



**AQA specification
AS (7181)
A-Level (7182)**

PSYCHOLOGY

Summer Starter Booklet 2020-2021





Psychology Starter Pack

CONTENTS	PAGE
Introduction, Welcome Message	3
What will I need to bring to Psychology?	4
Course Outline	5
Resources, Independent Learning Access	6
Recommended Reading	7
Psychology and Media	8-9
Portfolio	10
What is Psychology?	11
Careers in Psychology 'What type of Psychologist?' Activity	12
Approaches in Psychology – Activities	15
Most influential Psychology Experiments in History	18
Themes and Issues in Psychological Research – Activities	19
Sample AS Exam Questions	24



Welcome to Psychology

Dear Student,

A warm welcome to the Psychology faculty at Tauheedul Girls Sixth Form College. You will have received this booklet as you have expressed an interest in studying A Level Psychology.

The aim of this Starter Pack is to provide you with important information that will familiarise you with the course and some key tasks for you to complete that will support your preparation for studying Psychology in September 2020.

It is crucial that you take the time to go through this pack and complete the activities carefully and to the best of your ability, as we will be using this new learning at the start of the course.

We hope you enjoy reading and exploring the amazing and wonderful subject of Psychology! If you come across some exciting news/clips or relevant articles you would love to share, you can send an email with the link, to any of the Psychology teachers below and we will be sure to check them out too – they may even make an appearance in our lessons!

Good luck! We are really looking forward to meeting you soon!

Mrs Modan (Assistant Principal), Mrs Kotwal and Miss Ali

A Level Psychology Teachers
Sixth Form - Social Science Faculty

Contact your teachers:

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WHAT WILL I NEED TO BRING TO PSYCHOLOGY?

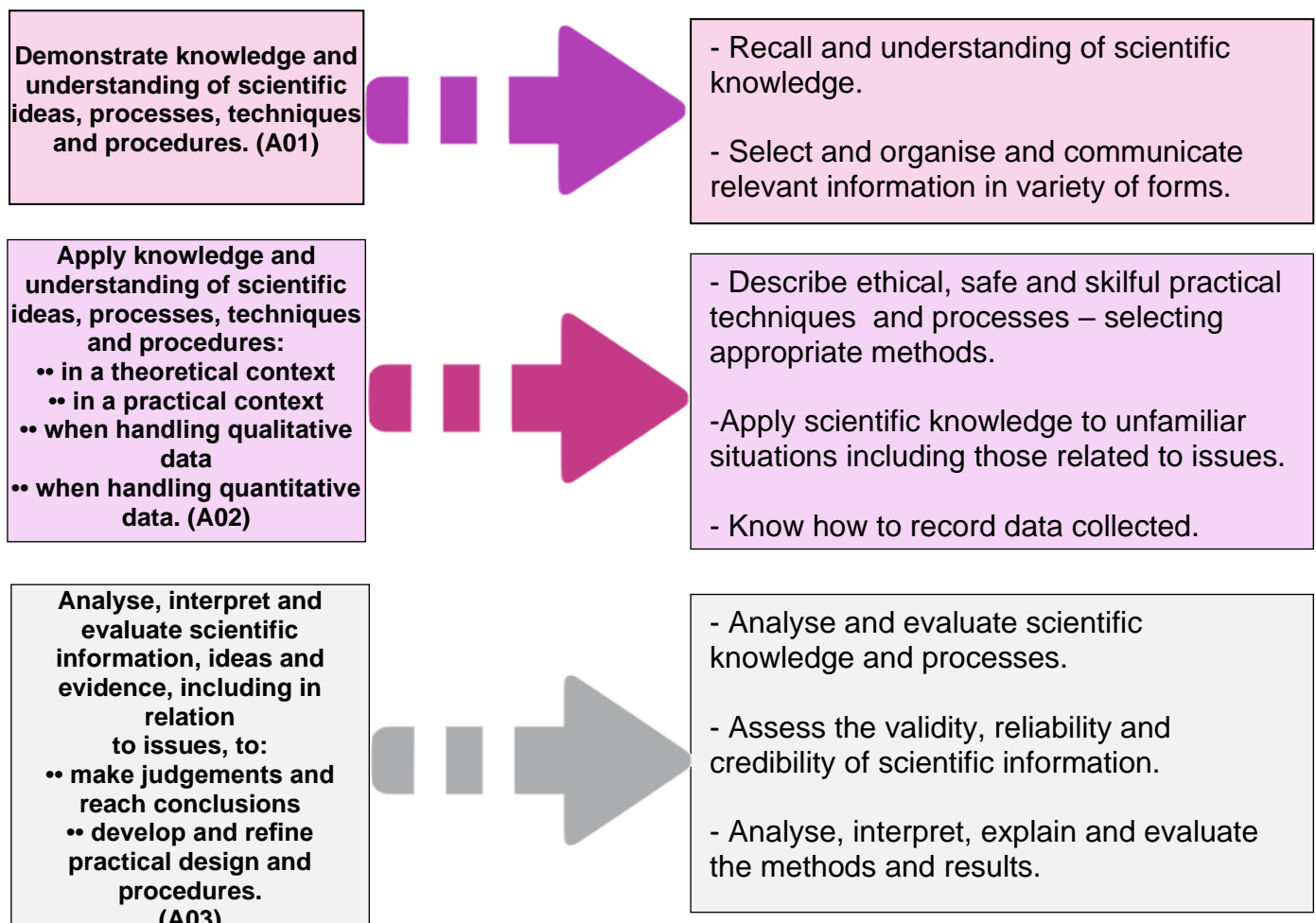
Here is a short list of things to get ready for September!

1. Lever Arch Folder
2. Plastic Wallets
3. Dividers
4. Writing Pad
5. Stationary Selection
6. Calculator
7. Post it notes
8. Highlighters



