



# A Level Psychology

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Pre-Course Workbook



 **Highcliffe Sixth**

*"We value the power of education to change lives."*

# Overview

This workbook will give you an insight into your studies of A Level Psychology. Some of this will form the basis of your understanding of the early part of the course. Please take time to read the information provided and complete the tasks.

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## How to complete this booklet

- You may choose to print and work directly on the booklet or make your notes on lined paper.
- If you use paper, please ensure you put the task headings for each activity.
- All of the resources you need can be found by clicking on the links.
- If you are working from a printed copy, then you can copy the links from pg15
- Please try your best with each task - we are not worried about how 'correct' your work is but the effort you put in.



# KS5 Psychology A-Level Learning Journey



Cognition &  
Development



Stress



Addiction



Issues & Debates



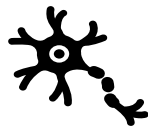
*Case Studies*



Biopsychology 2



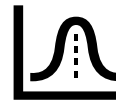
Approaches 2



Biopsychology



*Self  
Report*



*Statistics*

13



*Content  
Analysis*



*Observational  
Techniques*



Attachment



*Experimental  
Method*



Social Influence



Clinical Psychology  
and Mental Health



*Correlations*



Memory



*The Scientific  
Process*



Approaches 1

12



Year 11  
Transition  
Work

*Research Methods* – These will be explicitly taught but are also continually referred to across the whole course.

# What is Psychology?

The origin of the word Psychology comes from the 1600's - *psychologia* (the study of the soul).

*psykhē* "breath, spirit, soul" + *logia* "study of"

Early psychology had its roots in Philosophy, but today it is seen as a much more scientific discipline.

**Task 1:** Read this article and use it to answer the questions that follow.

[Psychology | Psychology Today](#)

This should take around 20 mins.

1. List 3 processes that are of interest to Psychologists  
-  
-  
-
2. How much does the brain weigh?
3. In which year did Ivan Pavlov win his Nobel Prize?
4. What is learned helplessness?
5. What is neuroplasticity?
6. Aside from Clinical Psychology, outline 2 other applications of the subject.

The Crash Course site has some great videos on Psychology (and other subjects). You will need to watch the first 2 videos for the next tasks, but we would recommend subscribing to their YouTube playlist: <https://youtu.be/eal4-A89IWY>





**Task 2:** Watch video #1 from the crash course series. Make a note of the names that are mentioned. Pick one and research how they were involved in psychology. Write a short paragraph here summarising what you learnt.

# Approaches in Psychology

Psychology is not a 'one size fits all' study of behaviour. It is more of an umbrella term for many different fields of study. There are several different approaches that can be taken when trying to explain a behaviour - each with their own set of beliefs, techniques, and areas of interest.

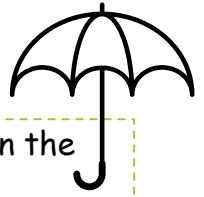
The main ones we will look at are:

- Cognitive
- Biological
- Learning theories (*including Behaviourism and Social Learning Theory*)
- Psychodynamic
- Humanistic

As well as each approach, we will be looking at how there are multiple influences on our behaviour from the 3 areas in the diagram to the right. Sometimes these can work together to affect how a person thinks, feels and acts.



# Task 3: Approaches Research



We will be looking at some of the approaches in your first few weeks on the course, so this task will be very helpful in aiding your understanding.

Use the links below alongside information from the video you watched to help you to make a **poster** or a **summary handout** on either:

- An overview of all the approaches with some key points

**OR**

- A more detailed look at one of the following:
  - Biological Approach
  - Cognitive Approach
  - Behavioural Approach
  - Social Learning Theory

On Tutor2U you will find specific sets of study notes, quizzes and videos based on your specification. This is a site that you will be using in your A Level.

This task should take 30-40 mins, but please use this as a chance to show us your best effort in presentation and your creativity.

If you want further guidance, please see the sample layout on the next page.

