



SALTER
SIXTH

SUCCESS • THROUGH • ENDEAVOUR

Year 11-12 Transition Pack:

PSYCHOLOGY



GEORGE
SALTER
ACADEMY

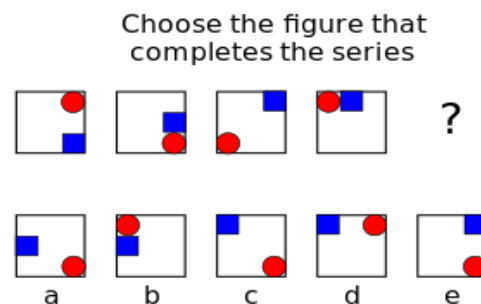
Introduction

Psychology is about how our mind processes certain things. Psychology is an academic and applied discipline that involves the scientific study of mental functions and behaviours. Psychology has the immediate goal of understanding individuals and groups by both establishing general principles and researching specific cases, and by many accounts it ultimately aims to benefit society.

This pack contains a programme of activities and resources to prepare you to start an A Level in Psychology in September. It is aimed to be used over the summer holidays to ensure you are ready to start your course in September and get a head start. The beauty about A Level Psychology is that as no one else would have studied it before, you are all at the same level. Going through this pack and completing the wider reading and summer tasks will put you in a fantastic position for September.

I hope you enjoy the tasks. Please email me if you have any issues or further queries regarding A Level Psychology.

Mrs Rukar (*Head of Psychology*)
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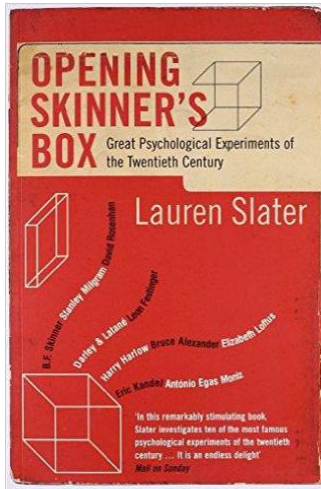
Course Overview

We follow the AQA specification.

A Level Psychology		
Year 1 Paper 1: Introductory Topics in Psychology	Year 1 Paper 2: Psychology in Context	Year 2 Paper 3: Issues and options in Psychology
Content: <ul style="list-style-type: none"> • Social Influence • Memory • Attachment • Psychopathology 	Content: <ul style="list-style-type: none"> • Approaches in Psychology • Biopsychology • Research Methods 	Content: <ul style="list-style-type: none"> • Issues & Debates in psychology • Relationships • Schizophrenia • Forensic Psychology
Assessment: <ul style="list-style-type: none"> • 2 hours • Written Exam • 96 marks • 33.3% of A Level 	Assessment: <ul style="list-style-type: none"> • 2 hours • Written Exam • 96 marks • 33.3% of A Level 	Assessment: <ul style="list-style-type: none"> • 2 hours • Written Exam • 96 marks • 33.3% of A Level

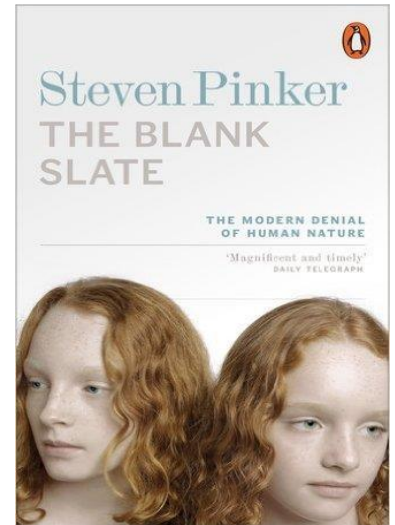
Book Recommendations

Kick back this summer with a good read. The books below are all popular books about Psychology, and great for extending your knowledge and understanding.



