

# Psychology – Preparation for sixth form

Welcome to Psychology. I hope this preparatory work gives you some insight into the kinds of things you will study in psychology. Most of you will not have studied psychology before but that is ok. You should still be able to have a go at the tasks and find out a bit more about what psychology is!




It is also worth having a look at the specification on the AQA website to explore the topics we will teach you during the two years -



<https://www.aqa.org.uk/subjects/psychology/as-and-a-level/psychology-7181-7182/specification-at-a-glance>

You must complete each of the four tasks of the **compulsory specific subject section**. This is work needed to support your transition into Psychology A level. It is also highly recommended that you complete some of the *suggested* preparation work too.

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	<p><b>Compulsory Specific subject tasks</b></p> <p><b>Task One: Researching the psychological approaches</b>            There are many different ways people see behaviour and therefore many different explanations for why we do the things we do. In Psychology we look at 6 approaches, these are different viewpoints that psychologists believe can explain people’s behaviour. Your first task is to find out what these 6 approaches are called using the following link:  <a href="https://www.simplypsychology.org/a-level-approaches.html">https://www.simplypsychology.org/a-level-approaches.html</a>            This website will be useful for you to understand what the approaches are and what they believe behaviour is caused by. I would like you to create a summary sheet that includes the 6 approaches and the following information for each approach:</p> <ul style="list-style-type: none"> <li>· What the approach is called.</li> <li>· 2 assumptions of the approach - what they believe causes behaviour – e.g. do they believe we are born that way or do they believe we learn from others around us etc.?</li> <li>· 1 interesting fact about the approach that you would like to include on your summary sheet – this could be any other bit of information that you have read on the website that you would like to include on your page. It could be a piece of research that has been described, or something you have found interesting when reading about the approach.</li> </ul> <p>*Don’t forget to make the summary sheet as visually appealing as possible. So summarise the content and don’t write everything you find. Use pictures and colours to make words and approaches stand out from each other.*</p> <p><b>Task Two: Starting with Psychology</b>            What makes us who we are? This task is to complete an ‘introduction to psychology’ course on the Open University website. It will look at a number of different explanations that psychologists put forward in their attempts to understand why people feel, think and behave the way they do.            This task does not have to be completed in one go! You can keep coming back to it and expect to spend about an hour on each section. You can also print out a certificate on completion. This is the link to the website and there is a Word document I have created for you to fill in alongside it.  <a href="https://www.open.edu/openlearn/health-sports-">https://www.open.edu/openlearn/health-sports-</a></p>	

		<p><a href="https://www.bbc.co.uk/cbbc/quizzes/how-good-is-your-memory-quiz">psychology/psychology/starting-psychology/content-section-0?active-tab=description-tab</a></p> <p><b>Task Three: Conducting Psychological Research</b>          Psychology involves investigating human behaviour by carrying out research. I would like you to have a go at designing a study to investigate memory. Have a go at this memory quiz yourself first:  <a href="https://www.bbc.co.uk/cbbc/quizzes/how-good-is-your-memory-quiz">https://www.bbc.co.uk/cbbc/quizzes/how-good-is-your-memory-quiz</a></p> <p>Then have a think about something that may affect our memory e.g. a distraction like music (this is your independent variable). You could get your family members or your friends to take part via Zoom, Facetime etc. Ask the person to complete the quiz and then tell you their score and keep a record of it (this is your dependent variable).          Try and get half the people to do it in one condition (no distraction) and half to do it without a distraction. Predict who will get a higher score (this is your hypothesis). Have a go at writing up the investigation. You could calculate the mean score for each condition. You could draw a graph to show your findings. Can you think of any problems with the way you carried your investigation out?</p> <p><b>Task Four: Researching Psychological Disorders</b>          This task is to explore some psychology in the real world by looking at two mental health disorders. The mind organisation is a brilliant website that is very informative. Here is a link to the website that has a A-Z list of all mental health disorders <a href="https://www.mind.org.uk/information-support/a-z-mental-health/">https://www.mind.org.uk/information-support/a-z-mental-health/</a></p> <p>Choose <b>two</b> disorders from the following for your fact file:          Schizophrenia, Depression, Phobias, Anxiety, OCD, Borderline Personality Disorder</p> <p>Create your fact file to include:</p> <ul style="list-style-type: none"> <li>- What is the disorder?</li> <li>- What are the common symptoms of the disorder?</li> <li>- What are the psychological causes of the disorder?</li> <li>- How do psychologists treat this disorder?</li> </ul> <p>*You can choose how to present your fact file; it could be a leaflet, a power point presentation, a poster, a video etc*          You could also watch on BBC I player – ‘Stacey Dooley on a psychiatric ward’  <a href="https://www.bbc.co.uk/programmes/p082bxzn">https://www.bbc.co.uk/programmes/p082bxzn</a></p>	
<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>Social Media</b></p>	<p>Useful accounts to follow</p> 	<p>Twitter accounts:          @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 and make a note of anything that you find particularly interesting</p> <p>You can also follow our KES Psychology Instagram page:          psychology_kes</p>	

