

A Level Psychology bridging



booklet

Year 11-12 Psychology 2021

Hello & welcome to A level psychology, unlike many of your other subjects Psychology will be completely new to you and you may have a number of misconceptions about it, this booklet aims to give you an introduction that will let you see the kind of things that psychologists study & some of the techniques they use. This will hopefully give you a more accurate picture of what you will spend the next 2 years studying if you are accepted on to the course.

Below is an outline of what the course will look like across the two years of your studies:

Paper 1: Introductory topics in Psychology	Paper 2: Psychology in context	Paper 3: Issues and Options
Social Influence	Approaches in Psychology	Issues and debates
Memory	Biopsychology	Relationships
Psychopathology	Research Methods	Forensic Psychology
Attachment		Schizophrenia
Written exam: 2 hours	Written exam: 2 hours	Written exam: 2 hours

This booklet aims to give you an introduction to some of the topics outlined above whilst providing you with some engaging activities to get you started before starting the course in September.

Let's start with the key question: What is Psychology?

Research 3 different definitions of what psychology is and write them below:

1)

2)

3)

Approaches in Psychology are the different ways in which behaviour can be explained.

In the course you will study 6 approaches however we are just going to focus on a few in order to expose you to the terminology that is used.

You will need to research these to find out more about these approaches and work through the tasks I have designed for you.

Psychodynamic Approach

The Psychodynamic approach is most associated with Sigmund Freud (though several post-Freudians were influenced by and expanded upon many of Freud's idea). Freud emphasised the influence of the unconscious mind on behaviour, alongside development of his person centre therapy psychoanalysis. He argued that physical problems could be explained in terms of conflict with the mind.

Part 1: The structure of personality:

Summarise in a sentence...

ID:

EGO:

SUPEREGO:

Apply it:

You need to get your psychology homework done tonight but your friends have just invited you to a party. What would ID, EGO and SUPEREGO suggest you do in the following situation.?

ID:

EGO:

SUPEREGO:

Defence Mechanisms: How we balance the conflict between the id and superego.

Repression	Forcing a distressing memory out of the conscious mind
Denial	Refusing to acknowledge some aspect of reality
Displacement	Transferring feelings from the true sources of distressing emotion onto a substitute target

Apply it: Match each example below to a defence mechanism listed in the table on the previous page.

- a) Continuing to turn up to work even though you have been sacked
- b) An individual forgetting the trauma of their favourite pet dying
- c) Slamming the door after a row with your parents.

Part 2: Psychosexual stages:

Summarise the Psychosexual stages:

Stage	Description of stage

Apply it: Briefly summarise the study of Little Hans

How is this linked to the Oedipus complex?

Behaviourist Approach

The behaviourist approach emerged at the beginning of the 20th century and became the dominant approach in Psychology for half of that century. It is also credited as being the driving force in the development of psychology as a scientific discipline.

Part 1: Classical conditioning

Summarise in a sentence what this is....

Apply it: Shortly after eating breakfast with coffee, a traveller is sea sick during a ferry crossing. Following this the smell and taste of coffee induce nausea. Use your knowledge of classical conditioning to explain why this happens.

Before Conditioning: _____ → _____

Unconditioned stimulus → unconditioned response

_____ is the neutral stimulus that produces no response

During Conditioning: _____ + _____ → _____

Unconditioned stimulus + neutral stimulus → unconditioned response

After Conditioning: _____ → _____

Conditioning stimulus → conditioned response

Part 2: Operant conditioning

Explain the difference between positive and negative reinforcement.

The Skinner Box:

Skinner conducted experiments with rats and sometimes pigeons, in specifically designed cages called Skinner Boxes. Every time the rat activated a lever within the box it was rewarded with a food pellet. After many repetitions the animal would continue to perform the behaviour.

Skinner also showed how rats and pigeons could be conditioned to perform the same behaviour to avoid an unpleasant stimulus, for example an electric shock.

Apply it:

Which aspect of operant conditioning does paragraph 1 illustrate?

Which aspect of operant conditioning does paragraph 2 illustrate?

Cognitive approach.

The cognitive revolution came with the introduction of the digital computers. It was developed in the 1960's as a response to the 'behaviourists' failure to acknowledge mental processes. The digital computer gave psychologists a metaphor for the operations of the human mind.

