

A Level Psychology

Bridging the Gap....Stepping Up

2022



This research based project is designed to give you an ideal grounding for your A Level Psychology course.

Research and complete the tasks independently over the summer to get a head start and prepare for the key topics within year one of A Level Psychology.

Present the tasks in any format you like and **bring it with you to your first lesson** after the summer.

Good luck and Enjoy





The AQA A Level Course

Subject content

Compulsory content

- 1 [Social influence](#)
- 2 [Memory](#)
- 3 [Attachment](#)
- 4 [Psychopathology](#)
- 5 [Approaches in Psychology](#)
- 6 [Biopsychology](#)
- 7 [Research methods](#)
- 8 [Issues and debates in Psychology](#)

Option 1

- 10 [Gender](#)

Option 2

- 12 [Schizophrenia](#)

Option 3

- 16 [Forensic Psychology](#)
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Task 1, Topic 1: Marvellous Memory...

Mini Experiment:

In this experiment you can test as many people as you like. As the experimenter you should read out one line at a time of the triangle of numbers below to your participant. When you have finished reading out the line, your participant should recite back to you as many of the numbers they can remember. Record how many numbers they recall correctly on each line.

6
27 35
10 28 22
38 46 10 11
52 8 19 81 17
55 38 29 13 8 71
75 17 20 61 82 5 12
61 38 17 40 49 84 57 8
71 22 31 89 47 5 1 16 94
18 95 48 30 89 67 18 11 15 17
76 83 40 28 25 12 15 53 95 49 20
16 9 11 17 49 50 28 69 24 53 78 10
77 53 49 76 19 94 87 64 23 19 15 51 2
78 56 34 19 27 20 80 42 38 64 29 10 79 31

Now think about and explain:

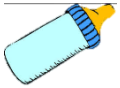
- 1) What was the maximum amount of numbers your participants could recall from any line? Test several and calculate the mean value. Extension: work out the standard deviation.
- 2) What do your results suggest about memory?

Now research and answer the following...

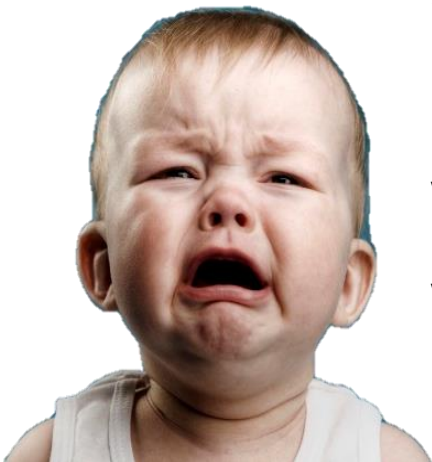
- 1) What is memory? Does it have different types? If so, explain them...
- 2) What is the capacity and duration of the average memory in humans?
- 3) What did George Miller do in 1956? What did he discover about memory? How does this link to the results from your experiment above?



Task 2, Topic 2: Attachment



Babies, Babies, Babies...



Research and answer the following:

From a Psychological Perspective...

Why do babies cry all of the time?

Why are all babies born with blue eyes?

Useful Link: http://www.babycenter.com/2_creating-an-attachment-with-your-baby_10350318.bc

“Oh, oobee doo I wanna be like you...”



Consider, research and answer the following:

From a Psychological point of view, why shouldn't Mowgley survive in the Jungle?

Hint: Try to link to the psychologist John Bowlby in your answer...

Task 3, Topic 3: Approaches to Psych...

The Famous Five

There are five main Psychological approaches or perspectives. Research them and explain the key terms, assumptions and psychologists which fit into each one.



Task 4, Topic 4: Biopsychology

Apply what you know:

What do you know from studying Biology/Science/PE about any of the following: Nervous system, nerve cells, synapses, endocrine system, hormones, stress, reflexes, the brain.

Summarise what you know on one sheet of paper .

Watch this video about twins and OCD


[Twin sisters with OCD discuss their disorder – YouTube](#)



It is widely accepted that the causes of obsessive-compulsive disorder involve both [genetic and environmental factors](#), and this theory has been supported by research. While OCD has been known to “run in families,” this doesn’t really tell us whether genes or environment plays a more prominent role in the development of the disorder. There have been studies of [twins with OCD](#) who’ve been raised together. These examples raise many questions. For example does OCD in twins typically appear around the same time, with similar obsessions and compulsions?

Now think about and answer the following:

- 1) Why do psychologists like to study twins?
- 2) What is the biological difference between identical and non- identical twins?
- 3) Why is it difficult to draw conclusions about the cause of OCD from studies of twins raised together?
- 4) Research some possible therapies for OCD.



Task 5, Topic 5: Psychology? A Science? Really?

Now to the biggest and most controversial debate of them all....

Most people assume Psychology is an easy or 'soft' subject which cannot possibly be a science. But the exam boards classify it as a Science subject.

It is your job to come to a conclusion as to whether or not Psychology IS a science.

Research arguments for and against Psychology as a Science and produce a debate on this.

Consider:

- 1) The Subject Content
- 2) Research Methods Used

| FOR Psych as a Science 😊 | AGAINST Psych as a Science ☹ |
|--------------------------|------------------------------|
| | |





ADDITIONAL OPTIONAL ACTIVITIES

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 | Psychology myths debunked. A brain in a supercomputer Your brain hallucinates your conscious reality | Netflix: 100 Humans Netflix: The Creative Brain Infinite Monkey Cage Podcasts Derren Brown Speaking of Psychology Podcasts Introduction to Psychology | Stevenson : Dr Jekyll and Mr Hyde Psychology and Mental Health: Beyond Nature and Nurture | Keep up to date with recent research - BPS research digest Online surveys – test yourself Queendom.com Read about Wilhelm Wundt |

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 map of the brain Pavlov : Operant and Classical Conditioning Behaviourism Cognitive Approach | Three Identical Strangers Social Learning Theory Bandura's Bobo Doll Experiment Films: Girl, Interrupted Experimenter | Learning Theories | Try to train your pet using classical conditioning. Try to explain some optical illusions Read about Little Albert , Bandura's research and the cognitive approach |

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 | How early life experience is written into DNA The tragedy of orphanages | From Romania with Love Netflix: Babies | Attachment | Interview a parent about how it felt to bond with an infant. Read about how your attachment style might impact your relationships . |

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 | 5000 brains Sleep superpower Left brain vs. right brain myth | The brain - A secret history Living with half a brain Fight or Flight response Our Brain | The Brain | Read about the stress response and test your own stress level |

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 | Feats of memory anyone can do How reliable is your memory? | OU on the BBC: Eyewitness Netflix - The mind, explained Films: 50 First Dates, Memento | Memory Witness Memory and the Cognitive Interview | Play the ' Tray of objects game ' why are some objects recalled more often? Test your own memory |

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 | What is depression? This could be why you are depressed or anxious Debunking the myths of OCD | All in the Mind podcasts Stacey Dooley on the Psych Wards Horizon: OCD all in my mind Films: Awakenings Little Miss Sunshine Rain Man A Beautiful Mind | Depression OCD Anxiety | Read about Psychology's most famous case studies Read about all the different types of mental health issues |

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 | Should you trust unanimous decisions? Zimbardo – the psychology of evil Online social change | 5 steps to tyranny Derren Brown's - The Heist Films: The Experimenter, 12 Angry Men, Lord of the Flies, Malcolm X, The Stanford Prison Experiment | Conformity | Read about Milgram's experiment Explain the behaviour in the lift Read about individuals that influenced social change |