

Welcome to PSYCHOLOGY

WHAT DO WE STUDY AT
A LEVEL PSYCHOLOGY?

COMPONENT 1: PSYCHOLOGY: PAST TO PRESENT

COMPONENT 2: PSYCHOLOGY: INVESTIGATING
BEHAVIOUR.

COMPONENT 3: PSYCHOLOGY: IMPLICATIONS IN
THE REAL WORLD

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Welcome to Psychology! This is an activity pack of things that you can do before you start the course in the autumn term. These tasks are aimed to support you in starting your Psychology A level. It contains two pieces of work which need to be completed and one handed in during your first week at the college. The additional tasks are optional but recommended.

We follow the EDUQAS examination board.

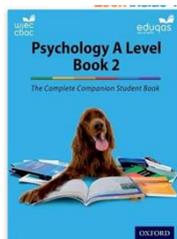
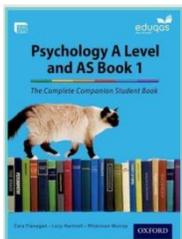
In year one, you will study Component 1: Psychology: Past to Present: In this module you will look at five key approaches in psychology: 1) Biological 2) Behaviourist 3) Psychodynamic 4) Cognitive 5) Positive. For each of these approaches you need to know the key assumptions, the therapy, a key research study, a key debate and overall evaluation for the approach. In year one, you will also look at Component 2 and learn about how psychologists carry out their research.

In year two, you will get to carry out your own piece of psychological research. You will also move on to look at Component 3: Implications in the Real World. In this module, you will study in detail the topics like schizophrenia, stress, autism and criminal behaviour.

The course will be assessed at the end of the two years with three exams; Paper 1: Psychology Past to Present, Paper 2: Psychology: Investigating Behaviour and Paper 3: Psychology: Implications in the Real World.

If you would like to purchase a textbook for year 1, we recommend the textbook, “Psychology A Level and AS Book 1: The Complete Companion Student Book for WJEC Eduqas”. Cara Flanagan et al (2015)

If you would like to purchase a textbook for year 2, “Psychology A Level Book 2: The Complete Companion Student Book for Eduqas and WJEC”. Cara Flanagan et al (2016)



TRANSITION WORK: THIS NEEDS TO BE COMPLETED FOR THE FIRST WEEK.

TASK ONE – to be written and handed in to your teacher in the first week

Describe the clinical characteristics of schizophrenia (10)

This is an exam style question you could get on the schizophrenia section on paper 3. We know that you do not have the psychological knowledge behind this question yet, but we would love to see what you can learn about this topic and how you would attempt to write a question like this with that knowledge. Good luck!

TASK TWO – to be done with ideas and data ready to be shared in the first week

In 1976, psychologists Jenni & Jenni carried out a large scale study of sex differences in book carrying behaviour. They observed both university and high school students in natural settings such as libraries, corridors and campuses and found different patterns in females and males. Females tended to wrap one or both arms around their books, which they clasp against the body. Males tended to carry their books in one hand at the side of the body.

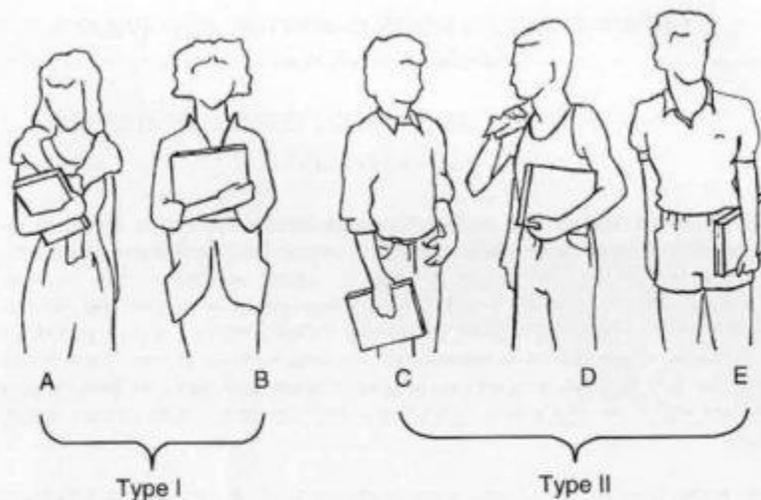


FIG. 1. The five categories of book-carrying positions used for data collection and analysis. Legend: In Type I positions (A and B) books are cradled in one or two arms against the front of the torso. The short sides of the book(s) rest on the hips and are approximately parallel to the ground. In Type II positions (C, D, E) the books are held at the side of the body, below or at the height of the hips. The long sides of the book(s) are more or less parallel to the ground.