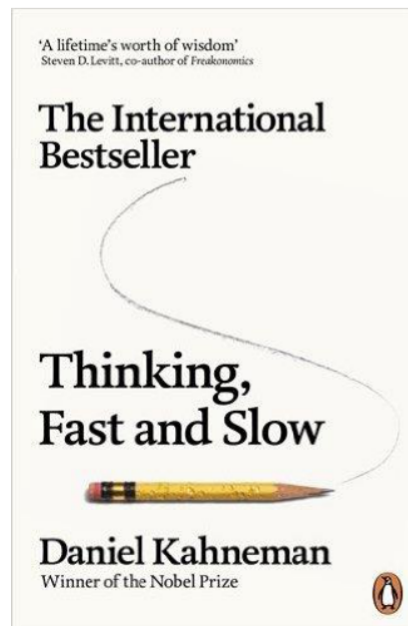
The Blank Slate

Recently many people have assumed that we are shaped by our environment: a blank slate waiting to be inscribed by upbringing and culture, with innate abilities playing little part. *The Blank Slate* shows that this view denies the heart of our being: human nature. Violence is not just a product of society; male and female minds are different; the genes we give our children shape the more than our parenting practices.

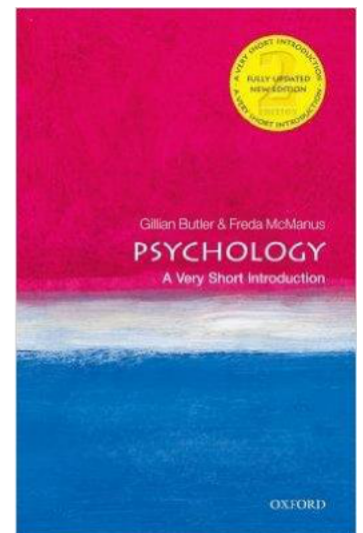


Opening Skinners Box

A century can be understood in many ways - in terms of its inventions, its crimes or its art. In *Opening Skinner's Box*, Lauren Slater sets out to investigate the twentieth century through a series of ten fascinating, witty and sometimes shocking accounts of its key psychological experiments. Starting with the founder of modern scientific experimentation, B.F. Skinner, Slater traces the evolution of the last hundred years' most pressing concerns - free will, authoritarianism, violence, conformity and morality.



Thinking, Fast and Slow The phenomenal *New York Times* Bestseller by Nobel Prize-winner Daniel Kahneman, *Thinking Fast and Slow* offers a whole new look at the way our minds work, and how we make decisions. Why is there more chance we'll believe something if it's in a bold type face? Why are judges more likely to deny parole before lunch? Why do we assume a good-looking person will be more competent? The answer lies in the two ways we make choices: fast, intuitive thinking, and slow, rational thinking.



An easy read **Psychology**, a very short introduction

A whistle-stop tour of the main concepts in Psychology – a great introduction to the A-level course.

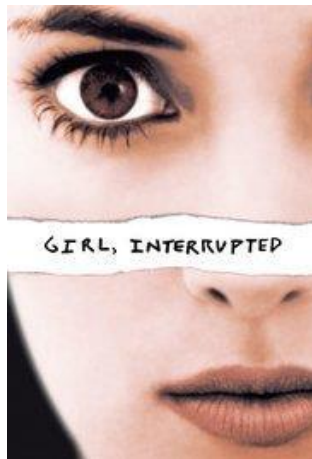
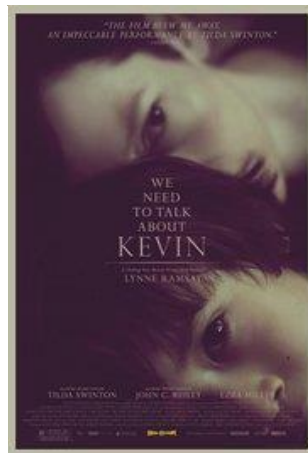
Movie Recommendations

Everyone loves a good story and everyone loves some great Psychology. You won't find any thrillers on this list, but we've looked back over the last 50 years to give you our top. Psychological films you might not have seen before. Great watching for a rainy day.



We need to talk about Kevin (2011)

Kevin's mother struggles to love her strange child, despite the increasingly vicious things he says and does as he grows up. But Kevin is just getting started, and his final act will be beyond anything anyone imagined.



Girl, Interrupted (1999)

Based on a true story. Based on writer Susanna Kaysen's account of her 18-month stay at a mental hospital in the 1960's. This film questions what it means to be sane.

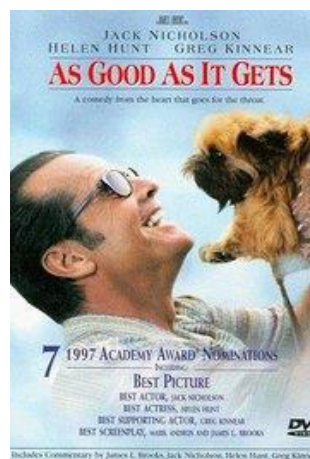


One flew over the Cuckoo's nest (1975)

A criminal pleads insanity after getting into trouble again and once in the mental institution rebels against the oppressive nurse and rallies up the scared patients.

