

# Sir Harry Smith

## COMMUNITY COLLEGE



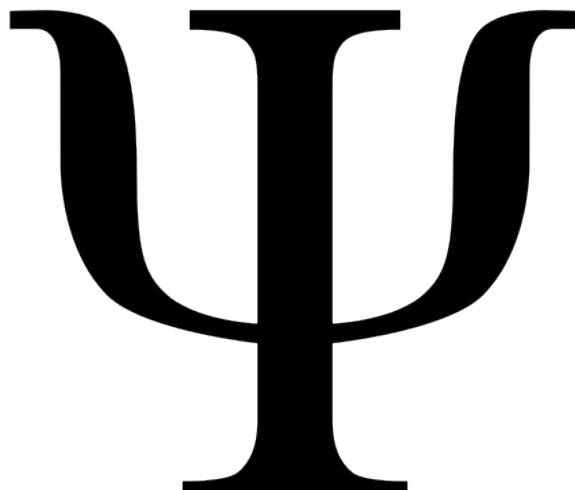
### Psychology Transition Work

Please complete this work if you **DID** take GCSE Psychology.

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

Email me at [tsmith@sirharrysmith.com](mailto:tsmith@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:

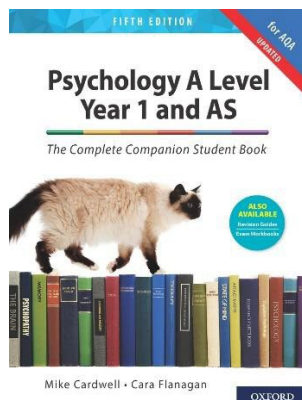
- Bring folders and all notes to every lesson.
- No laptops/tablets to be used in lessons for note taking.
- Bring all equipment, such as pens, highlighters, rulers and a calculator.
- 100% attendance and punctuality (lessons missed must be caught up on).
- To use directed study time to complete additional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

### Suggested Textbooks 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. You may wish to purchase a copy of your own.

## 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:*

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

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

## Research Methods

As you already know, research methods is the most important topic area in psychology. We can use research methods to evaluate research and ensure psychology is still seen as scientific. As part of A-Level Psychology, your prior knowledge of research methods will support you but also will be built upon as there is more to know.

### **Task 1: Peer Review**

Before research is published it must go through peer review. This means that research is checked by another psychologist to ensure it is credible of being published into the public domain. The peer reviewer is usually somebody who is from a similar field/background to the researcher (e.g., both would be cognitive psychologists). The peer will check through the researcher's methodology, results, data analysis, extraneous variables, and conclusions. A report is then sent to the researcher with some next steps. These can be to accept the work unconditionally, accept the work if they respond to the feedback, reject with revisions for a resubmission or completely reject the research.

Sometimes the peer is kept anonymous or other times they are made public to the researcher.

**Single-blind review** – most common form of reviewing whereby the reviewers' names are kept anonymous to the researcher. This reduces bias (e.g. researcher cannot influence reviewers)

**Double-blind review** – both the reviewers and researchers' names are kept anonymous.

**Open review** – reviewers and researchers are known to each other. This is thought to encourage a more open and honest review.

Using the information above, answer the following questions.

1. Why is peer review an important process in psychological research?

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2. What are the aims of peer review?

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3. If your research was going through a peer review, what process would you expect to happen?

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## Task 2: Social Sensitivity

Social sensitivity refers to theories or research which may have negative implications on a marginalised group in society, create mass hysteria or provoke negative reactions. Social sensitivity can directly affect participants, the researching institution or the people the researchers are attempting to generalise the findings to.

Using the internet, answer the following questions.

1. Summarise Bowlby's theory of maternal deprivation

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2. Why could this theory be seen as socially sensitive (e.g. who could it negatively impact in society?)

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3. What is the MAOA gene and how has it been linked to aggression?

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4. Why is the case of Bradley Waldroup an example of social sensitivity?

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### Task 3: Psychology as a Science

Psychology as a science is a popular debate due to some areas of psychology not always meeting the assumptions of what we consider to be subjective (e.g. Freud's theories). For something to be scientific it must have a set of laws or rules to explain the behaviour, known as a theory. It should also have testable hypothesis (alternative and null hypothesis) so we can say whether X does impact Y. Another important feature is falsifiability which is the ability to disprove something, replicability, objectivity and empirical methods.

