



An introduction to psychology



Student

workbook

Name:

Year 11 into Year 12 Summer Independent Learning

We want you to be really successful and what it takes to be successful in GCSE's is different from being successful in A-Levels. Although you have fewer subjects there are different skills at A-Level and the volume of work is greater because the depth and detail is more demanding.

Bridging the Gap Work will reassure you that the subject you selected is for you and/or allow you time to change your choice of subject at enrolment as long as there is space and you meet the entry criteria. We want you to study course that interest you and you are sufficiently qualified to study.

Subject:
Psychology

Specification
AQA

Aim of Summer Independent Work:

- To engage pupils in questioning the origins of human behaviour
- To think creatively about the origins and treatments for Psychological disorders.

Equipment List for 1st Lesson and every lesson):

- Pens (at least 2 different colours as a minimum)
- Pencils
- Ruler
- Calculator
- Highlighters (multiple colours)
- Glue
- Post-it notes
- Revision cards
- Lever arch folder
- A4 lined paper
- Plastic wallets
- Folder dividers

Textbooks

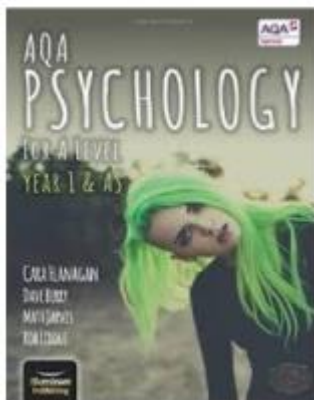
- AQA Psychology for AS and Year 1 - Illuminate Publishing by Cara Flanagan (green-haired girl cover)
- AQA Psychology for A level and Year 2 - Illuminate Publishing by Cara Flanagan (pink-haired girl cover)

Helpful websites:

- tutor2u.net/psychology
- Psychologytoday.com
- Simplepsychology.com
- www.bps.org.uk
- Psychwiki.com

Suggested watching:

- A child of our time or Secret life of 4/5 year olds - helpful to learn about attachment/children's development.
- Louis Theroux documentaries e.g. on Schizophrenia
- Any documentaries on crime or twins being separated at birth (e.g. Channel 4 3 Identical Strangers)



Introducing Psychology A Level

Welcome to psychology A Level! You've made an excellent choice... in studying Psychology; you will begin to gain a deeper insight into your own behaviour and the behaviour of those around you. This bridging booklet will allow you to gain a deeper understanding of what psychology is, how to be an outstanding psychologist and the research process. It will also allow you to think about the first module you will study, approaches and biopsychology.



Read through the article below and complete the activities below.

What is psychology?

What exactly is psychology? Popular television programs, books, and films have contributed to a number of misconceptions about this subject. The diverse career paths of those holding psychology degrees also contribute to this confusion.

Psychology is both an applied and academic field that studies the human mind and



behavior. Research in psychology seeks to understand and explain how we think, act and feel. As most people already realize, a large part of psychology is devoted to the diagnosis and treatment of mental health issues, but that's just the tip of the iceberg when it comes to applications for psychology. In addition to mental health, psychology can be applied to a variety of issues that impact health and daily life including

performance enhancement, self-help, ergonomics, motivation, productivity, and much more.

Early Psychology

Psychology evolved out of both philosophy and biology. Discussions of these two subjects date as far back as the early Greek thinkers including Aristotle and Socrates. The word psychology is derived from the Greek word *psyche*, meaning 'soul' or 'mind.'

A Separate Science

The emergence of psychology as a separate and independent field of study was truly born when Wilhelm

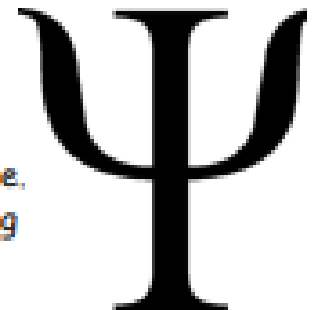


Wundt who established the first experimental psychology lab in Leipzig, Germany in 1879. Wundt's work was focused on describing the structures that compose the mind. This perspective relied heavily on the analysis of sensations and feelings through the use of introspection, a highly subjective process. Wundt believed that properly trained individuals would be able to accurately identify the mental processes that accompanied feelings, sensations and thoughts.

Schools of Thought/Approaches

Throughout psychology's history, a number of different schools of thought have attempted to explain human thought and behavior. These schools of thought often rise to dominance for a period of time. While these schools of thought are sometimes perceived as competing forces, each perspective has contributed to our understanding of psychology. The following are some of the major schools of thought/approaches in psychology.

- 1) Behavioural
- 2) Cognitive
- 3) Biological
- 4) Evolutionary
- 5) Psychodynamic



Psychology Today

Today, psychologists prefer to use more objective scientific methods to understand, explain, and predict human behavior. Psychological studies are highly structured, beginning with a hypothesis that is then empirically tested. The discipline has two major areas of focus: academic psychology and applied psychology. Academic psychology focuses on the study of different sub-topics within psychology including personality, social behavior and human development. These psychologists conduct basic research that seeks to expand our theoretical knowledge, while other researchers conduct applied research that seeks to solve everyday problems.



Applied psychology focuses on the use of different psychological principles to solve real world problems. Examples of applied areas of psychology include forensic psychology, educational psychology, and occupational. Many other psychologists work as therapists, helping people overcome mental, behavioral, and emotional disorders.

