.NET</p> <p>WWW.TUTOR2U.COM</p> <p>RETRIEVAL PRACTICE</p> <p>WWW.QUIZLET.COM</p> <p>WWW.SENECALARNING.COM</p> <p>SPECIFICATION AND PAST PAPERS</p> <p>WWW.AQA.ORG.UK</p> <p>WWW.SAVEMYEXAMS.CO.UK</p> <p>WWW.STUDYWISE.CO.UK</p>
Journal & Magazines	<p>WWW.SAGEJOURNALS.COM (Great website to find journal to read for free).</p> <p>The Quest for Today's Totemic Psychology: A New Look at Wundt, Freud and Other Scientists (sagepub.com) (Useful for the topic of approaches).</p> <p>Reviews: Fundamentals of Human Neuropsychology, Memory, Thought, and Behavior, the Brain and Psychology, Strategies of Information Processing (sagepub.com) (Related to the topics of memory, biopsychology and psychopathology).</p> <p>Psychology Review – a subscription service which publishes up to date research and exam focus for AQA Psychology.</p>
Places of interest or days out	<p>Freud's museum in London Freud Museum London - The Home of Sigmund Freud</p> <p>Bethlem. Museum of the mind Bethlem Museum of the Mind</p>