How would you explain these sex differences? What is your **theory**? Write down some ideas you can share in your first lesson.

Some critics argue this research lacks **validity** (is not accurate).

Can you see why the sample of people they observed may not be representative enough? Explain.

Can you see why the findings may be considered out-of-date now? Why?

Keep a record of your responses ready to share.

You are going to test the **reliability** of this study by replicating it.

What is meant by reliability?

Will we still see similar findings in current society? Can we study a wider group of society in a different setting?

Keep a record of your responses here too.

Your task is to carry out a similar observation but in a supermarket. It is acceptable to study people in a public setting like this without their permission but you should still try to be discrete (not make it obvious).

You will need to keep a tally (whether it's on your phone or on paper) and observe basket carrying behaviour rather than book carrying. For each shopper you observe with a basket, note if they are male or female, and whether they are carrying their basket at their side or holding up across their body.



You will need to use a tally table like this to record the data.

| | Carrying basket at side | Carrying basket across front |
|--------|-------------------------|------------------------------|
| Female | | |
| Male | | |

Please bring a table like this, with your data recorded on it, to your first lesson. The plan is to use this **observation** to share and compare data.

Do you think we will observe sex differences overall? What is your prediction? Make a note of this before you start.

We hope you enjoy the research experience but do remember to keep yourself safe when to do it.

OPTIONAL TASKS TO PREPARE YOU FOR A LEVEL PSYCHOLOGY



TASK ONE:

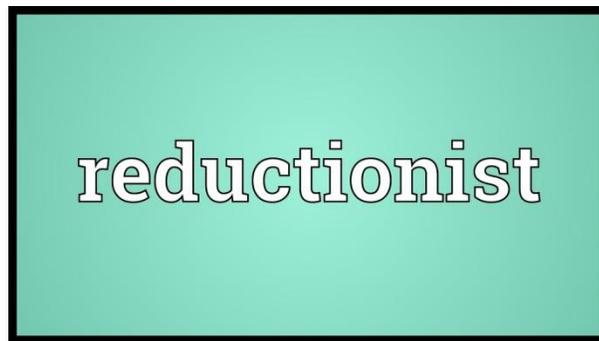
One of the first things we would encourage you to do before starting in the Autumn term is organise your folder with dividers labelled as below which you can file your class notes in to during the Autumn term.

- 1) Introduction to Psychology
- 2) The Biological Approach
- 3) The Psychodynamic Approach
- 4) The Behaviourist Approach
- 5) The Cognitive Approach
- 6) The Positive Approach
- 7) Research Methods

TASK TWO:

Before we start the course content properly, we will always start by finding out about some key underlying debates which we refer to throughout the course. You could research what each of these mean and key points about both sides:

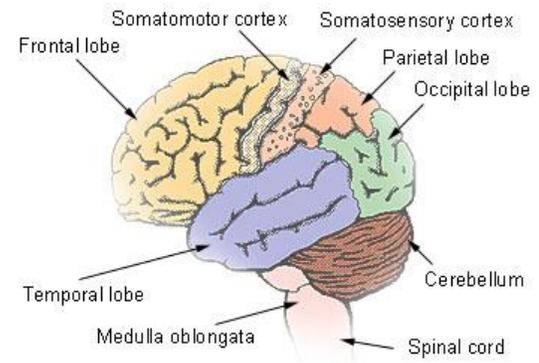
- Nature vs Nurture
- Reductionism vs Holism
- Free will vs Determinism
- Idiographic vs Nomothetic
- Scientific vs Unscientific



TASK THREE:

One of the assumptions of the biological approach is localisation of brain function, this means that the brain has different areas which do different jobs. Can you research where the below parts of the brain are and what they do?