Psychological Skills

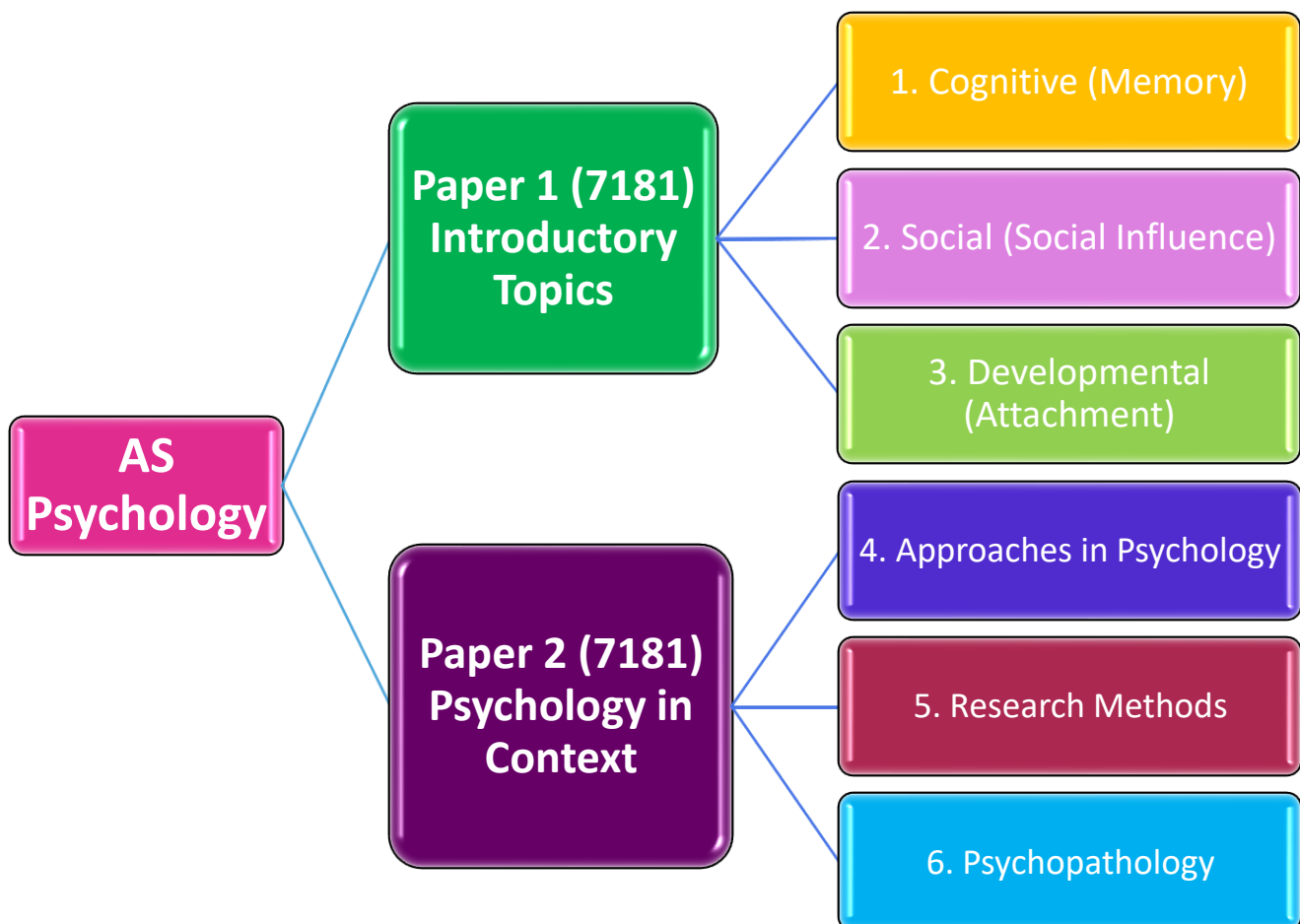
The skills the examiners are looking for are known as AO1, AO2 and AO3.
That means.....





AS COURSE OUTLINE & ASSESSMENT: AT A GLANCE

Paper 1: Introductory topics in psychology	+	Paper 2: Psychology in context
What's assessed Compulsory content 1–3 above		What's assessed Compulsory content 4–6 above
Assessed <ul style="list-style-type: none">written exam: 1 hour 30 minutes72 marks in total50% of AS		Assessed <ul style="list-style-type: none">written exam: 1 hour 30 minutes72 marks in total50% of AS
Questions <ul style="list-style-type: none">Section A: multiple choice, short answer and extended writing, 24 marksSection B: multiple choice, short answer and extended writing, 24 marksSection C: multiple choice, short answer and extended writing, 24 marks		Questions <ul style="list-style-type: none">Section A: multiple choice, short answer and extended writing, 24 marksSection B: multiple choice, short answer and extended writing, 24 marksSection C: multiple choice, short answer and extended writing, 24 marks





Resources & Independent Learning

In addition to the 5 hours (approx.) hours per week in school, you will be expected to;

- Read around the subject
- Complete written assignments
- Explore media to consolidate learning
- Follow twitter accounts or other professional organisations to stay up to date with current psychological research
- Complete SSortfolios.

Websites/Courses



Useful for...	Web link
Psychology Past Papers and Spec (download it all)	http://www.aqa.org.uk/subjects/psychology/as-and-a-level/psychology-7181-7182
Go to Psychology link –excellent revision site	https://www.s-cool.co.uk/a-level/psychology
Revision	https://www.physicsandmathstutor.com/psychology-revision/a-level-aqa/
Useful videos and checking learning	https://www.tutor2u.net/psychology/collections/aqa-a-level-psychology-mcq-revision-blasts
Up to date recent articles published in psychology	http://digest.bps.org.uk/
History of psychology	https://www.verywell.com/a-brief-history-of-psychology-through-the-years-2795245
JB Watson, Learning and the Lab Rat	https://www.verywell.com/the-little-albert-experiment-2794994
Electro-convulsive Therapy	https://www.mind.org.uk/information-support/drugs-and-treatments/electroconvulsive-therapy-ect/#.WWM51tjmrcs
Sigmund Freud Archives. A wealth of information about Freud.	http://www.bbc.co.uk/history/historic_figures/freud_sigmund.shtml
Elizabeth Loftus. Home page	https://www.simplypsychology.org/eyewitness-testimony.html
Recommended Reading Lists	https://thepsychologist.bps.org.uk/ultimate-psychology-reading-list
10 Psychological Studies That Will Change What You Think You Know About Yourself..	https://www.huffingtonpost.co.uk/entry/20-psychological-studies-_n_4098779
Podcasts which are updated each day.	https://www.verywellmind.com/psychology-podcasts-2794800
Free online course: Starting with Psychology (5 hours- Open University Course)	https://www.open.edu/openlearn/health-sports-psychology/psychology/starting-psychology/content-section-0?active-tab=description-tab
Free online course: Making Sense of Ourselves (4 hours- Open University Course) Level 2	https://www.open.edu/openlearn/health-sports-psychology/making-sense-ourselves/content-section-0?active-tab=content-tab

TWITTER ACCOUNTS TO FOLLOW:

@Psych_Writer
 @Psychreg
 @Welldoing_org
 @tutor2uPsych

@PsyBlog
 @TVpsychologist
 @MindCharity





Microsoft Teams



Microsoft Teams is an online learning platform where we can hold video and audio learning sessions, you can work with your peers on projects and you can share interesting articles and notes with the rest of the group. Including book or media reviews.

You will be expected to engage on MS Teams frequently and check for updates on homework, assessments and other important messages your teachers have



Recommended Reads

The Psychology Review subscription www.hoddereducation.co.uk

COGNITIVE PSYCHOLOGY

- Your Memory: A User's Guide- Alan Baddeley
- Eye Witness Testimony – Elizabeth Loftus
- Memory and Forgetting John Henderson
- The Memory Keeper's Daughter by Kim Edwards

DEVELOPMENTAL PSYCHOLOGY

- Savage Girls and Wild Boys- A History of Feral Children – Michael Newton
- Early Socialisation, sociability and Attachment – Cara Flanagan
- Mothering by Rudolf Schaffer
- The Social Animal Eleventh Edition by Elliot Aronson
- Genie: A Scientific Tragedy by Russ Rymer

PSYCHOPATHOLOGY

- The man who mistook his wife for a hat: Oliver Sacks
- The Curious Incident off the dog in the night time Mark Haddon
- 'Pooh and the Psychologists' by John Tyerman Williams
- One flew over the Cuckoo's Nest by Chuck Palahniuk
- The Psychopath: James Blair
- Psychopathology by John D Sterling et al
- The Jigsaw Man: Paul Britton
- Love's Executioner and Other Tales of Psychotherapy by Irvin D Yalom
- To kill a mockingbird by Harper Lee
- Gone Girl: Gillian Flynn
- Shutter Island: Dennis Lehane
- We need to talk about Kevin by Lionel Shriver
- The Night Child by Anna Quinn