The Stanford Prison Experiment (2015)

Twenty-four male students out of seventy-five were selected to take on randomly assigned roles of prisoners and guards in a mock prison situated in the basement of the Stanford psychology building. Looks at what extent people will go to when given social roles. This relates to conformity.



As good as it gets (1997)

A single mother/waitress, a misanthropic author, and a gay artist form an unlikely friendship after the artist is assaulted in a robbery. Looks at what life is like when you live with OCD.

There are some great TV series and box sets available too, you might want to check out: Blue Planet, Planet Earth, The Ascent of Man, Catastrophe, Frozen Planet, Life Story, The Hunt and Monsoon.

TED talk recommendations

10 myths about Psychology, debunked.

Available at:

https://www.ted.com/talks/ben_ambridge_10_myths_about_psychology_debunked?language=en#t-80890

How much of what you think about your brain is actually wrong? In this whistlestop tour of dis-proved science, Ben Ambridge walks through 10 popular ideas about psychology that have been proven wrong — and uncovers a few surprising truths about how our brains really work.



Jon Ronson: Strange answers to the psychopath test

Available at:

https://www.ted.com/talks/jon_ronson_strange_answers_to_the_psychopath_test?language=en#t-129957

Is there a definitive line that divides crazy from sane? With a hair-raising delivery, Jon Ronson, author of The Psychopath Test, illuminates the gray areas between the two.

Martin Seligman: A new era of positive psychology

Available at:

http://www.ted.com/talks/martin_seligman_on_the_state_of_psychology

As the founder of the newest modern emerging branch of Psychology, Martin Seligman utilizes this TED talk to discuss how positive psychology is revolutionizing the field by moving beyond a focus on mental illness and shifting towards examining human healthy states, including happiness and optimism.



Carol Dweck: The power of believing that you can improve

Available at:

https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve#t-30982

Carol Dweck researches “growth mindset” — the idea that we can grow our brain's capacity to learn and to solve problems. In this talk, she describes two ways to think about a problem that's slightly too hard for you to solve. Are you not smart enough to solve it ... or have you just not solved it yet? A great introduction to this influential field.



Interesting articles to read or podcasts to listen to

Take a read of any article on the following website:

<https://www.psychologytoday.com/>

Listen to any podcast from:

<http://thepsychologyfaculty.org/podcasts/>



Simply
Psychology

S-cool
the revision website

Psychology4A.com

Useful Websites

<http://www.simplypsychology.org/>

<http://www.tutor2u.net/psychology>

<http://www.s-cool.co.uk/a-level/psychology>

<http://getrevising.co.uk/resources/areas/psychology/topics/aqa>

<http://www.virtualpsychology.co.uk/ashome.php#cog>

<http://www.davesaid.co.uk/>

Specification + past papers

<http://www.aqa.org.uk/subjects/psychology/as-and-a-level/psychology-7181-7182>

Careers in Psychology

<http://www.bps.org.uk/>

Stretch & Challenge (articles to help push your knowledge further)

<http://bps-research-digest.blogspot.co.uk/2009/01/resources-for-level-teachers-and.html>



What else can I do?

Download news apps onto your phone and read on the go, they will always come in use in lessons in some way!

Use YouTube to watch 'tedtalk' lectures: <https://www.youtube.com/user/TEDtalksDirector/featured>

<https://www.futurelearn.com/courses> -

These are free online courses that anyone can join with many being based on topics you will study at A level. They are run by university's and are great background preparation for the students. Most of the courses have approximately 3 hours study time a week and you gain a certificate which is recognised by universities!

Pre-knowledge topics A level Psychology will require a huge amount of new knowledge – most of the topics you cover in this course will be entirely new to you. **Complete the following tasks to make sure your knowledge is up to date and you are ready to start studying:**

Social Influence

Humans behave very differently in groups than when they are alone; the psychology of social influence tries to unravel the processes which cause this to occur. Why do people conform? Why do they obey orders from others, even if they disagree or do not wish to comply? How do some individuals have an impact on others even if their views are not the views of the majority? How does social change occur? These are all questions which Psychologists have tried to answer.