Using the notes on the following two pages, complete the table below:

	Explanation of the feature of science
<b>Theory Construction</b>	
<b>Hypothesis Testing</b>	
<b>Falsifiability</b>	
<b>Replicability</b>	
<b>Objectivity</b>	
<b>Empirical Method</b>	

## 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: Humanistic Approach

The humanistic approach focuses on the view that we are agents of our own free-will, this means we are in control of our decisions, behaviours and how we interact with the world. The humanistic approach emphasizes the personal worth of the individual, the centrality of human values, and the creative, active nature of human beings. The approach is optimistic and focuses on the noble human capacity to overcome hardship, pain and despair. Self-actualization concerns psychological growth, fulfilment and satisfaction in life. Both Rogers and Maslow regarded personal growth and fulfilment in life as a basic human motive. This means that each person, in different ways, seeks to grow psychologically and continuously enhance themselves. Humanists reject scientific methodology and believe human behaviour cannot be understood in laboratory conditions, as it ignores the whole individual (holism).

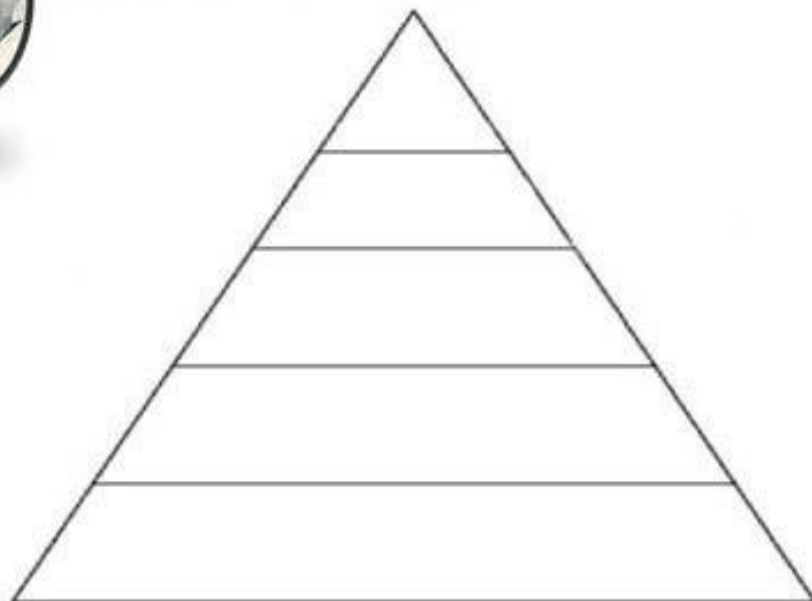
Using the paragraph above, write three assumptions of the humanistic approach.

- 1.
- 2.
- 3.

Maslow is one of the most influential humanist psychologists, summarise his Hierarchy of Needs by completing the pyramid below.



**Maslow's Hierarchy of needs**



## Task 2: Psychodynamic Approach

The psychodynamic approach is largely influenced by Freud who believed the unconscious mind is the primary source of human behaviour. The most important aspects of who we are, are not always visible (iceberg analogy). Childhood experience has a huge impact on who we become as adults and therapist must seek to understand patients' childhood to truly help and support the patient. All behaviour comes from somewhere and this is usually our unconscious. Sometimes we can say things by accident, this is known as a Freudian slip, for example calling your teacher "mum" has a deeper meaning.

