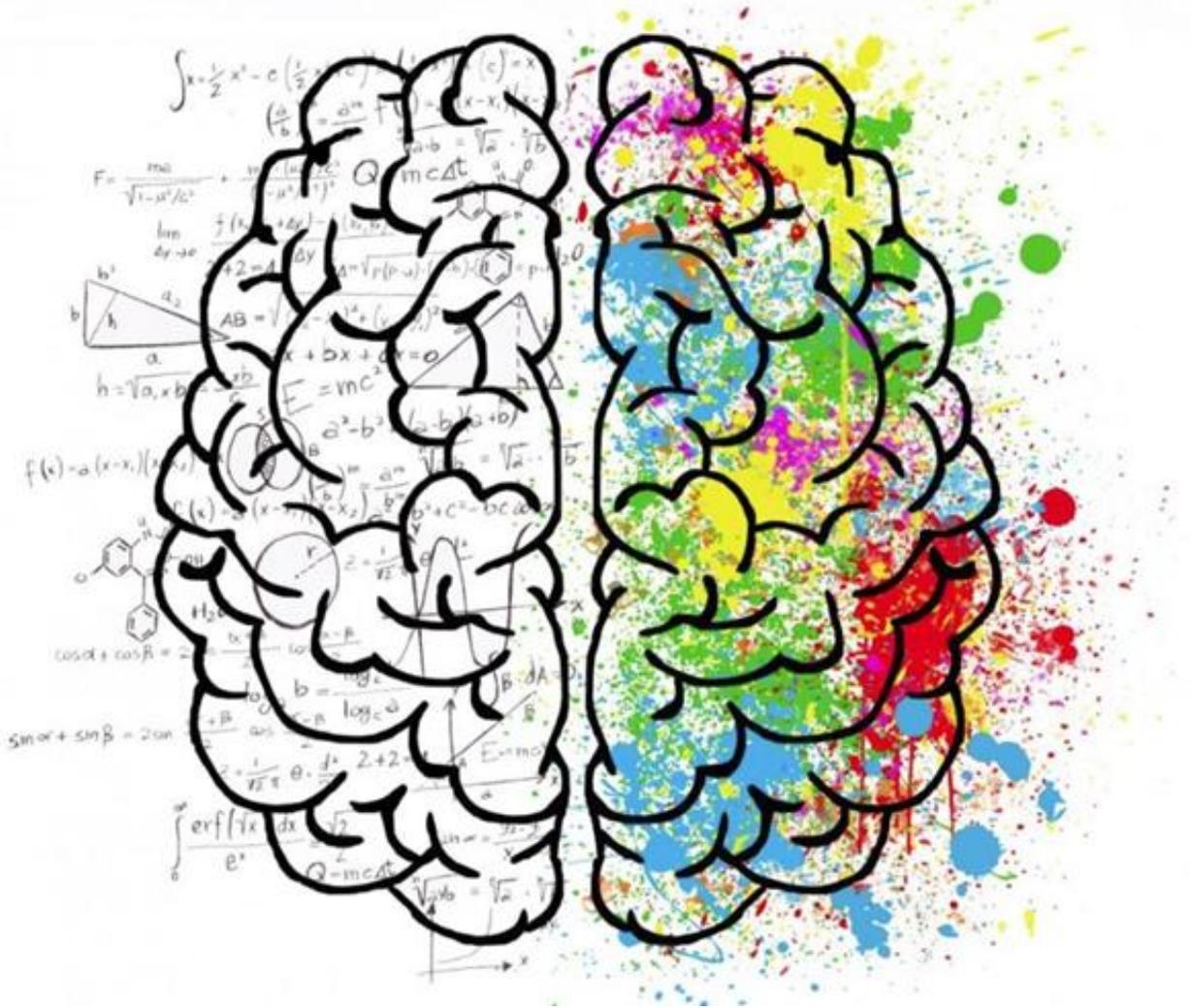


AS/A Level Psychology
Y11 into Y12 preparation
pack



Name

Psychology: *the scientific study of the human mind and behaviour*

WELCOME TO PSYCHOLOGY!

- *I am very pleased that you have chosen to take Psychology at Alevel in September. The pack is designed to give you a flavour of what A level Psychology is all about. The pack will introduce you to some core psychological concepts and processes, to aid your understanding of psychology ready for sixth form. Don't feel you need to complete it all in one go!*
- Any question that you have or if you are stuck please email me at laura.dodsworth@swindon-academy.org

Psychology is an excellent choice of subject, no matter what you go on to do next...

Q: Why is psychology a great subject to study?