BIOPSYCHOLOGY

- Guide to stress, Stress-related Diseases and Coping' by Robert Sapolsky
- The physiological basis of behaviour, the neural and hormonal processes by Kevin Silber
- Why Zebras don't get Ulcers Robert Morris Sapolsky
- Detecting Lies and Deceit: The Psychology of Lying and Implications for Professional Practice by Aldert Vrij
- The Selfish Gene: Richard Dawkins
- Psychology in Football: Mark Nesti

SOCIAL PSYCHOLOGY

- The Lucifer Effect: How good people turn evil by Phillip Zimbardo
- Thinking, Fast and Slow: Daniel Kahneman
- It's Not Me, It's You: Jon Richardson
- Obedience to Authority Stanley Milgram
- In Cold Blood: Truman Capote

RESEARCH METHODS

- The mismeasure of man by Stephen J Gould
- Introducing Research and Data in Psychology: A guide to Methods and Analysis by Ann Searle

OTHER READS

- The Blank Slate – Steven Pinker on Nature/Nurture
- Inferior by Angela Saini – Gender Bias
- The case of Mary Bell: Gitta Sereny
- The Power of Habit, Charles Duhigg
- An Ishmael of Syria by Asaad Almohammad
- The Portrait of a Lady by Henry James
- Room by Emma Donoghue
- Go Ask Alice by Anonymous- Addiction
- The Girl on the Train by Paula Hawkins

There are hundreds of books about different areas of psychology. Below are some links with some interesting lists of books you might enjoy.

<https://www.sparringmind.com/psychology-books/>

<https://www.waterstones.com/category/politics-society-education/psychology>

<https://www.lifehack.org/articles/communication/10-great-psychology-books-change-your->



Psychology in the Media

FILMS

- **12 Angry Men (U)**

Specification Links: AS/A Level Paper 1 - Social Psychology; Minority Influence.

Story line: A jury deliberates behind closed doors on the fate of someone accused of murder. One lone dissenter within the jury (played by Henry Fonda) pleads a compelling case to convince the other eleven jurors that this is not a clear-cut case, unveiling and challenging prejudices and preconceptions as they arise in the debate.

- **The Wave (Die Welle) (15)**

Specification Links: AS/A Level Paper 1 - Social Psychology; Obedience to Authority, Types of Conformity, Explanations of Conformity, Minority Influence, Social Change.

Story line: German (subtitled) fictionalised adaptation inspired by the true story of teacher Ron Jones's experiment in America during the 1960s. During activities week, Herr Rainer Wenger, the teacher leading sessions on autocratic society, tasks his students with constructing their own autocracy in order to understand national socialism. As the week progresses, things begin to get out of hand and a semblance of a Nazi Germany totalitarian movement becomes apparent.

- **The Experimenter (12)**

Specification Links: AS/A Level Paper 1 – Social Psychology; Obedience to Authority, Explanations for Obedience, Milgram. A Level Paper 2 – Research Methods; Experimental Method, Types of Experiments.

Story line: Based on the true story of Stanley Milgram's academic investigations on obedience to authority at Yale University during the 1960s. Shows simulated and archived footage of his original experiment as detailed on the specification as well as other investigations such as the lost-letter experiment.

- **A Beautiful Mind (PG)**

Specification Links: AS Paper 2/A Level Paper 1 – Psychopathology; Definitions of Abnormality, A Level Paper 3 (Option 2) – Schizophrenia; Diagnosis and Classification of Schizophrenia, Explanations for Schizophrenia, The Interactionist Approach to Schizophrenia.

Story line: The film follows the life of John Forbes Nash, a maths genius, who suffers from a severe mental illness, the symptoms of which are consistent with schizophrenia. As the story progresses, the difficulties of coping are portrayed alongside the importance of having social support in dealing with the disorder.

VIDEOS

Type psychology into youtube and take your pick. There are TED Talks, CrashCourse videos and so much more. If you can, copy and paste the URL into your Psychology Media Project Review.

TV SHOWS

- **Anything by Derren Brown - Try YouTube for this.**
- **The Mind Explained - Netflix**
- **Babies - Netflix** Attachment, gender and development.
- **100 Humans - Life's Questions Answered - Netflix** Research methods.
- **Love is blind (if you fancy it)** - look at the methods used in this experiment. Are the participants acting in certain ways because they are being filmed? Are they being paid to take part? What are their motivations? These are known as demand characteristics.
- **Killer: In the Mind of Aaron Hernandez - Netflix** (Specification links to aggression - A Level)
- **I am killer - Netflix**
This might be something you wouldn't have thought of as a first pick, but psychologically, this is a very interesting topic. In I am a Killer, criminals who have received the death penalty relay the events for which they have been convicted from their own perspective. Speaking from death row, these criminals give you a very different side to the stories you hear about on the news.
- **Innsaei – Netflix** This is a documentary in which creative people and loads of others from different walks of life go on a journey to learn more about connecting with others and finding peace amongst the stress of a hectic modern lifestyle.



- **Mindhunter - Netflix** This one is topically related to I am a Killer, but is set in the late 1970s. As you may know, compared to all the big fields of science – chemistry, physics, biology etc. – psychology is quite young. During the time the series is set criminal psychology and profiling were just about starting to gain serious interest. The premise of the series revolves around FBI agents and a psychologist from the FBI's behavioural science unit who interview serial killers in the hopes of gaining insight as to why these people turned out this way. They hope to be able to apply this knowledge to solving future cases.
- **Take your pills – Netflix** This is also a documentary. As opposed to Inssaei, Take Your Pills focuses on use of Adderall. Under the pressure of modern culture and a stressful lifestyle more people take drugs or supplements to get by. What are their reasons for using them? Do they think it works, and is it worth the costs and the possible risks. People discuss how and why they use it, and what side-effects they have experienced, and what possible dangers can lie in sometimes innocent looking supplements that enhance your performance.
- **Afflicted** - In Afflicted people with mysterious and unusual symptoms for which there is not a clear diagnosis. It kind of relates to stigmas people with mental health face sometimes; disbelief, playing down people's suffering. In this series, people look for an explanation for what is happening to them, and ultimately, a possible cure.
- **Sense8** - The premise of Sense8 is as follows: 8 people who have never seen each other and live spread out across the globe, get the same vision. From that moment on these 'sensates' can occasionally see, hear, feel and smell each other – and even talk to each other. In this way they can help the others out in difficult situations, as all of them have particular skills and talents.

PODCASTS

- **“Happier with Gretchen Rubin”**

Although not a psychologist by trade, Rubin's observation of happiness and human nature makes her podcast, “HAPPIER WITH GRETCHEN RUBIN,” a must-listen. With more than 42 MILLION podcast downloads, Rubin showcases her understanding of human behavior and how she has HELPED MOTIVATE PEOPLE to accomplish their goals. Each episode, she and her co-host sister discuss tips and tricks on how to become and stay happy in life when challenges arise.