## Suggested preparation work

Interesting reading	<p>Journal - Psychology Review is an excellent journal that is published for A-level Psychology Students <a href="http://www.hoddereducation.co.uk/psychologyreview">www.hoddereducation.co.uk/psychologyreview</a></p> <p>Books - 'Opening Skinner's Box: Great Psychological Experiments of the Twentieth Century' - Laura Slater          'I'm Eve' – Chris Sizemore (Account of Multiple Personality Disorder/Dissociative Identity Disorder)          'Electroboy: A Memoir of Mania' – Andy Berhman (ECT and Bipolar)          'Brain on Fire' – Susannah Cahalan (True story of a journalist who wakes up in hospital with no recollection of anything)          'Genie' – Russ Rymer (An account of Genie's emergence from her tragic childhood strapped to a potty chair)          'We Need to Talk About Kevin' – Lionel Shriver (Does a mother's dislike of her own son send him off the rail so that he kills his classmates?)          'The Man who Mistook his Wife for a Hat ' – Dr Oliver Sacks (Oliver Sacks recounts the stories of patients lost in the bizarre, apparently inescapable world of neurological disorders)</p>	
Debate topics	<p>Write a for and against argument for the following debates:</p> <p>Are criminals born or made?          Is gender biologically determined?          Are we born with phobias or do we acquire them from experience?</p>	
Ted Talks	<p>Listen to these Ted talks. What have you learned? Do you agree with the main points?</p> <p>  <b>Watch and listen:</b></p> <p><a href="#">What's so funny about mental health?</a>  <a href="#">This is why you could be depressed or anxious</a>  <a href="#">The science of stage fright and how to overcome it</a>  <a href="#">How reliable is your memory?</a></p>	
Netflix/Films	<p>The following are documentaries/shows/films that are relevant to psychology that you could watch:</p> <p><u>Netflix</u></p> <ul style="list-style-type: none"> <li>- 100 Humans</li> <li>- The Mind Explained</li> <li>- The Sinner</li> <li>- Babies</li> </ul> <p><u>Films</u></p> <ul style="list-style-type: none"> <li>- The Experimenter (12)</li> <li>- 12 Angry Men (U)</li> <li>- A Beautiful Mind (12)</li> <li>- Dangerous Method (15)</li> <li>- Shutter Island (15)</li> <li>- 50 First Dates (12)</li> </ul>	

	Interesting Websites	<a href="https://www.livescience.com/brain-findings-2019.html">https://www.livescience.com/brain-findings-2019.html</a> Read '10 things we learned about the brain in 2019'. You could choose your three favourite and write a summary of each finding.	
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If you have any questions as you complete the work don't hesitate to contact me via email (ccoote@ecgbert.sheffield.sch.uk). Good luck and enjoy exploring the world of Psychology!