A: Because it is a discipline that allows you to gain an in-depth understanding of yourself and the world around you- it is the science of the human mind and behaviour!

7 benefits of studying psychology:

- Improves your communication skills
- Enables you to handle stress
- Lays the groundwork for all types of careers
- Equips you with behavioural training skills
- Deeper understanding of self
- Enhanced memory abilities
- Able to help others.

To read more about each of these benefits, visit the link below:

<https://psych2go.net/7-benefits-of-studying-psychology/>

This pack has been designed to give you a taste of what psychology is all about, and to inspire you to seek knowledge and understanding, and to question....everything.

COURSE INFORMATION

At QKA we follow the AQA specification for AS and A-Level psychology.

There is a brief overview of the topics you will study in the table below.

If you would like more information about the topics or how you will be assessed, you can have a look on the AQA website...

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



AS/A-Level course outline

Paper 1: Topics in psychology	Paper 2: Psychology in context	Paper 3 (Y13 only): Options in Psychology
Social Influences on behaviour	Approaches in Psychology- incl bio psychology.	Issues & Debates in Psychology
Memory	Research Methods	Relationships Psychology
Attachment in childhood	Psychopathology (mental health)	Schizophrenia
		Aggression

Activity 1: What is psychology?

“Psychology is the scientific study of the human mind and behaviour.”

This really means we are trying to understand what it is that causes us to behave the ways we do; why are some people depressed? Why are some people introverted and some extroverted? Why do some people become killers? Why do some people become obese and some have anorexia? It's a sensitive subject, but the focus is always on: why are humans the way they are?

Watch this short video to start you off:

<https://www.youtube.com/watch?v=1Os1C000qxY>

Summarise what you understand Psychology is ?

To help you garner an understanding of what Psychology is really all about. Use the internet (e.g. Wikipedia, YouTube and other sources) to research and understand what the key terms mean on the next pages and create a short definition for each in your own words.

The most important thing in an A level is your understanding – so it's not about having the “right” or “word-perfect” definition, it's about you understanding what a concept means 😊

Term	Explanation
Independent variable	
Dependent variable	
Observation	
Self-report	
Correlation	
Ethical issues	
Falsifiability	
Paradigm	
Paradigm shift	
Empirical data	
Replicability	
Objectivity	

Term	Explanation
Determinism	
Reductionism	
Nature/Nuture debate	
Free will	
Holism	
Obedience	
Conformity	
Phobia	
Depression	
OCD	
Schizophrenia	
Validity	
Reliability	
Hypothesis	

Task 2 – Psychological History

You need to create an A4 Psychological History timeline. Use the information below to help you

17 th – 19 th Century	1900's	1913
<p>Descartes</p> <ul style="list-style-type: none">❖ Context surrounding their research❖ What approach they believed in?❖ What research they conducted?❖ What methods did he use?	<p>Freud</p> <ul style="list-style-type: none">❖ Their birth and death❖ Context surrounding their research❖ What approach they believed in?❖ What research they conducted?❖ What methods they used?	<p>Watson and Skinner</p> <ul style="list-style-type: none">❖ Their birth and death❖ Context surrounding their research❖ What approach they believed in?❖ What research they conducted?❖ What methods they used?
1950's	1960's	1960's
<p>Maslow and Rogers</p> <ul style="list-style-type: none">❖ Their birth and death❖ Context surrounding their research❖ What approach they believed in?❖ What research they conducted?• What methods they used?	<p>Albert Bandura</p> <ul style="list-style-type: none">❖ Their birth and death❖ Context surrounding their research❖ What approach they believed in?❖ What research they conducted?❖ What methods were used?	<p>Cognitive approach</p> <ul style="list-style-type: none">❖ What are the key principles?❖ Supporting research❖ What methods are used within this approach?
1980's	21 st Century	
<p>Biological approach</p> <ul style="list-style-type: none">• What are the key principles?• Supporting research❖ Methods used to research?	<p>Cognitive Neuroscience</p> <ul style="list-style-type: none">❖ What are the key principles?❖ Supporting research❖ What methods they use?• Difference between this and the cognitive approach in general.	