- **“Hidden Brain”**

NPR science correspondent Shankar Vedantam hosts a weekly podcast called “HIDDEN BRAIN” focusing on social sciences to explain human behavior. Vedantam interviews psychologists and expert scientists to explore different facets of the brain and behavior. In a recent episode, John Hibbing, a political scientist at the University of Nebraska-Lincoln, said that he can tell if someone tends to lean toward a liberal or conservative point of view based on a brain scan. This claim suggests that political views could be in part influenced by our biology in addition to our environments.

- **“Speaking of Psychology”**

“SPEAKING OF PSYCHOLOGY,” produced by the American Psychological Association, takes a deep dive into psychological research of contemporary issues. Each week, the rotating cast of hosts interviews scientists and medical professionals about a specific topic. During the episodes, the host and guest will offer advice to users to help them overcome issues related to psychology, like using critical cognitive thinking to avoid clicking phishing emails.

- **“Waking Up”**

Sam Harris, a famous author who holds a degree in philosophy and a Ph.D. in neuroscience, hosts a weekly podcast called “WAKING UP.” In the podcast, Harris interviews guests who use psychological principles in their professions but don't necessarily practice psychology in a clinical setting. In one episode, Harris interviews a former FBI hostage negotiator to discuss how he got inside the mind of criminals. In another interview with author Yuval Harari, Harris and his guest discuss the importance of meditation and the desire to update our beliefs about human civilization.

- **“All in The Mind”**

BBC Radio's “ALL IN THE MIND” examines various psychology topics each week, like tolerance in the brain and exercise to prevent depression. Claudia Hammond, a radio personality with college degrees in applied and health psychology, hosts a wide-variety of guests who work within the psychology field. In recent episodes, Hammond and her guests have broken down the results of the LONELINESS EXPERIMENT, an experiment designed to better understand how loneliness impacts people. Topics included why young people feel the loneliest and how people can feel less lonely.

- **“99% Invisible”**

“99% INVISIBLE” creates the full picture of a product from inception to modern day use. Hosted by Roman Mars, “99% Invisible” looks at a product or subject and digs deep into its history, life cycle, and how it's subconsciously impacted our country. In one episode, Mars and his guest, author SELENA SLAVIC, discussed the psychological impact of urban benches. Newer benches are being made of stone and designed in a way that becomes uncomfortable over time. Urban planners have designed these benches to allow people to rest for a short time and then urge them to move on.

In addition to the six described above, there are hundreds more psychology podcasts available to users over the Internet, and more are being added every day. Find something you're interested in and research it. <https://www.verywellmind.com/psychology-podcasts-2794800>



Sortfolio (Scrapbooking)



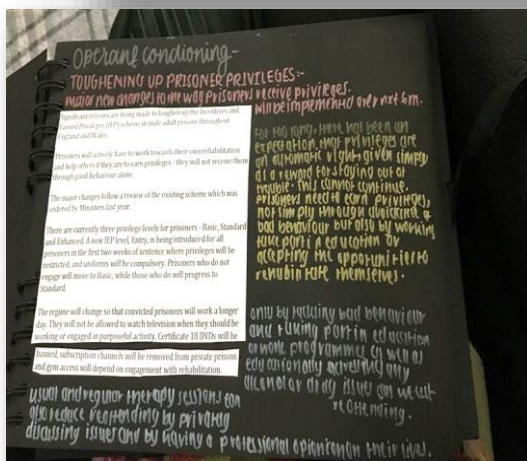
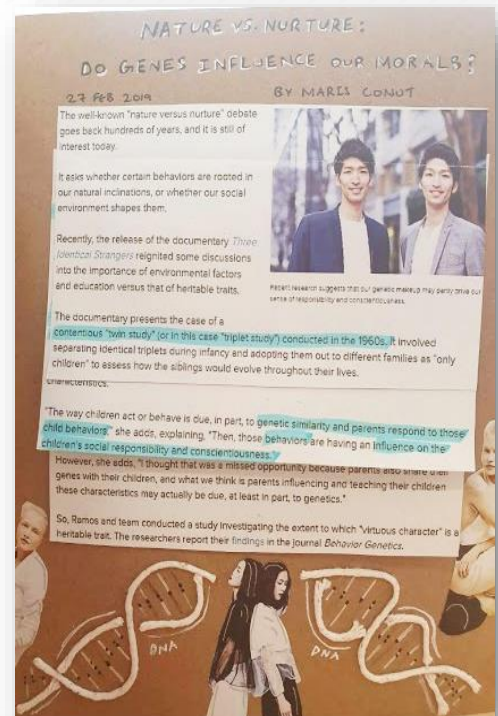
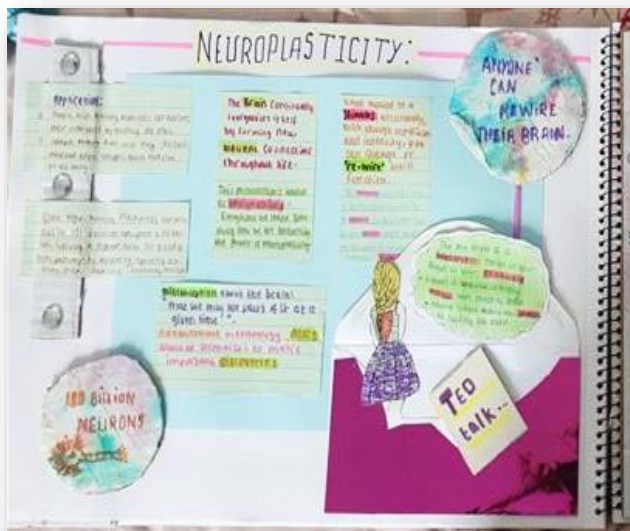
WHAT IS IT?

- A creative outlet to complement weekly learning
- An array of news articles/info related to the week's learning
- Own viewpoints/links
- Global perspective/different cultures/changes over time
- Generate an exam question from your scrapbook page.

CRITERIA

- Creativity: Should be colourful / eye-catching. Make it your own!
- Links made to A-level Psychology/topics taught
- Submit every 2 weeks for Psychology
- Should spend no longer than 30 mins
- End of term prizes!

Few examples...





What is Psychology?

Activity 1

What do you think Psychology is? Note your responses **BEFORE** reading this page.

When a psychologist meets someone for the first time, say, at a party and they are asked the question “what do you do for a living?” the reaction of the newly found friend is likely to fall into 3 categories;

- a) ‘Oh I had better be careful what I say from now on’ (partly defensive, partly amused)
- b) ‘I bet you meet some right nutters in your work’ (partly intrigued and partly sympathetic)
- c) ‘What exactly is psychology?’ (partly inquisitive and partly puzzled)

All of the above show inaccurate and a complete misunderstanding of the subject.

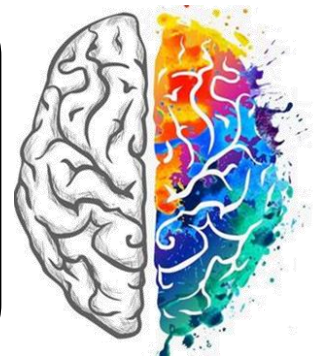
- ❑ The first reaction seems to imply that psychologists are mind readers and have access to other people’s thoughts. (they do not!)
- ❑ The second reaction seems to imply that psychologists largely work only or largely with people who could be variously called ‘mentally ill’ ‘emotionally disturbed’ or ‘mad’.