Suggested resources:

[Approaches in Psychology | Psychology | tutor2u](#)

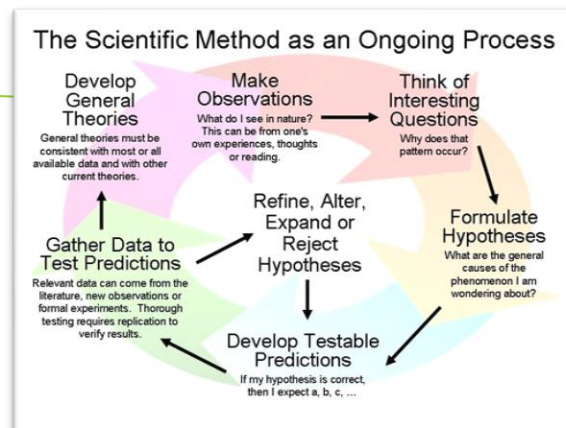
[7 Major Psychological Perspectives \(verywellmind.com\)](#)

[Psychologist World | Psychology News, Tests, Theories and Guides](#)

## Research Methods in Psychology

Research methods are fundamental to furthering our understanding of psychology. Without investigations, we wouldn't be able to develop any theories about behaviour. You will learn about a range of methods and techniques across the course.

- At least **25-30%** of the overall assessment will assess skills, knowledge and understanding in relation to research methods.
- Additionally, **at least 10%** of the overall assessment of Psychology will contain mathematical skills equivalent to Level 2 or above.



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Who are the  
key people in  
this approach?

What are some  
key  
theories/ideas  
in this  
approach?

What are some  
of the key  
terms in this  
approach?

What research  
methods does  
this approach  
use?

How has this  
approach helped  
in the real  
world/ what are  
the  
applications?

Are there any  
issues with  
using this  
approach?

You will be expected to keep detailed glossaries for this course. You will be guided to key terms on your unit summaries for different sections. You will be assigned pre-learning home studies regularly, that will get you to complete and update these.

- Table with terms and definitions (good for look, cover, write, check)
- Neat list following your unit summary
- Cue cards (including online platforms like Quizlet or Anki).

Our Textbook:  
 USERNAME: SHIGHCLIFFE7  
 PASSWORD: GREEN7  
Login Screen  
(illuminate.digital)

[illegible]



# Task 4: Key Terminology

Now you understand the importance of glossaries, we would like you to make a start on the first part of research methods. As you saw on Pg5, research methods is a fundamental part of psychology as it enables us to investigate the behaviour that we are interested in.

Using either the table below, or your own method, please **write definitions** for the following terms. You can use any of the resources you have previously accessed in this booklet.

You may also find Crash course video #2 helpful - <https://youtu.be/hFV71QPvX2I>

Key Term	Definition
Experiment	
Aim	
Hypothesis	
Independent variable	
Dependent variable	
Operationalise	
Method	
Standardised procedure	
Control	
Validity	
Reliability	
Sample	
Target population	
Generalisation	
Findings	
Conclusion	

## Task 5: Apply Your Knowledge

As you have hopefully picked up from the work you have already completed, psychology is all about explaining behaviour. We ask questions like:

***Why do we do... / What causes... / How can we treat...***

We will look at a wide range of behaviours on this course. Select one of the following examples and answer the questions that follow.

