

INTRODUCTION TO A LEVEL PSYCHOLOGY

Dear all,

We have put together some activities for you to try out and get an idea about some of the topics in A level Psychology.

We follow the AQA specification:

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

(For paper 3 the options we study are Schizophrenia, Relationships and Aggression.)

We hope you enjoy the activities! If you manage to work through them all then feel free to email for more! DNandra@hestoncs.org

We look forward to seeing you all soon.

Mrs Nandra & Mr Green

6th Form Preparation work for Psychology 	 Research - What is psychology? - What different types of psychologists are there? - What is the difference between psychology, criminology and forensic psychology? <u>What is psychology? - https://www.bps.org.uk/Becoming a psychologist - https://www.bps.org.uk/become-psychologist/additional-careers-resources</u> Time: 1hrs	  Watch and listen Mental health TED talk about mental health Summarise some of the key points highlighted in this talk. <u>What's so funny about mental health? - https://www.ted.com/talks/ruby_wax_whats_so_funny_about_mental_illness</u> Time: 15mins	 Research Task Mental health  Research the clinical characteristic (diagnostic criteria) of at least three different psychological disorders including the following – Obsessive Compulsive Disorder (OCD), Depression and Phobias. Produce a poster or PowerPoint for each disorder to explain the symptoms/ characteristics under the following headings 1) Emotional, 2) Behavioural 3) Cognitive characteristics. Time: 2hr
  Watch and listen Mental health TED talk about stress Summarise some of the key points highlighted in this talk. <u>The science of stage fright and how to overcome it</u> https://www.ted.com/talks/mikael_cho_the_science_of_stage_fright_and_how_to_overcome_it Time: 15mins	  Watch and listen Mental health TED talk about causes for depression and anxiety <u>This is why you could be depressed or anxious</u> https://www.ted.com/talks/johann_hari_this_could_be_why_you_re_depressed_or_anxious Time: 20mins	 Complete Mental health Create a mind map to summarise possible cause for mental health. You should try to include some highlighted in the different TED talks and the research from the disorders. Time: 30mins	 Complete Memory Quiz to see how good your Memory is. Can you remember all the finer details? Once you have completed the quiz, create a quick mindmap showing what 'memory' means to you, what can affect memory and how you think memory can be improved. - <u>How Good Is Your Memory? quiz</u> https://www.bbc.co.uk/cbbc/quizzes/how-good-is-your-memory-quiz Time: 30 minutes
 Watch Memory TED talk which discusses the reliability of memory and the impact of false memory. Reflect on the TED talk and make your own notes. <u>How reliable is your memory?</u> https://www.youtube.com/watch?v=PB2OegI6wvI TED Talks – Elizabeth Loftus Time: 40 minutes	 Research Memory What is Eyewitness Testimony and what are the main factors that can affect it? You must pay particular attention to, and read the research study by Loftus and Palmer – this is highlighted as a link within the text. Make your own notes on the content. <u>Eyewitness Testimony</u> https://www.simplypsychology.org/eyewitness-testimony.html Simply Psychology Time: 1hr	 Complete Memory Produce a handout or PowerPoint detailing what eyewitness testimony (EWT) is, the factors that can affect the accuracy of EWT and briefly outlining some of the key research. Time: 1hr	 Watch - extension work If you have access to Netflix watch '100 humans'  Time: 4hr30mins for all 8 episodes

6th Form Preparation work for Psychology 	 Watch Watch this TED talk about common myths in Psychology Summarise some of the myths and explain why these are not true. - https://www.ted.com/talks/ben_ambridge_9_myths_about_psychology_debunked Time: 30m	 Watch Attachment Watch this TED talk about media and behaviour.  Consider what behaviours you can relate to in this video. Explain why we need media to develop relationships. https://www.ted.com/talks/sherry_turkle_connected_but_alone Time: 40m	 Read Attachment John Bowlby is a famous psychologist in child psychology (attachment). Carry out some research about him and his theories/ explanations.  Create a thinking map/ summary notes with the key points to his work. Use this link as a starting point. https://www.simplypsychology.org/bowlby.html Time: 1hr
 Watch Attachment What happens with children in orphanages? Watch this TED talk and explain why foster care is so important - https://www.ted.com/talks/georgette_mulheir_the_tragedy_of_orphanages Time: 30m	 Watch Attachment Can early childhood influence your adult behaviour? Explain how some human behaviour is predetermined and how some behaviour is due to experiences. Childhood influences on adulthood https://www.ted.com/talks/veerle_provoost_do_kids_think_of_sperm_donors_as_family Time: 30m	 Read Social Influence Conformity is a type of social influence involving a change in belief or behaviour in order to fit in with a group. Make notes on what conformity is, and the types of conformity that have been identified. What is conformity? – https://www.simplypsychology.org/conformity.html Time: 30m	 Watch Social Influence Zimbardo is one of the most famous social psychologists.  Summarise the experiment in your own words and create a bubble map to show the key details of the study. Stanford Prison Experiment – https://www.youtube.com/watch?v=760lwYmpXbc Time: 1hr 30m
 Complete Social Influence Would you consider yourself a conformist? Take a quiz and find out. Do you feel the answer is true to you? Explain your answer. Are you a conformist? – https://www.gotoquiz.com/are_you_a_conformist_or_a_non_conformist Time: 15m	 Complete Social Influence Research what normative social influence and informational social influence means. Give personal examples of when you have confirmed for both reasons. NSI and ISI – https://www.tutor2u.net/psychology/reference/explanations-for-conformity Time: 30mins	 Watch Social Influence TED talk that discusses how in a society that shuns those who do not fit in, a 16-year old dares everyone, including herself, to be different, and not feel the pressure to conform. Conformity: are we afraid to stand out? – https://www.youtube.com/watch?v=LiCOGi0nK9g TED Talks: Mina Whorms Time: 30mins	 Read - extension work History of psychology https://allpsych.com/timeline/ Cambridge university has a range of resources and activities to view on their website. https://www.myheplus.com/post-16/subjects/psychology Time: endless hours of fun!