



# A Level Psychology

## Summer Preparation Guidance

### SECTION 1: General psychology

In this section you will explore General Psychology – it is an overall introduction to some aspects you will study during your A Level course, focusing on debunking myths and introducing you to some of the most important areas of the brain; as well as outlining general mental health difficulties and explaining the roots of psychology by looking at early philosophers and experimental psychologists.

TOPIC	TED Talks	TV Shows / Films/Documentaries / Podcasts / Radio / YouTube	Courses	Activities
General Psychology	<p><a href="#">Psychology</a> myths debunked.</p> <p><a href="#">A brain in a supercomputer</a></p> <p><a href="#">Your brain hallucinates your conscious reality</a></p>	<p>Netflix: 100 Humans</p> <p>Netflix: The Creative Brain</p> <p><a href="#">Infinite Monkey Cage Podcasts</a></p> <p><a href="#">Derren Brown</a></p> <p><a href="#">Speaking of Psychology Podcasts</a></p> <p><a href="#">Introduction to Psychology</a></p>	<p><a href="#">Stevenson</a>: Dr Jekyll and Mr Hyde</p> <p><a href="#">Psychology and Mental Health: Beyond Nature and Nurture</a></p>	<p>Keep up to date with recent research - <a href="#">BPS research digest</a></p> <p>Online surveys – test yourself <a href="#">Queendom.com</a></p> <p>Read about <a href="#">Wilhelm Wundt</a></p>

## SECTION 2: Approaches in Psychology

In this section you will explore the Approaches in Psychology – There are five approaches we look at in your A Level course, below are the three you will study in year 1:

- Learning theories
- Cognitive
- Biological

In this section there are various links to psychological experiments that have been conducted in relation to these approaches – they are all very different from each other and show the wide variety of views that psychologist have.

TOPIC	TED Talks	TV Shows / Films/Documentaries / Podcasts / Radio / YouTube	Courses	Activities
Approaches in Psychology	<a href="#">A map</a> of the brain  <a href="#">Pavlov</a> : Operant and Classical Conditioning  <a href="#">Behaviourism</a>  <a href="#">Cognitive Approach</a>	<a href="#">Three Identical Strangers</a>  <a href="#">Social Learning Theory</a>  <a href="#">Bandura’s Bobo Doll Experiment</a>  Films: Girl, Interrupted  Experimenter	<a href="#">Learning</a> Theories	Try to train your pet using classical conditioning.  Try to explain some <a href="#">optical illusions</a>  Read about <a href="#">Little Albert</a> , <a href="#">Bandura’s research</a> and the <a href="#">cognitive approach</a>

## SECTION 3 – Attachment

The attachment unit is often seen as one of the most interesting, focusing on theories that link early attachments to later development, our future attachments and relationships, and well as baby’s attachment styles and animal studies. In this section you will explore a more general overview of this topic.

TOPIC	TED Talks	TV Shows / Films/Documentaries / Podcasts / Radio / YouTube	Courses	Activities
Attachment	<a href="#">How early life experience is written into DNA</a>  <a href="#">The tragedy of orphanages</a>	<a href="#">From Romania with Love</a>  <a href="#">Netflix: Babies</a>	<a href="#">Attachment</a>	Interview a parent about how it felt to bond with an infant. Read about <a href="#">how your attachment style might impact your relationships.</a>

### SECTION 4 – Biopsychology

Biopsychology is a topic that is a big hit with Biology students, and is an interesting section focusing on the intricacies of the brain, neurochemicals and nervous system. In this section there are various weblinks to some of the more interesting aspects we study as well as some activities to test your own stress level/nervous system response.

TOPIC	TED Talks	TV Shows / Films/Documentaries / Podcasts / Radio / YouTube	Courses	Activities
Biopsychology	<a href="#">5000 brains</a> <a href="#">Sleep superpower</a> <a href="#">Left brain vs. right brain</a> myth	<a href="#">The brain - A secret history</a> <a href="#">Living with half a brain</a> <a href="#">Fight or Flight response</a> <a href="#">Our Brain</a>	The <a href="#">Brain</a>	<a href="#">Read about the stress response</a> and <a href="#">test your own stress level</a>

### SECTION 5 - Memory

Memory is another topic that you will explore in the first year, and is a hit with students looking into forensics or criminology as we explore how eyewitness testimonies can be distorted, as well as how our own brains store and process information. This section really gets you questioning your own reality and memories of past experiences, and is as interesting as it is complex.

TOPIC	TED Talks	TV Shows / Films/Documentaries / Podcasts / Radio / YouTube	Courses	Activities
Memory	<a href="#">Feats of memory anyone can do</a> <a href="#">How reliable is your memory?</a>	<a href="#">OU on the BBC: Eyewitness</a> <a href="#">Netflix - The mind, explained</a> Films: 50 First Dates, Memento	<a href="#">Memory</a> <a href="#">Witness Memory and the Cognitive Interview</a>	Play the ' <a href="#">Tray of objects game</a> ' why are some objects recalled more often? <a href="#">Test your own memory</a>

## SECTION 6 – Psychopathology

Many individuals believe Psychopathology to be about Psychopaths – but this isn't the case at all. Psychopathology focuses on some of the more detrimental mental health conditions such as depression, OCD, phobias and schizophrenia. It is an extremely interesting, but sometimes a heart-breaking topic, as often the way people perceive OCD or schizophrenia is very different from the reality of the conditions.

TOPIC	TED Talks	TV Shows / Films/Documentaries / Podcasts / Radio / YouTube	Courses	Activities
Psychopathology	<a href="#">What is depression?</a>  <a href="#">This could be why you are depressed or anxious</a>  <a href="#">Debunking the myths of OCD</a>	<a href="#">All in the Mind podcasts</a>  <a href="#">Stacey Dooley on the Psych Wards</a>  <a href="#">Horizon: OCD all in my mind</a>  Films: Awakenings Little Miss Sunshine Rain Man A Beautiful Mind	<a href="#">Depression</a>  <a href="#">OCD</a>  <a href="#">Anxiety</a>	Read about <a href="#">Psychology's most famous case studies</a>  Read about all the different types of <a href="#">mental health issues</a>

## SECTION 7 – Social Psychology

The final section is Social Psychology – this is one of the most interesting sections, in which you may find yourself questioning why you obey, how you view authority figures and you may even question the extent of your own free will. We focus on conformity, obedience and social influence – looking at a range of studies (some of which would not be allowed today) as well as real life applications.

TOPIC	TED Talks	TV Shows / Films/Documentaries / Podcasts / Radio / YouTube	Courses	Activities
Social Psychology	<a href="#">Should you trust unanimous decisions?</a>  <a href="#">Zimbardo – the psychology of evil</a>  <a href="#">Online social change</a>	<a href="#">5 steps to tyranny</a>  <a href="#">Derren Brown's - The Heist</a>  Films: The Experimenter, 12 Angry Men, Lord of the Flies, Malcolm X, The Stanford Prison Experiment	<a href="#">Conformity</a>	Read about <a href="#">Milgram's experiment</a>  Explain the <a href="#">behaviour in the lift</a>  Read about <a href="#">individuals that influenced social change</a>