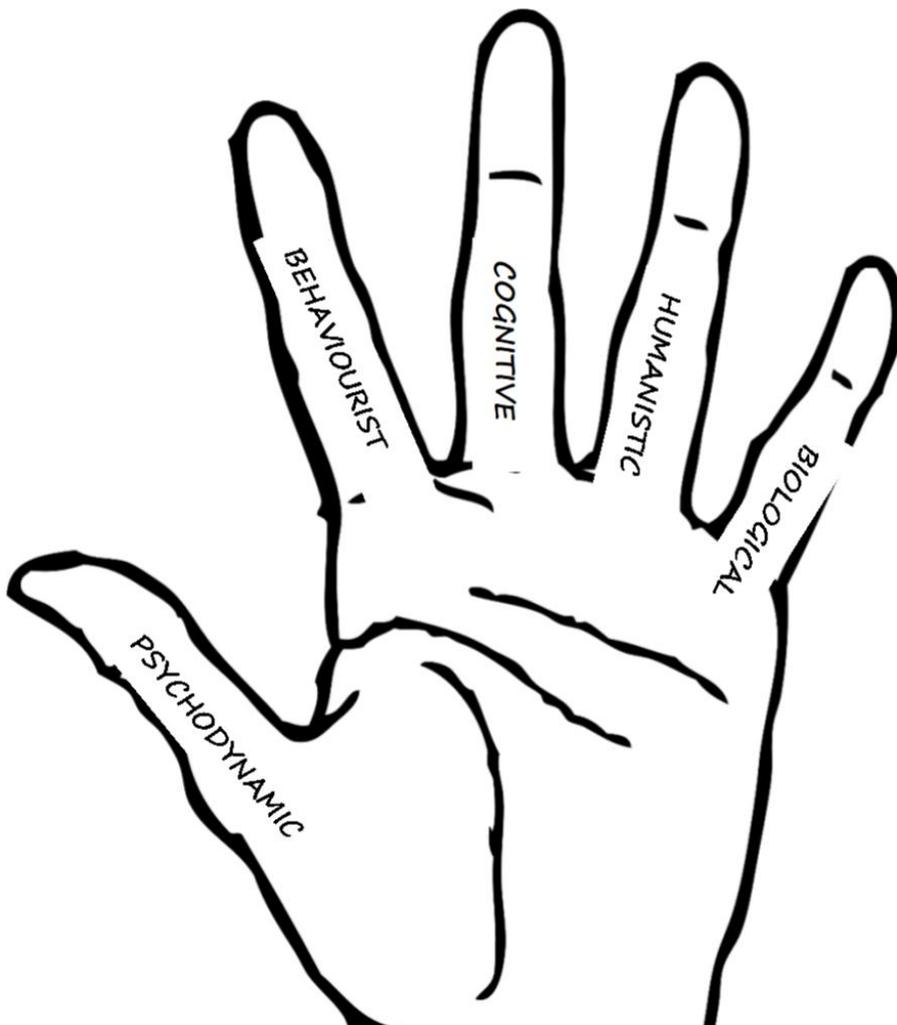
Psychology timeline

Task 3 – Approaches in Psychology

There are some core approaches to Psychology that you need to know for your A level – they are different ways of explaining human behaviours.

Your job is to do some research on them using the internet (Wikipedia, while sometimes untrustworthy, is very good for this! There are also plenty of great videos on YouTube you can watch).

And answer the questions on each sheet



The Biological approach

Outline the main assumptions of the approach

Describe one study that has been done

Describe one limitation of the approach

Describe one strength of the approach

The Behavioural approach

Outline the main assumptions of the approach

Describe one study that has been done

Describe one limitation of the approach

Describe one strength of the approach

The Cognitive approach

Outline the main assumptions of the approach

Describe one study that has been done

Describe one limitation of the approach

Describe one strength of the approach

The Psychodynamic approach

Outline the main assumptions of the approach

Describe one study that has been done

Describe one limitation of the approach

Describe one strength of the approach

The Humanistic approach

Outline the main assumptions of the approach

Describe one study that has been done

Describe one limitation of the approach

Describe one strength of the approach

Memory investigation

Aim: To find out whether males or females have the highest memory ability.

Method: Experiment.

Sample: 5-10 males, 5-10 females- friends and family.

Procedure:

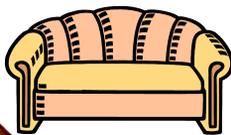
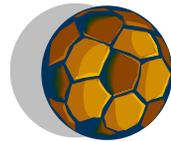
- Participants tested individually or together. Face-to face or via video chat/facetime.
- Participants shown 15 images for 60 seconds, and asked to memorise them.
- Images are taken away, and PPs are asked to write down all of the images they remember in any order, within 60 seconds.
- Experimenter records the number of correctly recalled images in the raw data table to the right.

Findings: You must complete a bar graph to show the findings.

Conclusion: Write a brief conclusion.

PP	Male-Number correctly recalled	Female- number correctly recalled
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Kim's Game



Experimenter material 2

How many objects can you
remember?