- Hippocampus
- Cerebellum
- Broca's area
- Occipital lobe
- Prefrontal lobe
- Wernicke's area
- Pons
- Claustrum
- Pineal gland
- Amygdala



Lobes of the cerebrum

TASK FOUR:

One of the therapies which we study in depth is dream analysis. You could watch the below video and also if you have Netflix watch, “The Mind Explained: Dreams”.

What can you find out about the Freudian concept of dream analysis?

<https://www.youtube.com/watch?v=c2Qcmhsvcms&t=110s>



TASK FIVE:

One of the key debates we look at is the debate surrounding how reliable eyewitness testimony (EWT) is. We look at the work of Elizabeth Loftus as an expert who tells us that EWT is notoriously unreliable.

<https://www.youtube.com/watch?v=PB2OegI6wvI>

This is a clip of Loftus discussing how unreliable memory can be, and she talks about a case of someone being falsely convicted of a crime.

You could watch the above and do some research on real-life cases of cases where it became apparent later that EWT was not reliable and the person was acquitted.



TASK SIX:

One of the modules we look at is regarding research methods, and the ways in which psychologists conduct their own psychological research.

Could you find out what the below terms are and what they mean?

- Independent variable (IV)
- Dependent variable (DV)
- Extraneous variable (EV)
- Confounding variable
- Hypothesis
- Directional hypothesis
- Non-directional hypothesis
- Laboratory experiment
- Natural experiment
- Field experiment

Public Announcement

**WE WILL PAY YOU \$4.00 FOR
ONE HOUR OF YOUR TIME**

Persons Needed for a Study of Memory

*We will pay the hundred best names sent to help us complete a scientific study of memory and learning. The study is being done at Yale University.
*Each person who participates will be paid \$4.00 upon the return for approximately 1 hour's time. We need you for only one hour; there are no further obligations. You may choose the time you would like to come (evenings, weekdays, or weekends).

*No special training, education, or experience is needed. We want:
Factory workers Businessmen Construction workers
City employees Clerks Salespeople
Librarians Professional people White-collar workers
Barbers Telephone workers Others

All persons must be between the ages of 20 and 50. High school and college education preferred but not essential.

*If you meet these qualifications, fill out the coupon below and mail it now to Professor Stanley Milgram, Department of Psychology, Yale University, New Haven, Conn. We will be in contact later of the specific time and place of the study. We reserve the right to decline any applications.
*You will be paid \$4.00 (plus \$100 coffee) or more as you arrive at the laboratory.

TO:
PROF. STANLEY MILGRAM, DEPARTMENT OF PSYCHOLOGY,
YALE UNIVERSITY, NEW HAVEN, CONN. I want to take part in
this study of memory and learning. I am between the ages of 20 and
50. I will be paid \$4.00 (plus \$100 coffee) if I participate.

NAME (Please Print)

ADDRESS

TELEPHONE NO. Best time to call you

AGE OCCUPATION SEX

CAN YOU COME

WEEKDAYS EVENINGS WEEKENDS

TASK SEVEN:

One of the therapies we look at in detail is the new therapy of mindfulness. This is a huge area of interest for us and an area in psychology which is receiving a lot of attention.

You could watch the Netflix documentary: The Mind Explained: Mindfulness and carry out your own research to find out as much as you can about mindfulness.



TASK EIGHT:

One of the things which you could do to boost your general psychological knowledge and understanding is watch some of the below TV programs/clips.

Component 1: General Positive Psychology: “Happy” 2011.

<https://www.youtube.com/watch?v=ISOcLS6U6TU&t=3417s>

Component 1: Positive Psychology: Mindfulness: The Power of Mindfulness.

<https://www.youtube.com/watch?v=IeblJdB2-Vo>

Component 3: Schizophrenia: “I am not a monster” Cecelia McGough

https://www.youtube.com/results?search_query=schizophrenia+cecilia+mcgough

Component 1: Netflix, “Babies”: This is great for the primary caregiver debate.

General Psychology: The Mind Explained: Any program on there is great!

General Psychology: Any documentary/program by Derren Brown.

Component 1: “Exploring the mind of a killer”: The biological approach- debate

<https://www.youtube.com/watch?v=u2V0vOFexY4>

Component 3: “How stress affects your body”

<https://www.youtube.com/watch?v=v-t1Z5-oPtU>

Component 1: “The difference between classical and operant conditioning”

<https://www.youtube.com/watch?v=H6LEcM0E0io>