- Obedience
- Forgetting
- Phobias
- Stress
- Peer pressure

### QUESTIONS

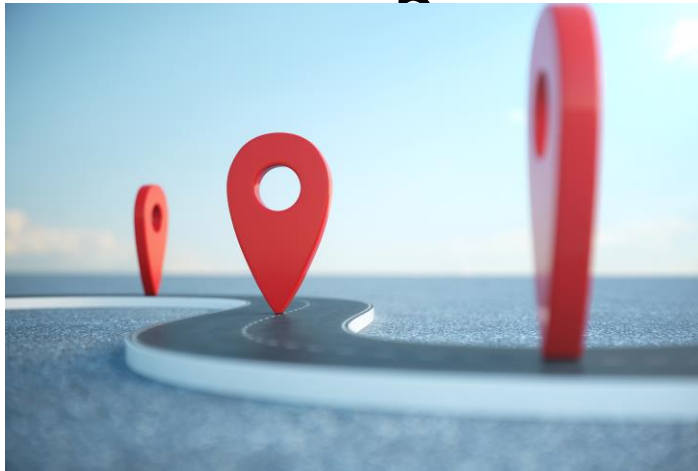
1. Give a definition of your chosen behaviour
2. Pick one of the approaches you looked at earlier and describe how this approach might explain the behaviour you have chosen.
3. How has psychology helped with our knowledge of the behaviour? (E.g., deeper understanding, treatments)

### EXTENSION

Would it be possible to design an experiment to explore your chosen behaviour? How might you go about this? IF not, explain why it might not be ethical to do.

Which behaviour or theory are you most looking forward to learning about on the course?

# Where could Psychology take



Studying Psychology does not mean you have to become a psychologist. There are hundreds of careers that could utilise the skills you gain from your studies. If you did want to explore the more specific careers and routes, the following information will help you.

You may wish to download the BPS careers booklet, or check out some of their videos here: [Additional careers resources](#) | [BPS](#)

## **Additional Resources:**

[Career options in psychology](#) | BPS

[Psychology: Careers, Areas of Study, and Impact \(verywellmind.com\)](#)

[80+ Psychology Jobs: What You Can Do With a Psychology Degree \(verywellmind.com\)](#)

## **Task 6 – Thinking about the future**

Pick one career option from the articles and information above. If you already have a career in mind, use that as your inspiration.

Write a brief summary of how an understanding of Psychology would help with this career/ job role. What kind of work does this career involve? How might it help our understanding of human behaviour in the future.

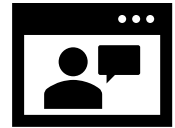
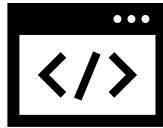
**Extension** – find a piece of research that fits in with your chosen area. You may like to use google scholar for this, or perhaps look at news articles.

# Take it Further

If you have made it this far, then you do not need to do any more work. However, if you would like to know more, please check out some of the resources detailed here.

## Websites with good articles/resources

Psychology Today  
Very Well Mind  
BPS research digest  
Scientific American (Mind)  
All About Psychology



## Books:

- Friend Request, 2018 by Laura Marshall
- Born Evil, 2018 by Julia Derek
- Lies, 2017 by T.M. Logan
- Reaching Down the Rabbit Hole, 2016 by Allan Ropper and Brian David Burrell
- Good Me Bad Me, 2017 by Ali Land
- Selfie: How the West Became Self-Obsessed, 2018 by Will Storr
- The Lucifer Effect: How Good People Turn Evil, 2008 by Philip Zimbardo
- How to Survive the End of the World, 2018 by Aaron Gillies

You may also want to have a look at [The ultimate psychology reading list | BPS](#)

## Video Clips

<https://youtu.be/J3nlGWelVj8>

[https://www.ted.com/talks/petter\\_johansson\\_do\\_you\\_really\\_know\\_why\\_you\\_do\\_what\\_you\\_do](https://www.ted.com/talks/petter_johansson_do_you_really_know_why_you_do_what_you_do)

[https://www.ted.com/talks/laurel\\_braitman\\_depressed\\_dogs\\_cats\\_with\\_ OCD\\_what\\_animal\\_madness\\_means\\_for\\_us\\_humans](https://www.ted.com/talks/laurel_braitman_depressed_dogs_cats_with OCD_what_animal_madness_means_for_us_humans)

[https://www.ted.com/talks/elizabeth\\_loftus\\_the\\_fiction\\_of\\_memory](https://www.ted.com/talks/elizabeth_loftus_the_fiction_of_memory)