There were 15

Task: Write down the objects that you can remember.

Bar graph

Conclusion- what do your results show about memory ability between males and females?

Task 5

NUMERACY BASELINE ASSESSMENT

Q1	In a Psychology maths assessment taken in September, 4 students out of a class of 24 achieved an A. In October, the students retook the assessment. This time, 10 students achieved an A.
----	---

Calculate the percentage increase in those students who achieved an A between September and October and show your calculations. (2 marks)

Q2	A teacher wanted to see whether tiredness affected memory. On day one of the experiment, the teacher asked his students to sleep between 7 and 8 hours that evening. The following day, he carried out a picture recall tasks with his students. Out of 20 pictures, the scores were as follows:
----	--

16, 13, 12, 12, 14, 16, 17, 11, 9, 10, 14, 13, 12, 12, 17

What was the modal value of the scores? Show your workings out. (2 marks)

Q3 On the second day of the experiment, the teacher asked the students to sleep for between 5 and 6 hours that evening. The following day, he carried out a picture recall task of 20 different pictures. Out of the 20 pictures, the scores were as follows:

9, 13, 12, 15, 9, 11, 14, 13, 13, 12, 14, 16, 10, 11, 10

What was the mean of the scores? Show your calculations. Write your answer to two decimal points. (2 marks)

Q4 A Psychology student wanted to see how many hours of studying her peers did a week outside of lesson time. The results are shown in the table below:

Student	Hours of studying
1	3
2	7
3	4
4	7
5	10
6	5
7	6

Draw a bar chart which represents the data for students 1 and 4. (4 marks)

Q5 A teacher asks her students who their favourite psychologist is. The results are shown below:

Psychologist	Milgram	Asch	Bandura	Freud	Loftus	Pavlov	Skinner
Number of students	3	1	4	5	4	3	2

What percentage of the class said that Bandura was their favourite psychologist? Show your calculations. Write your answer to one decimal point. (2 marks)

Q6 Using the data in the previous question, what percentage of the group said that Skinner was their favourite psychologist? Show your calculations. Write your answer to one decimal point. (2 marks)

Q7 The table below shows data from a study looking to see whether males or females were more obedient. Everyone was asked to only complete homework for psychology lessons, and to not complete homework for other subjects. They were assessed on whether they followed the instructions or not.

	Obedience (followed the rule)	Disobedient (did not follow the rule)
Number of students	27	16

What percentage of the sample disobeyed the rules? Show your calculations. (2 marks)

Q8

Below are the average scores from a study looking at performance on a reaction time test. Participants either completed a task in a noisy room or a quiet room. The two different groups of participants took part in a ruler catching test, and the centimetre to the point they caught the ruler was measured.

Measure of central tendency	Group A – Noisy Room	Group B – Quiet Room
Mean	5cm	8cm
Median	8cm	6cm
Mode	9cm	5.5cm

Identify the type of distribution for the results from group A and for group B. Justify your decisions. (4 marks)

Q9

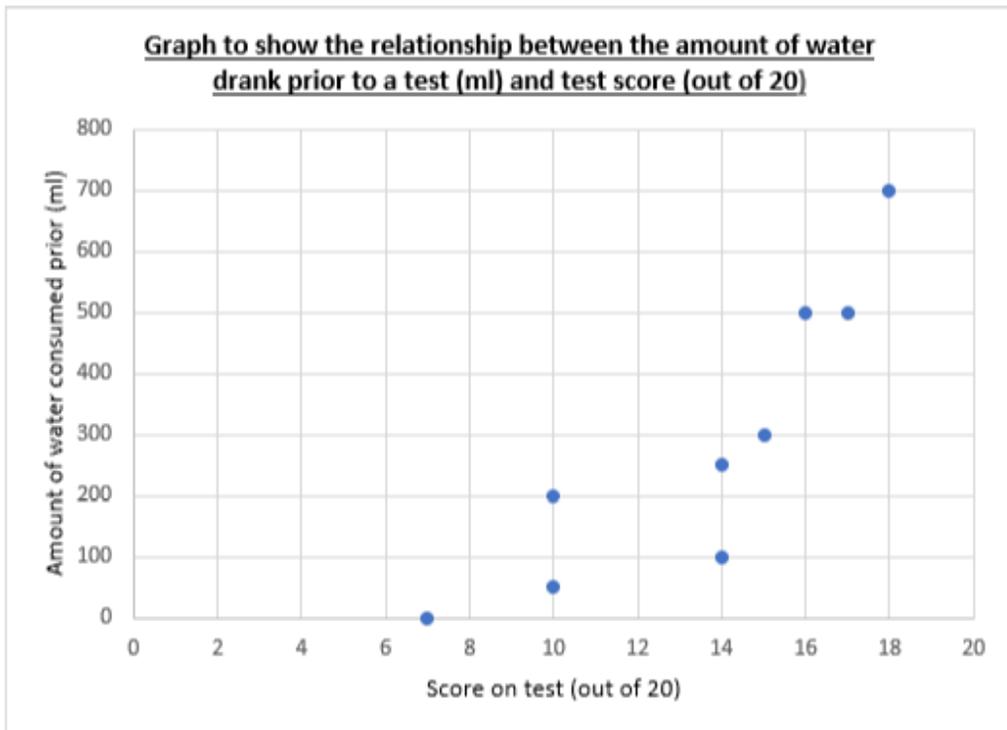
An experiment was carried out to see whether participants recalled more short words compared to long words. The same participants took part in both conditions, and their recall scores were as follows:

Participant	1	2	3	4	5	6	7	8	9
Condition A (short words)	10	11	14	10	9	11	13	10	13
Condition B (long words)	9	8	10	8	8	7	12	8	10

In Condition B, how many of the participants scored <10 ? (1 mark)

Q10

A study was conducted to see if there was a correlation between the amount of water consumed prior to a literacy test (in millilitres) and the test score (out of 20). The results can be seen in the graph below:



Identify what type of correlation is displayed in the graph? Justify your decision. (2 marks)

Q11

The results of a questionnaire to see whether there is a difference between eye colour and smokers/ non-smokers are shown below.

	Number of smokers	Number of non-smokers
Green eyes	14	37
Blue eyes	17	53

Identify the part-to-part ratio of those with green eyes to those with blue eyes. (1 mark)

Q12	In a student satisfaction survey, 96% of 114 students said that they enjoyed studying Psychology at A-Level. Write this as: a. A decimal (1 mark) b. A fraction in its simplest form (1 mark)
a. b.	

Q13	<p>A teacher wanted to see if there was a relationship between the amount of energy drink consumed and fitness levels. The teacher asked 9 different students to drink different amounts of energy drink (ED). Half an hour later, the students were asked to run on a treadmill for 5 minutes, and their heart rate (HR) was measured. The data collected is shown below:</p> <table border="1" data-bbox="182 865 1286 1083"><thead><tr><th>P</th><th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th><th>8</th><th>9</th></tr></thead><tbody><tr><td>ED</td><td>50ml</td><td>100ml</td><td>150ml</td><td>200ml</td><td>250ml</td><td>300ml</td><td>350ml</td><td>400ml</td><td>450ml</td></tr><tr><td>HR</td><td>102bpm</td><td>104bpml</td><td>110bmp</td><td>140bpm</td><td>130bpml</td><td>118bpm</td><td>121bpm</td><td>115bpm</td><td>117bpm</td></tr></tbody></table> <p>Draw a scattergram to represent the data in the table. (4 marks)</p>	P	1	2	3	4	5	6	7	8	9	ED	50ml	100ml	150ml	200ml	250ml	300ml	350ml	400ml	450ml	HR	102bpm	104bpml	110bmp	140bpm	130bpml	118bpm	121bpm	115bpm	117bpm
P	1	2	3	4	5	6	7	8	9																						
ED	50ml	100ml	150ml	200ml	250ml	300ml	350ml	400ml	450ml																						
HR	102bpm	104bpml	110bmp	140bpm	130bpml	118bpm	121bpm	115bpm	117bpm																						

Q14	<p>Out of 30 students in a class, 40% of these students achieved a grade B on a test. Of the 40%, $\frac{1}{3}$ of the students scored most highly in the topic Research Methods.</p> <p>Calculate how many of the students scored most highly in the topic Research Methods out of those who achieved a B. Show your calculations. (2 marks)</p>