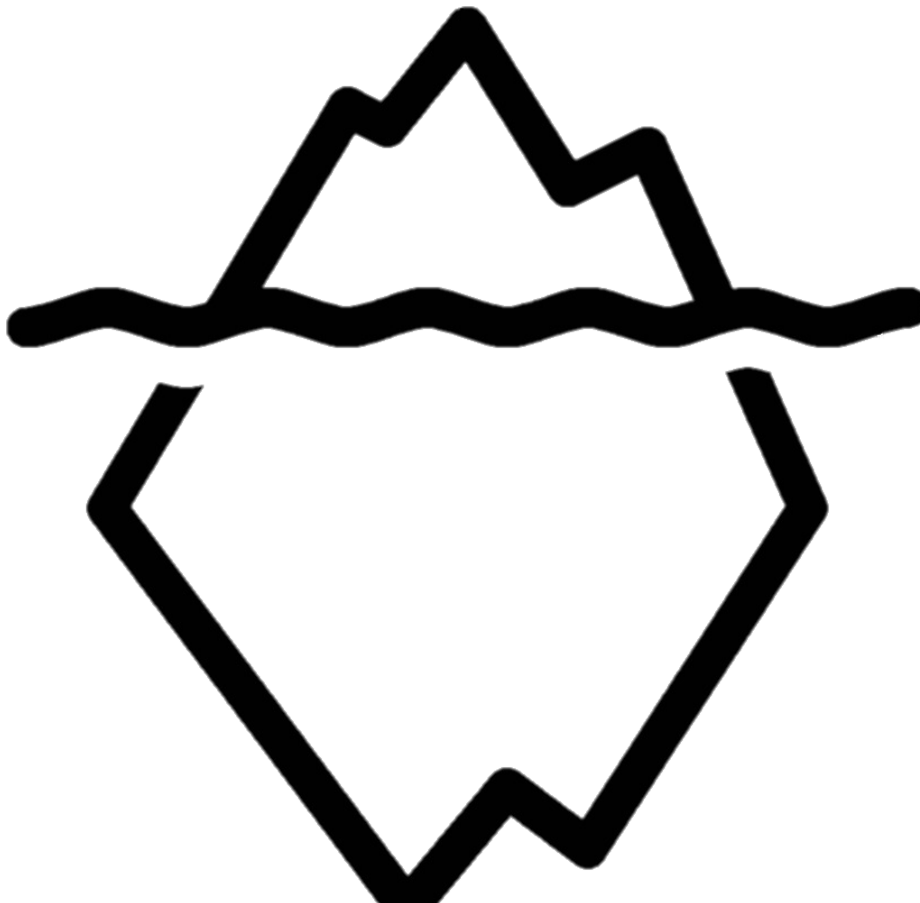
Using the paragraph above, write three assumptions of the humanistic approach.

1.

2.

3.

Freud is one of the most influential psychodynamic psychologists, summarise his iceberg analogy of the unconscious mind using the diagram below. You should clearly annotate each section with the ID, EGO and SUPEREGO. You should describe each term.



### Task 3: 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.

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

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#### Task 4: 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?

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2. What is depression?

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

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### Task 5: 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?)

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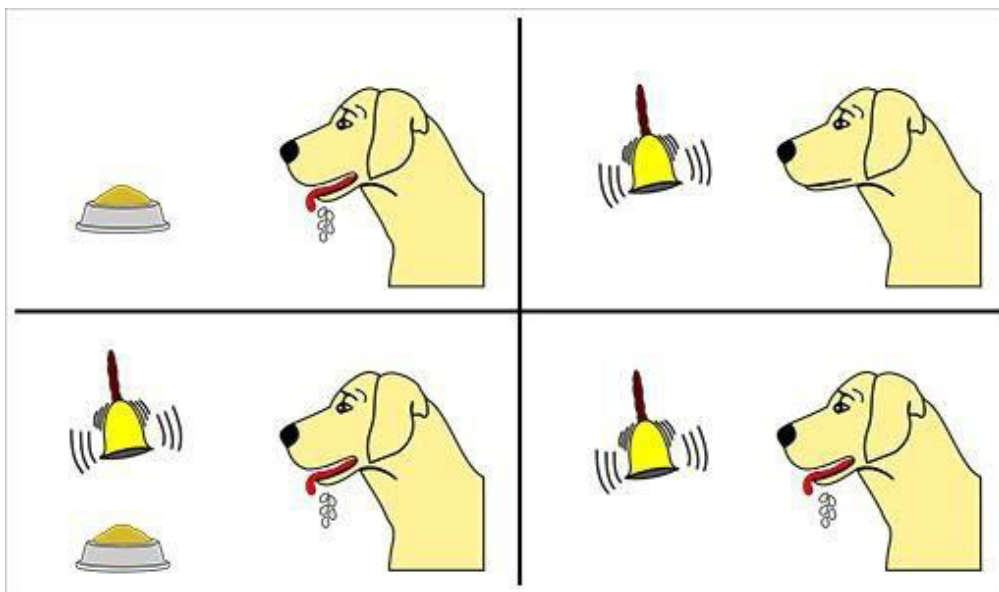
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Labels for the diagram below:

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 Peer Review.

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

Research Methods – Task 2:



This video will take you to a summary of Ethical Issues and Social Sensitivity.

<https://www.youtube.com/watch?v=BHE8zpkUJqM>

Research Methods – Task 3:



This video will take you to Psychology as a Science.

[https://www.youtube.com/watch?v=yOU\\_s0xzc-Y](https://www.youtube.com/watch?v=yOU_s0xzc-Y)

Approaches: Tasks 1-5:



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

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

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