[https://www.ted.com/talks/scott\\_fraser\\_the\\_problem\\_with\\_eyewitness\\_testimony](https://www.ted.com/talks/scott_fraser_the_problem_with_eyewitness_testimony)

[https://www.ted.com/talks/steven\\_pinker\\_chalks\\_it\\_up\\_to\\_the\\_blank\\_slate](https://www.ted.com/talks/steven_pinker_chalks_it_up_to_the_blank_slate)

[https://www.ted.com/talks/philip\\_zimbardo\\_on\\_the\\_psychology\\_of\\_evil](https://www.ted.com/talks/philip_zimbardo_on_the_psychology_of_evil)

[https://www.ted.com/talks/ben\\_ambridge\\_10\\_myths\\_about\\_psychology\\_debunked](https://www.ted.com/talks/ben_ambridge_10_myths_about_psychology_debunked) [https://www.youtube.com/watch?v=\\_yT\\_FOdMZRU](https://www.youtube.com/watch?v=_yT_FOdMZRU) (Part 1)

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

<https://www.youtube.com/watch?v=jhLuEKZj1oo> - The Fritzl affair. Real crime documentary. <https://www.youtube.com/watch?v=nJm7AhdGbDk> - Freud

documentary (short) <https://www.youtube.com/watch?v=5XFjLdNO4FU> - The Nurture room - child psychology

SciShow Psych is another great channel hosted by the same team as the Crash Course videos. Their videos cover some fascinating areas of Psychology.

[youtube.com/channel/UCUdettijNYvLAm4AixZv4RA](https://youtube.com/channel/UCUdettijNYvLAm4AixZv4RA)

# Get organised

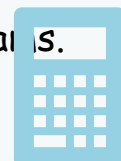
## Specification

Have a look at what we will be covering by exploring the specification for your course. You can also see samples of exam questions, command words, key terms and other information on this site

AQA A Level - <https://www.aqa.org.uk/subjects/psychology/as-and-a-level/psychology-7181-7182/subject-content-a-level>

## Resources

- You will be provided with a textbook for both years.
- It is up to you to provide your own paper and materials for the classroom. Students need a folder (lever arch) to put all work in and can have a daily folder that they bring to class.
- There will be certain resources that you are expected to have with you at every lesson. You will get more detail on this in September.
- You will find it useful to have (in addition to a pen!) pencils, coloured pens, highlighters, and a ruler.
- You will also need a basic calculator for lessons and exams.





# Checklist

Task	Activity	Complete?
1	Reading Comprehension	
2	Psychologist Research	
3	Approaches Poster	
4	Key Terminology	
5	Application to Real Life	
6	Your Future with Psychology	

## Questions

You can email Miss Bascombe (Subject lead for Psychology) with any queries or questions that you have. If you think of things as you are working on this, make a note of them below and we can answer them when you come to Highcliffe.

Email: Miss Bascombe: [jbascombe@highcliffeschool.com](mailto:jbascombe@highcliffeschool.com)

Write down any questions that you have for September here:

# Full Links / References

If you are unable to access the links in the booklet, please copy them as they are written out below.

## **Task 1**

Psychology Today article

<https://www.psychologytoday.com/us/basics/psychology>

## **Task 3**

Tutor2U page - <https://www.tutor2u.net/psychology/collections/a-level-psychology-study-notes-approaches-and-biological-psychology>

Very Well Mind - Perspectives -

<https://www.verywellmind.com/perspectives-in-modern-psychology-2795595>

Psychologist World - (please only use the free to access articles)

<https://www.psychologistworld.com/>

## **Task 4**

Textbook: <https://illuminate.digital/aqapsych2edy1/>

## **Task 5**

<https://www.bps.org.uk/additional-careers-resources>

<https://www.bps.org.uk/career-options-psychology>

<https://www.verywellmind.com/a-list-of-psychology-careers-2794917>

## **Extras:**

<https://www.bps.org.uk/psychologist/ultimate-psychology-reading-list>