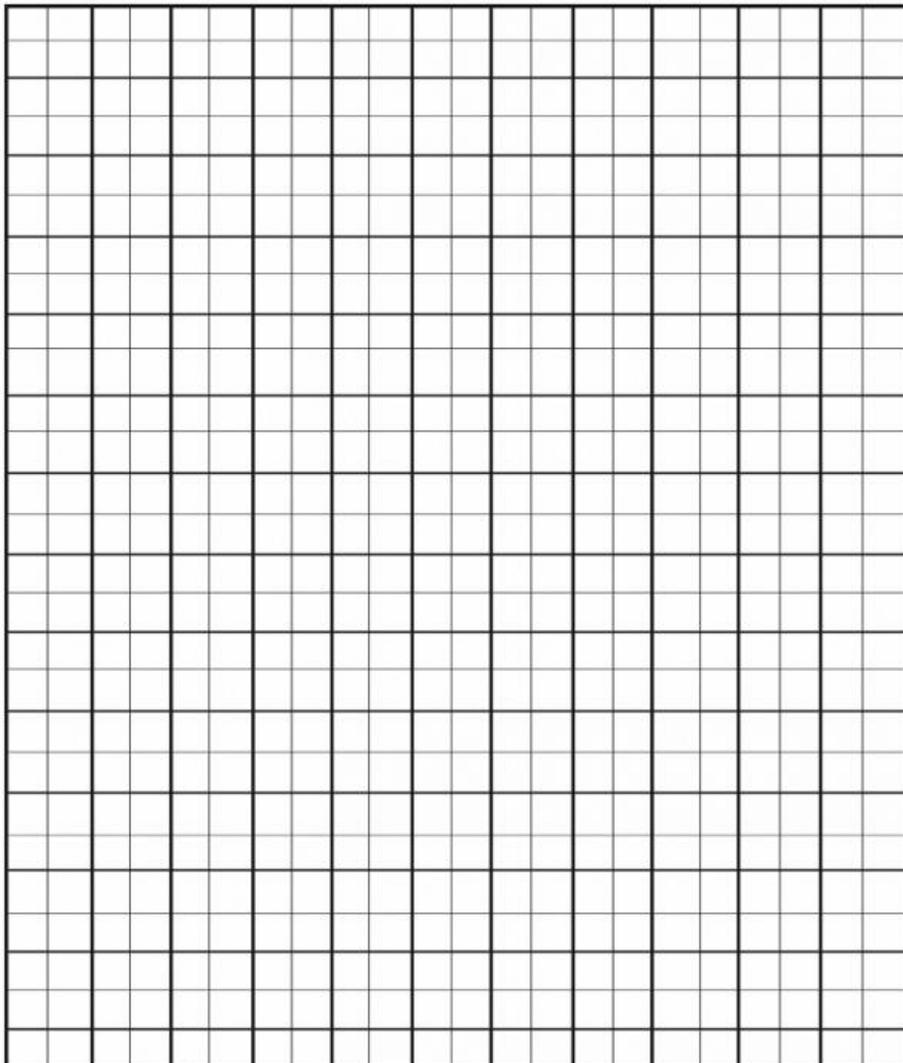
Q15	<p>Below is a table of men and women diagnosed with depression in monthly periods. If the number of women diagnosed with depression continues to decrease at the same percentage rate from June to July, and July to August, as it has from May to June, how many cases of depression in women do you expect to be diagnosed in August? (2 marks)</p> <table border="1" data-bbox="208 823 1308 938"> <thead> <tr> <th>Gender</th> <th>Jan</th> <th>Feb</th> <th>March</th> <th>April</th> <th>May</th> <th>June</th> </tr> </thead> <tbody> <tr> <td>Male</td> <td>50</td> <td>52</td> <td>61</td> <td>54</td> <td>49</td> <td>47</td> </tr> <tr> <td>Female</td> <td>61</td> <td>72</td> <td>75</td> <td>68</td> <td>67</td> <td>59</td> </tr> </tbody> </table>	Gender	Jan	Feb	March	April	May	June	Male	50	52	61	54	49	47	Female	61	72	75	68	67	59
Gender	Jan	Feb	March	April	May	June																
Male	50	52	61	54	49	47																
Female	61	72	75	68	67	59																
<p>Your workings:</p> 																						

GRAPHS AND TABLES

- 1) A psychologist has carried out a study looking at the relationship between owning house plants and stress levels (scored).