So what is Psychology?

- ❑ The word PSYCHOLOGY is of Greek Origin: *psyche* can be translated as ‘mind’ or ‘soul’ and *logos* indicates ‘study’. Therefore we have ‘study of the mind’. This definition shows what psychology was essentially about up to the end of the 19th Century.
- ❑ In 1879 Wilhelm Wundt opened the first psychological lab in Germany which heralded the beginning of psychology as a scientific discipline, although it is unique amongst sciences in that it is not governed by a single set of principles and beliefs.
- ❑ There are various different approaches to psychology, which reflects the complexity of human behaviour. One approach may focus on the role of genetics in the determination of behaviour another may focus on the role of childhood experience.
- ❑ The main approaches are Psychodynamic, Learning, Physiological, Cognitive and Social approaches that you will be introduced to in further sessions. This list is not exhaustive but represents some of the most influential viewpoints over the last century.

Reading Quiz

1. What are two general misunderstandings that people have about the nature of psychology? (2 marks)
2. What does the word psychology mean? (1 mark)
3. Who opened the first psychological lab in 1879? (1 mark)
4. Why is psychology unique to other sciences? (2 marks)
5. What do the various different approaches to psychology reflect? (1 mark)





Careers in Psychology?

The information provided in the table is a very brief overview of the work that various types of psychologists are interested in. More info can be found in: <https://careers.bps.org.uk/>

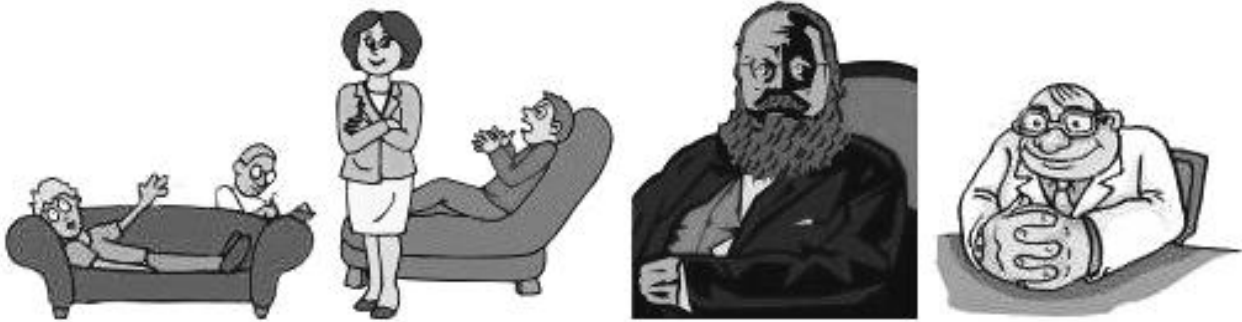
Title	What is it? and What do they do?	Qualifications
<p>Counselling Psychologists</p>	<p>Counselling psychologists focus on working with a tailored psychological formulation to improve psychological functioning and well-being, working collaboratively with people across a diverse range of disciplines.</p> <p>Counselling psychologists deal with a wide range of mental health problems concerning life issues including bereavement, domestic violence, sexual abuse and relationship issues. They understand diagnosis and the medical context to mental health problems and work with the individual's unique subjective psychological experience to empower their recovery and alleviate distress.</p>	<p>A BPS approved Psychology Degree Doctorate in Counselling Psychology OR Society Qualification in Counselling Psychology</p>
<p>Educational Psychologist</p>	<p>Educational psychology is concerned with helping children and young people experiencing problems that can hinder their chance of learning.</p> <p>Educational psychology is concerned with children and young people in educational and early years settings. Educational psychologists tackle challenges such as learning difficulties, social and emotional problems, issues around disability as well as more complex developmental disorders.</p>	<p>Degree in psychology approved by the BPS and an MA. For England, Wales and Northern Ireland: Doctorate in Educational Psychology</p>
<p>Clinical Psychologist</p>	<p>Clinical psychology aims to reduce psychological distress and to enhance the promotion of psychological well-being.</p> <p>Clinical psychologists deal with a wide range of mental and physical health problems including addiction, anxiety, depression, learning difficulties and relationship issues. They may undertake a clinical assessment to investigate a clients' situation. There are a variety of methods available including psychometric tests, interviews and direct observation of behaviour. Assessment may lead to advice, counselling or therapy.</p>	<p>Degree in psychology approved by the BPS and an MA. Doctorate in Clinical Psychology</p>
<p>Forensic Psychologists</p>	<p>Forensic psychology is concerned with the psychological aspects of legal processes in courts. The term is also often used to refer to investigative and criminological psychology: applying psychological theory to criminal investigation, understanding psychological problems associated with criminal behaviour and the treatment of those who have committed offences.</p> <p>The daily key tasks for forensic psychologists may include; piloting and implementing treatment programmes, modifying offender behaviour, responding to the changing needs of staff and prisoners as well as reducing stress for staff and prisoners. Forensic psychologists also provide hard research evidence to support practice, including undertaking statistical analysis for prisoner profiling, giving evidence in court plus advising parole boards and mental health tribunals.</p>	<p>MSc in Forensic Psychology & Society Qualification in Forensic Psychology (Stage 2) OR Doctorate in Forensic Psychology</p>



Title	What is it? and What do they do?	Qualifications
<p>Health Psychology</p>	<p>Health psychology is primarily concerned with people's experiences of health and illness. Health psychologists use their knowledge of psychology and health to promote general well-being and understand physical illness. They are specially trained to help people deal with the psychological and emotional aspects of psychological and emotional aspects of health and illness as well as supporting people who are chronically ill. Health psychologists promote healthier lifestyles and try to find ways to encourage people to improve their health. For example, they may help people to lose weight or stop smoking. Health psychologists also use their skills to try to improve the healthcare system.</p>	<p>MSc in Health Psychology & Society Qualification in Health Psychology (Stage 2) OR Doctorate in Health Psychology</p>
<p>Neuropsychology</p>	<p>Neuropsychology is concerned with the assessment and rehabilitation of people with brain injury or other neurological disease. Neuropsychologists work with people of all ages dealing with patients who have had traumatic brain injury, strokes, toxic and metabolic disorders, tumours and neurodegenerative diseases. They require not only general clinical skills and knowledge of the broad range of mental health problems, but also a substantial degree of specialist knowledge in the neurosciences.</p>	<p>Neuropsychology/ Neuroscience Degree OR MSc in Neuropsychology</p>
<p>Occupational Psychology</p>	<p>Occupational psychology is concerned with the performance of people at work and with how individuals, small groups and organisations behave and function. Its aim is to increase the effectiveness of the organisation and improve the job satisfaction of individuals. Occupational psychologists aim to increase the effectiveness of the organisation and improve the job satisfaction of individuals. The speciality is broader in scope and less formalised than many areas of psychology and it touches on diverse fields, including ergonomics, personnel management and time management. Work can be in advisory, teaching and research roles, and to a lesser extent, in technical and administrative roles.</p>	<p>MSc in Occupational Psychology & Society Qualification in Occupational Psychology (Stage 2) OR Doctorate in Occupational Psychology</p>
<p>Sport Psychology</p>	<p>Sport psychology's predominant aim is to help athletes prepare psychologically for the demands of competition and training. Exercise psychology is primarily concerned with the application of psychology to increase exercise participation and motivational levels in the general public. Sport psychologists counsel referees to deal with the stressful and demanding aspects of their role, advise coaches on how to build cohesion within their squad of athletes, and help athletes with personal development and the psychological consequences of sustaining an injury for example. Exercise psychologists optimise the benefits that can be derived from exercise participation and help individual clients with the implementation of goal setting strategies for example. Practitioners typically specialise in either the sport or exercise branches though some work equally in both fields.</p>	<p>MSc in Sport & Exercise Psychology & Society Qualification in Sport & Exercise Psychology (Stage 2)</p>



Which Psychologist?