Psychology Research Methods

As psychology moved away from its philosophical roots and towards science, psychologists began to employ more and more scientific methods to study human behavior. Contemporary researchers employ a variety of scientific techniques

including experiments, observational methods, interviews, questionnaires, correlational studies longitudinal research to test, explain, and predict behavior.

Areas of Psychology

Psychology is a broad and diverse field. A number of different subfields and specialty areas have emerged. The following are some of the major areas of research and application within psychology:

- **Biological Psychology**, also known as biopsychology, studies how biological processes influence the mind and behavior. This area is closely linked to neuroscience and utilizes tools such as MRI and PET scans to look at brain injury or brain abnormalities.
- **Clinical /Abnormal Psychology** is focused on the assessment, diagnosis, and treatment of mental disorders. It is also considered the largest employment area within psychology.
- **Cognitive Psychology** is the study of human thought processes and cognitions. Cognitive psychologists study topics such as attention, memory, perception, decision-making, problem-solving, and language acquisition.
- **Comparative Psychology** is the branch of psychology concerned with the study of animal behavior. This type of research can lead to a deeper and broader understanding of human psychology.
- **Developmental Psychology** is an area that looks at human growth and development over the lifespan. Theories often focus on the development of cognitive abilities, morality, social functioning, identity, and other life areas.
- **Forensic Psychology** is an applied field focused on using psychological research and principles in the legal and criminal justice system.
- **Occupational Psychology** is a field that uses psychological research to enhance work performance, select employee, improve product design, and enhance usability.
- **Personality Psychology** looks at the various elements that make up individual personalities. Well-known personality theories include Freud's structural model of personality and the "Big Five" theory of personality.
- **Educational Psychology** is the branch of psychology that works within the educational system to help children with emotional, social, and academic issues.
- **Social Psychology** is a discipline that uses scientific methods to study social influence, social perception and social interaction. Social psychology studies diverse subjects including group behavior, social perception, leadership, nonverbal behavior, conformity, aggression, and prejudice.



Questions

1. What is Psychology?
2. Is Psychology a science? Why/why not?
3. What different approaches/schools of thought are there in Psychology?
4. What types of research methods do psychologists use?
5. Why is psychological research important?
6. What different areas of psychology do psychologists study?



Key terms



Below are some key terms that you must know when you start psychology in September. Define the key terms below. Make sure you explain your definitions and give examples to strengthen where possible.

Term	Definition
Aim	
Procedures	
Findings/ conclusion	
Evaluation	
Laboratory Experiment	
Observational techniques	
Independent variable	
Dependent variable	
Extraneous variable	
Ecological validity	
Ethical issue	

TASK 1:

Complete this booklet!

TASK 2:

Create a newspaper article on a particular Psychologist (see below):

Psychology Summer work

Research and prepare a newspaper article detailing one psychologist of your own choosing.

Please include:

- 1. An overview of their work*
- 2. Use images to add interest*
- 3. Assess how well they have contributed to Psychology by considering the strengths and weaknesses of their work.*

Key psychologists or people who have contributed significantly to psychology include:

Sigmund Freud

Abraham Maslow

Burrhus Skinner

Ivan Pavlov

John Watson

Wilhelm Wundt

Albert Ellis

Aaron Beck

Albert Bandura

Charles Darwin

Elizabeth Loftus

John Bowlby

Mary Ainsworth

Philip Zimbardo

This is not exhaustive you can choose another psychologist that you may have heard of.

Happy researching!

Task 3:

Make a **mind-map of the 6 approaches** within Psychology that are covered in your textbook, summing up HOW each approach regards human behaviour. Check the useful websites and your textbook for more information on them:

- **Humanistic Approach**
- **Cognitive Approach**
- **Biological Approach**
- **Behaviourist Approach**
- **Social Learning Theory**
- **Psychodynamic Approach**

Task 4:

Research **two symptoms** of each of these Psychological Disorders (Psychopathologies)

- **Depression**
- **Phobias**
- **Schizophrenia**
- **Obsessive Compulsive Disorder**
- **Multiple Personality Disorder**
- **Bipolar personality disorder**

Ex: do you think drug treatments or talking therapies would be more useful for these? Note down which treatments might be suitable for each based on your research.

Optional additional activities to develop psychological understanding



As you now know, psychology is all around us. That means that there is lots you can do to develop your psychological understanding.

The tasks below are optional- I do not expect you to complete these, but they will help you with your studies and you may wish to complete some of the tasks below over the summer.

Have a look in a psychology review magazine and write a summary of an article you have read.

Watch a film with a psychological theme (e.g. Black Swan, Girl Interrupted, Side Effects, One Flew Over the Cuckoo's Nest, A Beautiful Mind) and make a simple fact sheet on it (story, actors, opinion on film).

Watch a TV programme with psychological content. Record channel and date and main topics discussed (e.g. attachment, sleep, phobia, memory, aggression, eating behaviour)

Construct a model using recyclable material, to demonstrate a theory, model or process (strange situation, memory models etc)

Produce a power point about a psychological explanation of an aspect of psychology, e.g. slt, deindividuation, learning theory of attachment

Use the BBC website and find out 10 facts about the brain

Using the BBC website, take one of the tests. Note down what you have learned about your own behaviour.

Research 5 famous psychologists and explain why you have chosen them.

Useful websites:

www.allpsych.com



<http://bps-research-digest.blogspot.com/>



<http://www.bbc.co.uk/science/humanbody/mind/>

