

# A Level Psychology

## Transition Pack

What does Pavlov use to wash his hair?  
Classical conditioner!



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

You are required to complete **ALL** of the activities in this transition pack for submission in the first week of the new academic year. **The A Level in Psychology is a fun, embracing yet challenging qualification.** It will develop your thinking skills and vastly expand your knowledge of human behaviour. There will be 8-9 taught hours per fortnight. It is then expected that students do three hours per week of homework and independent study at home and during their approximately 10 weekly free periods.

This is a detailed and comprehensive assignment that you have been given. **Do not rush it.** We advise that you complete different parts of the transition pack at different points in the Summer holiday, rather than leaving it all until the final week of your break. **You should expect to spend longer on these tasks than any homework you have completed before.** A Level Psychology will be a significant step up from the work you have completed in Year 11... The ‘A’ stands for ‘Advanced’!

**Your A Level Psychology course will be divided into three papers. Each paper is 2 hours long. The topics are below:**

<b>Paper 1</b>	<b>Paper 2</b>	<b>Paper 3</b>
<b>Social Influence</b> <b>Attachments</b> <b>Memory</b> <b>Psychopathology</b>	<b>Approaches</b> <b>Bio Psychology</b> <b>Research methods</b>	<b>Issues &amp; Debates</b> <b>Relationships</b> <b>Schizophrenia</b> <b>Forensics</b>

### **Task One – 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. Some of these are listed below: 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 other websites like tutor2u and psychexchange). You should find out: what does this word mean? How might it explain human behaviour? Identify one key researcher from this area – and why are they famous?

The Behaviourist Approach

The Social Learning Theory Approach

The Cognitive Approach

The Biological Approach

The Psychodynamic Approach

**Optional extension:** The Humanistic Approach & Individual Differences Approach

### **Task Two – Psychological History**

You need to create an A4 Psychological History timeline. On your timeline you should include a number of features such as the ones below (but not necessarily ONLY these). To make a high quality timeline, you will need to do some additional research into what each of the events actually refers to – and why it might have been important to the development of Psychology.

The Curious Case of Phineas Gage, Wilhelm Wundt’s Psychology Lab, foundation of the American Psychological Association, Sigmund Freud publishes “*The Interpretation of Dreams*”, Pavlov’s Dog Studies are published, Carl Rogers publishes “*Counselling and Psychotherapy*”, the first use of a brain scan in Psychological research.

This will be the focus of the first topic we will study next year. A great link for this task is <https://allpsych.com/timeline/>.

Within Psychology we will look at a number of key studies. It will be useful to you if you have already gained some knowledge on some of these studies. Below are two key studies within the Social Influence section of the course.

### Task 3: Key studies

Complete the tasks below:

***Social Influence:***

Solomon Asch's conformity experiment

Asch's experiment:

<https://www.youtube.com/watch?v=TYIh4MkcfJA> – a video of the experiment

<https://www.tutor2u.net/psychology/reference/conformity-asch-1951> - notes on the experiment

Make some brief notes as to what this experiment is about – think aims, procedures, results and conclusions.

***Social Influence:***

<https://simplypsychology.org/milgram.html> - Read the information on Milgram's key study on obedience and watch the clip.

Make some brief notes as to what this experiment is about – think aims, procedures, results and conclusions.

***Psychopathology:***

[https://www.youtube.com/watch?v=\\_yT\\_F0dMZRU](https://www.youtube.com/watch?v=_yT_F0dMZRU) (Part 1)

<https://www.youtube.com/watch?v=B3rHTm1YLxA> (part 2) – Stephen Fry - The Secret Life Of The Manic Depressive. BBC

Watch the documentary and make notes on the key symptoms that someone with manic depression (bipolar disorder) would experience. Explain why the behaviours would be considered to be abnormal.

### Task Four – Psychology Today

There are many sources that you can use but below are some of the key websites that will prove helpful to you throughout your A Level. Take some time and find your way around these sites in time for your September start.

- [www.simplypsychology.org](http://www.simplypsychology.org) – nice and summarised notes on all topics covered
- [www.ted.com](http://www.ted.com) – excellent for wider reading to stretch your knowledge
- [www.youtube.com](http://www.youtube.com) – you will find lots of good clips on key studies, key concepts and exam questions here. Just search.
- [www.tutor2Up psychology](http://www.tutor2Up psychology) – an absolute must – create your free student account now.

Psychology is still a developing subject, with new research and information being revealed every single day. As keen young Psychologists, you need to keep abreast of new information. Twitter is used by researchers, academics and other social scientists alike to share news and information as well as discuss issues. I would advise that you create yourselves Twitter accounts as soon as possible and follow the below users for information and news:

**@PsychToday (Psychology Today magazine)**

**@tutor2uPsych (Tutor2U's Psychology feed)**

**@ResearchDigest (the British Psychological Society's Research feed)**

**@Psychmag (The Psychologist magazine)**

Your second task is to keep an eye on these Twitter accounts (as well as wider sources – the news and shows on TV, newspapers and others – there are loads of fantastic movies and documentaries that you can watch for Psychology!) over the Summer holidays and make a note of any particularly interesting news that is relevant to Psychology.

**Task Five – Extension (and something great to put on personal statements and C.V's):**

If you want to *really* get ahead you can enrol onto this **FREE online 18 hour** course. This can be done throughout the two years – it does not need to be completed for September.

[www.coursera.org/learn/introduction-psych#](http://www.coursera.org/learn/introduction-psych#)

It's specific for Psychology and provided by the University of Toronto. It covers:

- History and scientific method
- The Matter of the Mind
- Sensation, Perception, Attention and Awareness
- Learning
- Memory
- The Social Mind
- Mental Illness
- Videos by Request

If this doesn't take your fancy – have a look on google and you will find lots of free Psychology courses that you can enrol on. Not only will this help your A Level understanding, it also looks great on your personal statement for university.

Good luck and see you in September.

**The books we will be using:**

As the specification is currently being updated, the books we will be using in class are being updated. We will let you know in September which book and which edition to buy. Please be aware you will be expected to buy this book in September.

**If you have any further questions while you are enjoying your Summer holiday, my email address can be found below 😊**

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