1. A man has a car accident and suffers from brain injury related amnesia

2. An individual is feeling miserable but does not know why.

3. A young child keeps hitting other children in the class.

4. A football coach wants the players to take the game more seriously.

5. A 24 year old wants to try and quit smoking.

6. Young offenders need a rehabilitation programme.

7. A business wants to employ the 'best' trainees.

8. A 9 year old child has started to wet the bed since his parents divorced.

9. An enlightened employer wants her staff to be happy at work.

10. A child has great difficulty with reading.

11. A man has just lost his wife and is struggling to cope

12. Based on statistical evidence the government want to know what type of person has committed most crimes.

For more information on different types of psychologists:
<http://beta.bps.org.uk/public/become-psychologist>

Activity 3



Now you know there are many perspectives in Psychology, let's take a look at how some of the most influential Psychological approaches investigate and explain human behaviour.

The following tasks require you to use the internet to find out some of the **key terms** that are important in this approach and also enable you to consider how research has enabled our **understanding of the human mind and behaviour**.



Social Psychology

Social Psychology is interested in studying individuals in a social context, such as family, friends, institution and wider society. Social Psychologists focus on the individual and attempts to explain how the thoughts, feelings and behaviours of individuals are influenced by other people. Psychologists who study social psychology are interested in such topics as roles, conformity, obedience, group dynamics, social change, leadership styles and aggression etc.

Using the internet, **define** the following terms:

Conformity:

Can you think of an example where someone may conform to others?

Obedience:

Why do we obey in society?

Social psychologists believe the situation we are in has a more powerful effect on behaviour than our personality. One such example is a study conducted by Stanley Milgram. Milgram wanted to illustrate that normal 'everyday' men would be willing to harm another person just because a person in a lab coat was telling them to.

In order to find out more about this famous study log on the following website below. Here you will find a summary of the research, including video footage of the actual study!

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

Can you answer these questions?

- **Do you think the results of this study can be applied to other groups in society?**
- **Do you think the study should have been conducted? Could it have been done in a more ETHICAL manner? (Use the Ethics Sheet on the next page to help you become familiar with what this means!)**
- **Can you think of any reasons why the men administered the shocks? Were they evil men or was it due to other factors? Explain your answer.**



Bio-Psychology

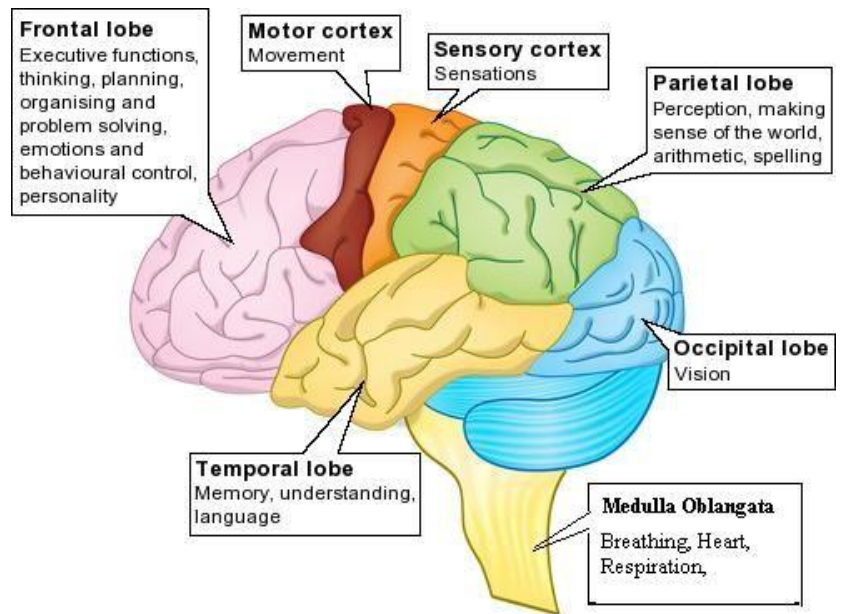
Activity 4

The biological approach explain our behaviour as being determined by our genetics, the workings of our nervous system, endocrine system (hormones) and the structure and functioning of our brain. It is the only area in Psychology that examines thoughts, feelings and behaviours from a medical/biological and therefore physical point of view.

Therefore this approach holds the view that all that is psychological is first biological. All thoughts, feelings and behaviour ultimately have a biological cause.

The diagram shows the human brain. Have a look at the different parts of the brain and what function it does.

Think of what you are doing right now...reading, thinking, feeling...which parts of your brain are doing what? e.g. Occipital Lobe is active so you can see and read.



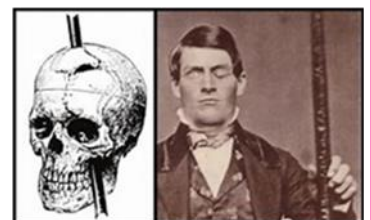
How do we know what part of the brain is responsible for what function?

Famous case studies in history have enabled us to find out about which parts of the brain are responsible for which functions.

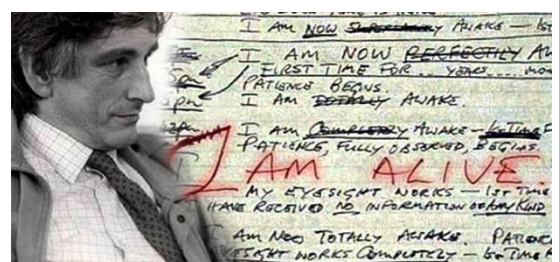


Using the internet, investigate the following two case studies and **make notes on how both of these have added to our understanding of the brain.** There are lots of videos on YouTube to aid your research!

Phineas Gage:



Clive Wearing:





Behavioural Psychology

Activity 5

Founded by Watson in 1915, the behaviourist approach observed responses of humans and animals. The perspective assumes that all behaviour is environmentally determined. This means that behaviour is a product of nurture rather than nature. The behaviourist perspective believes we learn to behave in response to our environment, either by stimulus response association or as a result of reinforcement. Some important theories that have helped us explain behaviour such as Phobias came from the work of Pavlov with his theory of Classical Conditioning and Skinner who worked on Operant Conditioning.

Classical Conditioning identifies how we learn through association.



Can you find out how this process works?

Find the video of Pavlov's Dogs on YouTube.

Write a short paragraph explaining the dogs' behaviour. Try to use atleast 5 key terms in your answer.

Operant Conditioning identifies how we learn through reinforcement (the response we get to a behaviour)

Can you think of any other, real life examples of Operant conditioning?

List them below - you can share these examples in class !