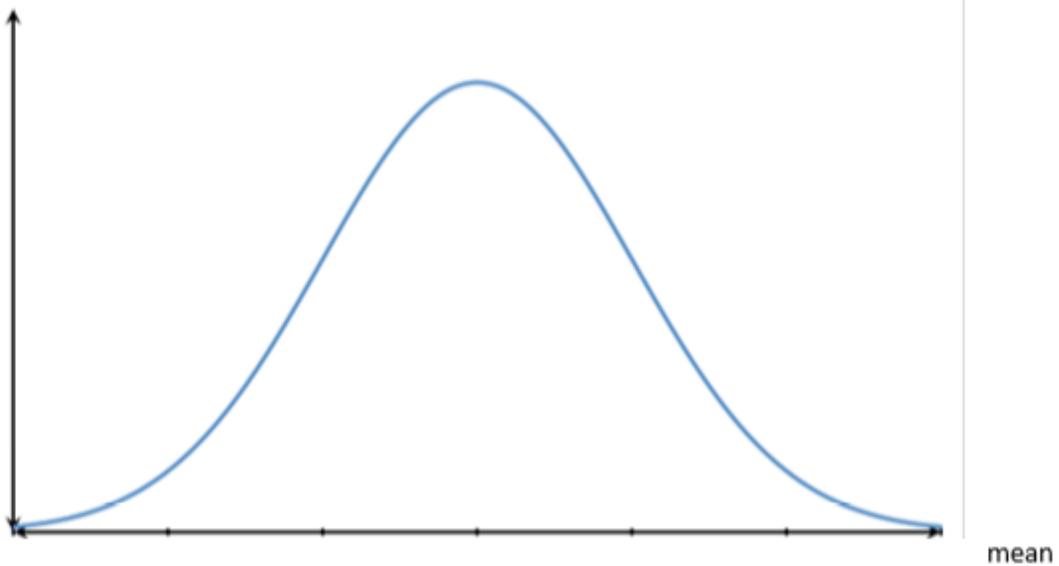
Participant	Number of house plants owned	Stress level score
1	6	3.2
2	4	5.3
3	5	1.4
4	5	1.7
5	6	2.4
6	2	3.7

Draw a scattergraph to demonstrate the correlation between the two factors (4 marks)
Include plotting both sets of data and labelling the axis and awarding a title to the graph.



2. With reference to Q1, what kind of correlation is shown in the graph? (1 mark)

3. A researcher was interested in discovering more about IQ amongst the student population at his local university. The researcher chose 50 students from a random sample and plotted the results. The graph can be found below.



The mean of the set of results was 100.

What will the mode and median be? (2 marks)

4. Data from a study on the usage of different streaming services has been conducted by a TV provider and displayed as a pie chart. The streaming service 'Youview' has been found to have the majority of viewers.

Using the pie chart to estimate what percentage this is (1 mark)



5. The following data was collected by a researcher when investigating a correlation between social media use and happiness scores.

High social media use (5+ hours a day)	Average social media use (2-5 hours a day)	Low social media use (1 hour or less)
7.8	6.7	5.4

What does this table seem to suggest about the link between social media use and happiness? (2 marks)

RECOMMENDED READING

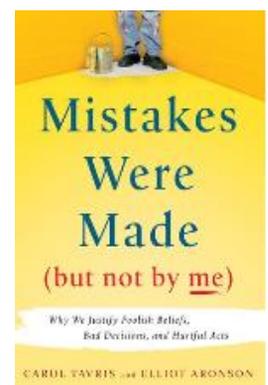
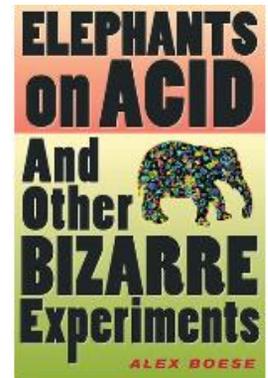
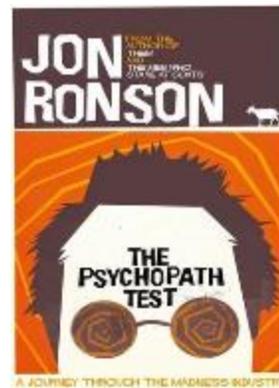
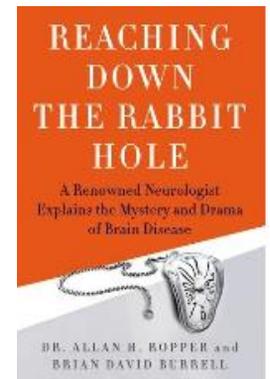
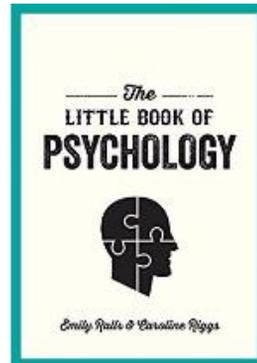
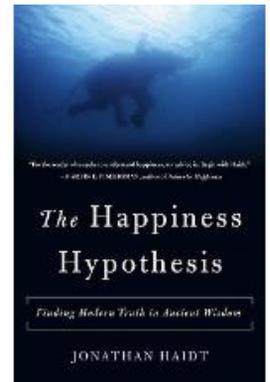
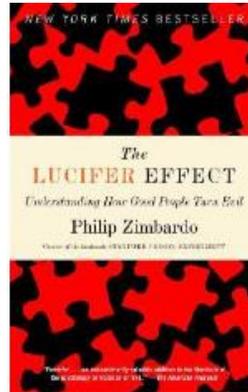
TO CHALLENGE, TO INSPIRE

Do you love a good book?
Here are a range of texts
recommended for those
studying psychology.