Read the information on this website:

https://en.wikipedia.org/wiki/Social_influence

And take a look at these videos:

<https://www.youtube.com/watch?v=Ao5JTMc5GUM>

https://www.ted.com/talks/morgana_bailey_the_danger_of_hiding_who_you_are?language=en

Memory

We all remember things all the time – but do you know how you do it? Becoming aware of memory processes can help us to make our memories better, and might even be able to help you revise more effectively! This topic includes the study of eyewitness testimony and the processes which police use to extract the best evidence possible from their witnesses.

<https://www.psychologytoday.com/topics/memory>

https://www.sciencedaily.com/news/mind_brain/memory/

And take a look at these videos:

<https://www.youtube.com/watch?v=rzpgylKBS40>

https://www.ted.com/playlists/196/the_complexity_of_memory

Approaches

Surely different psychologists would have different ways of diagnosing, treating and explaining behaviour? In the topic of approaches, we consider the different perspectives that make up psychology. An approach is a perspective (i.e., view) that involves certain assumptions (i.e., beliefs) about human behaviour: the way they function, which aspects of them are worthy of study and what research methods are appropriate for undertaking this study. There may be several different theories within an approach, but they all share these common assumptions. It is through these approaches that we are able to design new methods of treatment to abnormal behaviour.

Have a read of the different types of approaches:

<https://www.simplypsychology.org/perspective.html>

And take a look at this video:

<https://www.youtube.com/watch?v=MZ9Ywl3iCpc>

Psychopathology

What is meant by mental illness? To answer that we first need to answer a more difficult question – what is meant by mental health? In the broad field of human behaviours, which behaviours should be classified as 'sane' or 'insane', and which should be medicated or otherwise treated? Perhaps we shouldn't treat any mental illness and embrace the diversity of human experience? This topic attempts to answer some of these questions, defining 'abnormal' mental experience and looking at different ways of approaching psychopathology.

Unsurprisingly, there are hundreds of resources around this topic, so these are just some ideas to start you off!

<http://www.theguardian.com/society/mental-health>
<http://www.nhs.uk/news/pages/newsarticles.aspx?TopicId=Mental+health>

And take a look at these videos:

<https://www.ted.com/topics/mental+health>
https://www.ted.com/talks/ruby_wax_what_s_so_funny_about_mental_illness?language=en
https://www.ted.com/talks/vikram_patel_mental_health_for_all_by_involving_all?language=en
https://www.ted.com/playlists/175/the_struggle_of_mental_health

Attachment

This topic takes a look at our earliest and perhaps most influential relationship – that with our mother.

How does this bond form, and why is it so influential later in life? What happens if that bond is weak or broken, or if a mother simply cannot care for her infant? Can we overcome these early setbacks to go on to live a life full of love? Can this field of study tell us why some people appear better-prepared than others for adult romantic relationships?

<http://www.helpguide.org/articles/relationships/attachment-and-adult-relationships.htm>
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2724160/>
<http://www.bbc.co.uk/news/education-26667036>

And take a look at these videos:

<http://ed.ted.com/on/3Pg4lwvN>
https://www.ted.com/talks/helen_fisher_tells_us_why_we_love_cheat?language=en

Summer Tasks

1. Biography of a famous psychologist

TASK: Create *at least one side of an A4* biography on **ONE** of the following psychologists:

- Pavlov
- Skinner
- Bandura
- Freud
- Maslow
- Rogers

The biography must include:

- ✓ Place of birth, any information that would be of interest and a picture.
- ✓ What their main ideas are about psychology and behaviour
- ✓ Key pieces of research they have conducted.
- ✓ Any additional information you may feel is beneficial for the reader.
- ✓ DO NOT COPY & PASTE – We are experts in this field and will know if you have!
- ✓ Reference page – ALL SOURCES YOU USE MUST BE SHOWN ON THIS PAGE!

Use the following websites (*and others if you wish*) to help you with this:

- <http://www.simplypsychology.org/> (click on 'psychologists')
- <https://www.verywell.com/most-influential-psychologists-2795264>
- <http://www.famouspsychologists.org/>

2. Prepare for your sixth form studies by getting the following:

What to get ready.....	Check ✓
A4 File (Double)	
Dividers x6 (one per topic)	
Lined Paper	
Some pens and highlighters!	