1. Research and outline the key principles of Operant Conditioning

2. Can you find the video on YouTube of the pigeons who learn to play ping pong? Why can they play ping pong? How does this relate to operant conditioning?

<https://www.youtube.com/watch?v=vGazyH6fQQ4>



Research in Psychology

Have a read of some of the most famous research ever conducted in Psychology!

<https://www.onlinepsychologydegree.info/influential-psychological-experiments/>



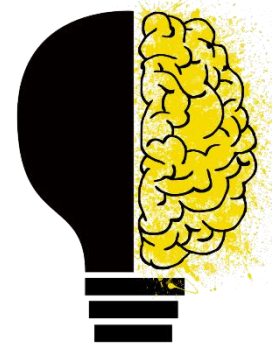
RESEARCH

Choose some studies that you find interesting, write a short description in the boxes below and explain why you found it interesting!

Feel free to add research from your own independent psychology reading!

Activity 6

Research Name - Detail of Study I found this experiment interesting because... I enjoyed reading this study because...		
	Most influential Psychology Experiments in History	



Themes & Issues in Psychology

ECOLOGICAL VALIDITY

If a piece of research is **high** in ecological validity it is easy to relate to real life. For example a study set in very realistic conditions such as in a nursery would be said to be high in ecological validity and an experiment conducted in very artificial conditions and would be said to be low in ecological validity. You can also look at the **task** a participant is asked to complete, if this is something that would occur in real life it is ecologically valid, if it is unlikely someone would do this day to day it can reduce the ecological validity.

ETHICS

The British Psychological society issues ethical guidelines for those engaged in psychological research. These guidelines are basically a set of rules outlining what is acceptable and what is not acceptable in research. You need to be able to assess a study against specific guidelines set.

QUALITATIVE AND QUANTITATIVE DATA

Quantitative data refers to measures in numbers. A lot of research records behaviour in quantitative ways, for example by counting the number of aggressive acts or by asking people to rate their own behaviours or feelings on numerical scales. **Qualitative** measures do not use numbers and rely more on descriptions and interpretations of behaviour. Some research simply describes the behaviour of some individuals and an alternative to a numerical rating scale would be more open-ended questions where people simply describe how they feel.

LONGITUDINAL VS SNAPSHOT STUDIES

Longitudinal studies are studies that measure behavior over a long period of time and take more than one measurement of behavior for same participant. Such studies usually aim to compare the same individuals at different ages, in which case the IV is age. A longitudinal study might also observe a school or other institution over a long period of time. Snap-shot studies are conducted at one point in time. A study may compare the behaviour of different individuals of different ages or those of the same age.

RESEARCH METHODS

There are 4 common methods of researching people

EXPERIMENTS – (Three different types are - Lab, field and Natural/Quasi) They involve setting up a situation (researcher decides who when, where, what and how) and then studying behavior.

OBSERVATIONS – Watching people with or without their knowledge

SELF REPORTS – Asking people what they do or what they feel or think.

CORRELATIONS – looking at how two variables (things) are related to each other

As well as the issues above you will need to look at **how the data was collected** in a study along with the advantages and disadvantages.

Other methodological issues also include: **samples** and **sampling methods**, **generalization** and the use of **controls**



ADDITIONAL ISSUES/DEBATES

INDIVIDUAL AND SITUATIONAL EXPLANATIONS

This refers to the explanations of the behaviours given in the core studies. An individual explanation would be something about that person (they fell over because they were clumsy) and a situational explanation would be something about the situation (they fell over because the floor was slippery). Some research suggests individual explanations of behaviour and some suggest situational explanations.

NATURE AND NURTURE

This debate questions the origins of behaviour (where it comes from). Nature refers to behaviour being due to inheritance such as genetic, biological and brain influences. Nurture refers to behaviour being due to environmental influences and learning experiences. This debate can be seen in research as Psychologists try to understand the roots of our behaviour.

REDUCTIONISM

This is the way in which psychologists often explain complex psychological phenomena by reducing them to a much simpler level, often focusing on a single factor. Most research is reductionist to an extent, as most experimental studies choose to examine the influence of single factors on complex behaviours.

DETERMINISM

A determinist argument suggests that our behaviour is determined by factors outside of our control. Behaviour may be determined by biological factors such as genes or hormones or by situational factors such as the situation we find ourselves in or the reinforcements we receive from others. The opposite argument is free-will which states that individuals are free to choose how they behave. Most psychological research is deterministic as it is trying to identify factors or variables that determine behaviour

RELIABILITY

Another word for reliability is consistency. If a measure is reliable it will give you consistent results. For example, a reliable psychometric test (such as an IQ test) will give you the same (or similar) results if you test the same person on more than one occasion and a reliable observation schedule (behavior checklist) will mean that two or more observers will record the same results when observing the same behaviours.

VALIDITY

This questions whether a researcher has measured what they set out measure. One way to check the validity of a study is to look at how they defined the behaviour (and so how they measured it) and ask yourself whether this was a good way to do it, or if there could have been other factors that could have effected the results other than what was being tested.

USEFULNESS

This refers to the extent to which psychological research can be used to improve something. This has obvious overlaps with Application of Psychology to Everyday Life and is worth considering the uses to which the findings from each core study might be put.

USE OF CHILDREN

This issue occurs in any research that uses children as participants. The important things to consider are ethical or practical issues in the use of such individuals in a study. For example it is worth noting any good or bad points of using children. For example, practically it is good as children are less likely to show demand characteristics (act they way they think the researcher wants them to) but often children are tested individually and this may cause anxiety in the participants or they may not understand the task, which may affect the validity of the results. Ethically researchers should have always gained consent from parents or guardians and there may be long term effects on behaviour that should be noted.





ETHICS IN PSYCHOLOGICAL RESEARCH

There are probably more major ethical issues within Psychology than in any other subject as it involves the study of living creatures, both human and animal. The British Psychological Society (BPS) issues ethical guidelines for those involved in conducting psychological research. These outline what is considered to be acceptable and unacceptable. Below is an outline of the main ethical guidelines:

- **Informed Consent** – participants should be told the full aim of the research and ideally the researcher should gain informed consent (the participant must state they are willing to take part. Special consideration is needed with using children or vulnerable individuals and in order to gain their consent, parents/guardians of children under 16 and carers or legal representatives for adults with impairments must give consent on their behalf before research can take place.

Sometimes, gaining informed consent BEFORE the study can make it difficult to get accurate (valid) results. There are some solutions....

- **Presumptive Consent:** A large sample from the target population can be introduced to the research design including the information that would be hidden from real participants. If the sample would still be willing to give consent (knowing the full aim), we can ASSUME they represent the views of the participants we want to study. A new sample would then be selected to conduct the research (without being told the full aim).
- **Prior General Consent :** This is where participants give consent to be part of research however may not know the full details (some information may be hidden or misleading) therefore have given GENERAL consent but not INFORMED (knowing everything about the research).
- **Deception** – intentional deception must be avoided as much as possible. Participants should not be misled about the aims of the study or any other aspect.
- **Right to withdraw** – before the research begins the participants should be informed that they have the right to leave at any time. They must also be allowed to withdraw after completing the study and their data must be destroyed.
- **Protection of Participants** – researchers must not cause any physical or mental harm to participants. Investigators must consider the RISK OF HARM during research, it should not be greater than everyday life and they should be protected from STRESS. Any task that is considered to be personal or private needs sensitivity and participants must be assured that they do not need to take part/answer questions that they find uncomfortable.
- **Debriefing** – at the end of the study the researcher should check that the participants are ok and fully explain the true purpose of the study if the participants had been deceived in any way. They should also check they are not psychologically harmed.
- **Confidentiality** – all results or information gathered relating to specific individuals must be kept confidential. Names or details of participants should not be released.
- **Observational research** – must respect individuals' privacy. If no consent has been gained from participants then observers should not go beyond what would be 'normally expected' and reasonable in that particular setting.