Define the terms:

Inference:

Schema:

Apply it: Explain the role of the schema in helping you make sense of the information below.

Every generation gets the monster it deserves as the representation of its deepest fears. Today's zombies, who are usually infected in their thousands, represent our modern fear of contagious diseases, uncontrolled medical technology and social collapse. Zombies are linked, in our culture, with death and we probably evolved to avoid death and disease because to avoid infection, according to Lynn Alden, a professor at the University of British Columbia. "But its one thing to avoid a corpse that isn't moving and quite another when they start chasing you!"

Social Learning Theory

Around the time of cognitive revolution, Albert Bandura proposes the Social Learning Theory as a development of the behaviourist approach. He argues that classical and operant conditioning could not account for all human learning – there are important mental processes that bridge between stimulus and response.

Define the key terms

Vicarious reinforcement	
Identification	
Imitation	
Model	

Apply it: Mrs Hill is a secondary school teacher. She notices that some of the students in her class constantly call out answers without raising their hands, which ruins the learning for other students.

How might Mrs Hill use vicarious reinforcement to change the behaviour of these students?

Apply it: Badura’s Bobo doll experiments have implications for the media – are children, and indeed some adults influenced by the violence and aggression they see on television, in movies and video games? There have been many incidences of copycat killing where perpetrators have said they were inspired by violent TV and films.



Using Social Learning principles explain why media may potentially have a negative impact on children’s behaviour.

Biological Approach

In the 1980's the biological approach begins to establish itself as the dominant scientific perspective in psychology. This is due to advances in the technology that have led to increased understanding of the brain and biological processes.

Part 1: Genetics

Define:

Genotype	
Phenotype	
Monozygotic twins	
Dizygotic twins	

Apply it:

Sam and Dan are identical twins who were separated at birth. When they met each other at the age of 18 they are surprised by their slight differences in looks and huge differences in personality. Sam is much more outgoing than Dan who has always been rather shy.

Using your knowledge of genotype and phenotype to explain the differences in their personality.

Top 10 psychology films - for all you Netflix addicts!

- **A Beautiful Mind** (2001): Ron Howard's brilliant film not only educates the viewer about schizophrenia but ingeniously brings the viewer to empathize - and to a degree - experience the confusing pain of schizophrenia, as portrayed by Russell Crowe as mathematics genius, John Nash.
- **Memento** (2000): Another film that ingeniously brings the viewer a close-up experience of someone who is suffering, in this case a man struggling with retrograde amnesia.
- **One Flew over the Cuckoo's Nest** (1975): For a generation of students new to psychology, this film offers a slice of their profession's history, as seen in the barbaric and controlling treatment of patients at a psychiatric hospital.

- **To Kill a Mockingbird** (1962): Regarded by the American Film Institute as depicting the greatest hero in American cinema, Atticus Finch (Gregory Peck), an attorney who defends a Black man accused of rape. Heroes and exemplars portrayed in films can serve as powerful motivators in treatment.
- **Ordinary People** (1980) and **Good Will Hunting** (1997): while not perfect portrayals of psychologists (it is unethical to choke your client!), Judd Hirsch and Robin Williams play empathic and motivating therapists that educate and inspire their clients and the viewer.
- **Life is Beautiful** (1998): Italian film that shows us the extremes of what humans are capable of - the horrors of Nazism as well as tremendous creativity, humor, and sacrifice.
- **The Shawshank Redemption** (1994): one of the most popular films ever made, perhaps due to the ease an individual can relate to the story of a man wrongfully imprisoned but never giving up hope. Since most clients seeking psychology services are seeking hope, this is a great film to recommend as a treatment adjunct.
- **The Hours** (2003): interweaving story of three women, played by Meryl Streep, Julianne Moore, and Nicole Kidman, from different generations that serves as a useful teaching tool on mood disorders, suicide, and coping behaviors.
- **American Beauty** (1999). It's difficult to not be inspired by this Oscar-winning film. It is a rhapsody of mindfulness, finding beauty in each moment, and the possibility in every human being for change. If you do not enjoy this film the first time around, take another viewing and do as the alternate title for the film suggests - "look closer."