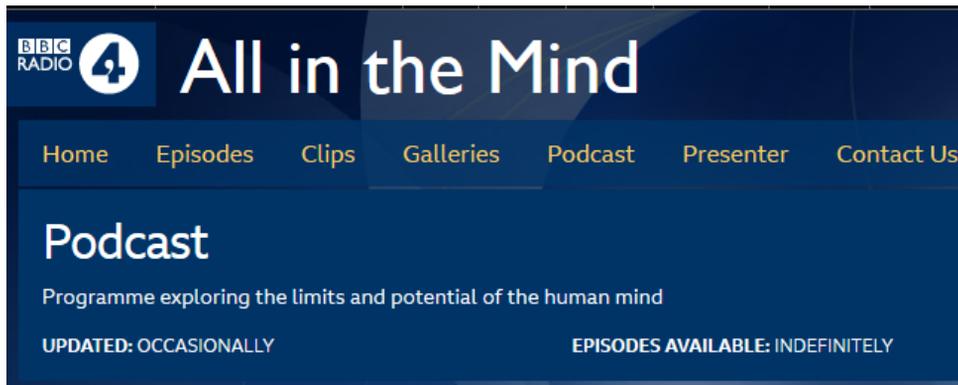
They are challenging to read,
so it would be a good idea to
choose one that looks
interesting and get absorbed in
that throughout the summer.

For further details
and a synopsis of
each book, follow the
link

<https://www.topuniversities.com/courses/psychology/8-books-read-if-youre-psychology-student>



RECOMMENDED WEBSITES, APPS, AND PODCASTS

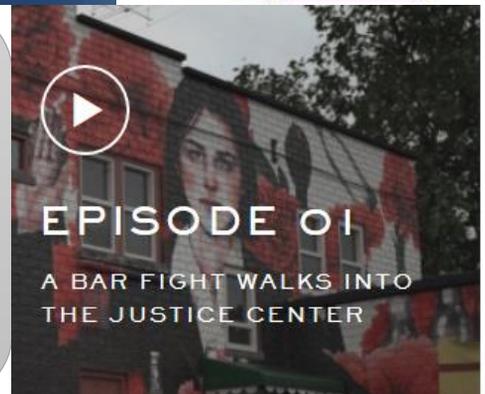


Podcast
Programme exploring the limits and potential of the human mind
UPDATED: OCCASIONALLY
EPISODES AVAILABLE: INDEFINITELY



Podcasts:

<https://www.bbc.co.uk/programmes/b006qxx9/episodes/downloads>
<https://digest.bps.org.uk/podcast/>
<https://serialpodcast.org/>



The internet is a great way to research psychology. Here is a range of sources that you should check out!

Most of these groups have twitter handles and facebook pages that you can subscribe to.

And, the research digest has a handy app to download.



The British Psychological Society

Websites:

<https://thepsychologist.bps.org.uk/>
<https://www.psychologytoday.com/gb>
<https://digest.bps.org.uk/>

RECOMMENDED MEDIA- DOCUMENTARIES, TV AND FILM

NETFLIX



YouTube

Online documentaries:

Derren Brown:

<https://www.youtube.com/user/OfficialDerren>

From Romania with love:

<https://www.youtube.com/watch?v=EU7vC3wUtMo>

The brain-a secret history Part 1, 2, 3:

<https://www.dailymotion.com/video/x6cifd2>

<https://www.dailymotion.com/video/x6cifd6>

<https://www.dailymotion.com/video/xugnxu>

Living with half a brain:

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

OU on the BBC-Eye witness:

<https://www.open.edu/openlearn/body-mind/ou-on-the-bbc-eyewitness>

Stacey Dooley- on the psych ward:

<https://www.bbc.co.uk/iplayer/episode/p082bxzn/stacey-dooley-on-the-psych-ward>

Horizon: OCD- a monster in my mind:

<https://www.dailymotion.com/video/x4c3gve>

Films:

1. Shutter Island
2. Good Will Hunting
3. The Shawshank redemption
4. We need to talk about Kevin
5. 50 first dates
6. The Stanford prison experiment.
7. The notebook.

**A Night
at the
Movies!**