Activity 7

READ THE STUDIES AND CONSIDER HOW THE ISSUES YOU READ ABOVE CAN BE APPLIED TO THE RESEARCH. WRITE THEM IN THE BOXES BELOW EACH STUDY

Psychological evidence to illustrate issues in Psychological research

Study 1 - Matthews & Cannon

Aim: To look at the effect of noise on helping behaviour.

Method:

- A confederate (actor) dropped a box of books in the street while getting out of a car. To emphasise his apparent need for help he wore a cast on his arm for half of the experimental situation and no cast for the other half.
- Another confederate operated a lawnmower nearby to vary the noise level.
- In the 1st condition “**low noise**” the mower was not running.
- In the 2nd condition “**high noise**” the mower was operating without a muffler (these make lawnmowers quieter).
- The researchers measured how many people stopped to help the confederate pick up the books



Results: The amount of helping dropped from 80% in low noise to 15% when the confederate had a cast on his arm and was in the high noise condition.

Conclusion: Apparently noise led participants to attend to fewer cues that indicated the person needed help

Ethical issues?	Ecologically valid?	Type of data?	Longitudinal or snapshot?	Research method?

Study 2 - Eron et al

Aim: To investigate the effects of watching violence at a young age and later aggression in adulthood.

Method:

- More than 800 children were studied between the ages of 8 & 9 yrs old for 10 years.
- Information was collected on the number of hours of violent TV the child liked to watch and their level of aggressiveness (aggressiveness was rated on a 5 point scale 1- not aggressive 5 very aggressive, by people around them of the same age e.g. school peers)



Results: It was found that boys who preferred programs that contained a considerable amount of violence were found to be much more aggressive towards others in social situations than those who preferred programs with little violence. 10 years later more than half of the original participants were interviewed again on television preferences, their peers were asked to rate aggressiveness 1- not aggressive 5- very aggressive and the participant themselves was given a delinquency test (which measured criminal behaviour). High exposure at age 9 to violent content was positively correlated to aggressiveness at age 19.

Conclusion: Apparently viewing aggression on TV increases aggression.

Ethical issues?	Ecologically valid?	Type of data?	Longitudinal or snapshot?	Research method?



Study 3 - Geer & Maisel

Aim: To see if different levels of control can effect how stressed you feel

Method:

- To create stress 60 students were shown pictures of dead car crash victims on a slide show.
- Stress levels were measured by heart rate and galvanic skin responses (this measures skin temperature).
- The students were in one of three group/conditions. (1) They knew when the photo was going to appear and could press a button to take the photo away. (2) The students knew how long the pictures would be shown for and given a warning but could not remove the picture. (3) The participants did not know what they would see, when or how many times.



Results: Group two showed the most stress when the warning occurred whereas Group one experienced the least stress in response to the photograph.

Conclusion: It appears that having full control reduces stress the most. Not knowing what is to come is also good at controlling stress. However, knowing something bad is going to happen and not being able to do anything about it increases stress.

Ethical issues?	Ecologically valid?	Type of data?	Longitudinal or snapshot?	Research method?

Study 4 - Ainsworth et al

Aim: to study attachment to mothers in children

Method:

- Mothers volunteered to be involved in the study with their baby aged 1 – 1 ½ years
- Mother and baby entered a room where they would place the child on a chair surrounded by different toys.
- The study involved the mother and a stranger (researcher) sometimes playing with the child and sometimes both leaving the room.
- A main part of the study was where the child was left for 3 minutes on their own and then the stranger and mother returns.
- The child was observed for reactions through a one-way mirror throughout the study.



Results: Different levels of attachment were seen in different children. For example (1) Some children played happily as long as the mother was present but when she left they showed signs of distress such as loud crying and searching for their mother (2) Some children paid little attention to the mother and were not distressed when she left the room. (3) Some babies stayed close to their mother throughout. They were very upset during the mother’s absence but were hesitant in greeting her when she returned.

Conclusion: It was suggested that all children are attached by age 1 year to their mothers and that such attachments would affect later development and personality if not formed properly.

Ethical issues?	Ecologically valid?	Type of data?	Longitudinal or snapshot?	Research method?



Sample Exam Questions

PAPER 1

Social Influence

Read the item and then answer the question that follows.

The following article appeared in a newspaper: Britain's views on homosexuality – the biggest social change of the last 30 years? In the UK, views on homosexuality have changed significantly in recent times. Thirty years ago, almost two-thirds of the British public opposed same-sex relationships because they were 'morally wrong'. These days, homosexuality is accepted and the majority of British people support recent changes to the laws on gay marriage and adoption.

With reference to the article above, explain how social influence leads to social change. [6 marks]

Memory

Read the item and then answer the questions that follow.

Participants in an experiment were shown a film of a robbery. The participants were then divided into two groups. One group was interviewed using a standard interview technique and the other group was interviewed using the cognitive interview technique. All participants were then given an 'accuracy score' (out of 20) based on how closely their recall matched the events in the film (20 = completely accurate, 0 = not at all accurate). The results of the experiment are shown in Table 1.

Table 1: The median accuracy score for the standard interview and the cognitive interview

	Standard Interview	Cognitive Interview
Mean	10	15

Sketch an appropriate graphical display to show the median accuracy scores in Table 1. [6 marks]

Attachment

Read the item and then answer the question that follows.

Joe was taken away from his alcoholic parents at six months old and placed in care. He was adopted when he was seven years old, but has a difficult relationship with his adoptive parents. He is aggressive towards his younger siblings and is often in trouble at school. His last school report said, 'Joe struggles with classwork and seems to have little regard for the feelings of others.' Discuss Bowlby's maternal deprivation theory. Refer to the experience of Joe as part of your discussion. [12 marks]

PAPER 2

Approaches

Label the two areas of the synapse in Figure 1 by putting the appropriate letter in each box. [2 marks]

- A Axon
- B Dendrites
- C Neurotransmitters
- D Receptor sites
- E Vesicle

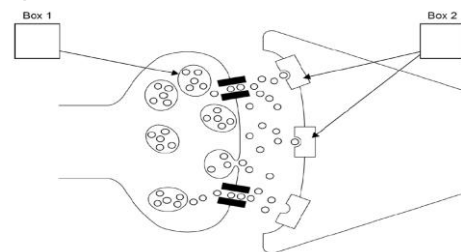


Figure 1: The synapse

Psychopathology

Outline and evaluate the behavioural approach to treating phobias. [12 marks]

Research Methods

At the end of the study the psychologist debriefed each participant. Write a debriefing that the psychologist could read out to the participants in Condition A. (6 marks)

We hope you have enjoyed completing this starter pack and are ready to join us in the new academic year!

Please bring this completed pack to your first lesson along with the list outlined on page 4.