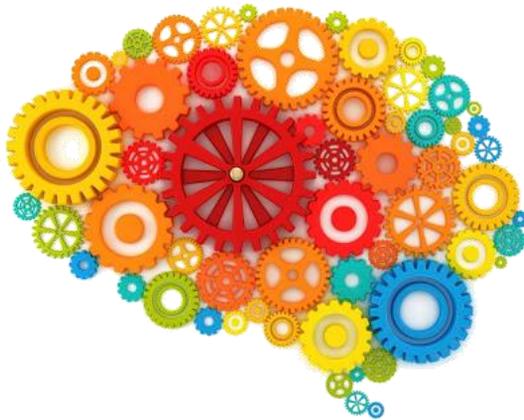


AS Level EDEXCEL Psychology

A taster of Psychology:

Summer Project 2021



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

Research and complete the tasks independently over the summer to get a head start and prepare for **some** of the key topics within AS (Year one A Level) Psychology.

Present the tasks in any format you like (e.g. typed or handwritten notes, a PowerPoint presentation, an exercise / note book of notes etc.) and bring all of this with you to your first lesson after the summer.

Just a side note: you cannot edit this file!

Have a good summer. We look forward to meeting you in September.

Good luck and Enjoy! ☺

The Psychology Team



The EDEXCEL AS-Level Course

AS Level Year 1 at Central St Michael's Sixth Form

Year One (AS)

Paper 1: Social and cognitive psychology

70 marks

1.5 hour exam

50% of qualification

Topics like:

- Memory
- Prejudice
- Obedience
- Crowd behaviour

Paper 2: Biological psychology and learning theories

70 marks

1.5 hour exam

50% of qualification

Topics like:

- Brain structure and functioning
- Aggression
- Phobias
- Eating disorders

100% Exam (two papers)

0% Coursework



What is psychology?

- Psychology is a science and is the study of brain and behaviour. We all have ideas about people and about ourselves, and psychology relates to those ideas but draws on scientific methods to build a body of knowledge about such issues.
- Psychology can be theoretical, looking at how the brain works and what drives our behaviour, including issues such as early childhood experiences and what happens to us as we develop.
- Psychology can be practical, such as in therapy and treatments as well as in the workplace, such as when devising advertisements or advising the police.

You might think of psychology as listening to people on a couch and to an extent you would be right.

There is much more to it than that, however!





Year One/AS Psychology - Foundations of Psychology

The first year of the A level course can also be taken as an AS qualification. In Year One you will learn about four Topic Areas in psychology. These are social psychology, cognitive psychology, biological psychology and learning theories. In each of these four Topic Areas you will study a key question for society and the psychology that helps to explain it.

You will also cover some content in that Topic Area, some studies that connect to the content including one classic study, and some methodology looking at how psychology works.

You will also carry out a practical investigation in each Topic Area, where you will use some of the method you cover and where you can find out for yourself how psychology can help to understand people.

You will also learn how to use statistical tests. You do not need to know any of this beforehand.

Each Topic Area uses the same structure:

- ✓ **Content**
- ✓ **Method**
- ✓ **Studies**
- ✓ **Key question**





Who is this course for?

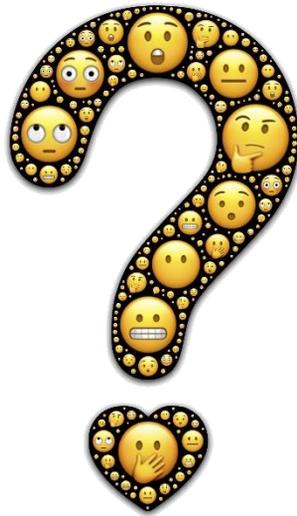
- Are you intrigued by why people act in the way they do? If so, then psychology will capture your imagination. Psychology AS Level will help you to understand yourself and other people much better.
- It is a subject that tries to get to the bottom of what you are like and why you behave in certain ways. It is more precisely the “scientific study of the human mind and human behaviour”.
- If you enjoy reading and writing then this may be the course for you. The course involves a lot of essay writing and reading of fantastic theories and studies.
- The course also involves a lot of mathematical work and statistical analysis. We learn a lot about checking if our experiments produce statistically significant results.
- Those that have an interest in the world around them: who want to know more about the society they live in, how people function along or together and how we can improve our experience as social beings.
- Anybody who enjoys debate, discussion and argument: who are comfortable with the fact that sometimes there are no simple ‘rights’ or ‘wrongs’,
- The most important quality for anyone wanting to study psychology is to find people fascinating.

You will need to:

- ✓ be willing to have your opinions and values challenged
 - ✓ be willing to listen to and take on board new ideas and novel arguments
 - ✓ be able to see both sides of an issue not reject one side simply because you believe initially that it is wrong
 - ✓ Psychology provides many opportunities to develop skills in assessing debates and arguments.
- 



**If the AS Level
Psychology doesn't look
like the right course for
you...**



**Check out our BTEC Applied Psychology
qualification on the next page!**





The Edexcel BTEC National Certification in Applied Psychology Course

Year 1 at Central St Michael's Sixth Form

BTEC Applied Psychology Certificate

Unit 1: Psychological Approaches and Applications

- External Assessment
- 72 marks
- 1.30 hours external examination
- 50% of qualification

Topics like:

- Gender
- Aggression
- Consumer behaviour
- Memory

Unit 2: Conducting Psychological Research

- Two Assignments graded as Pass Merit or Distinction
- 50% of qualification

Topics like:

- Memory
 - Research methods
- 



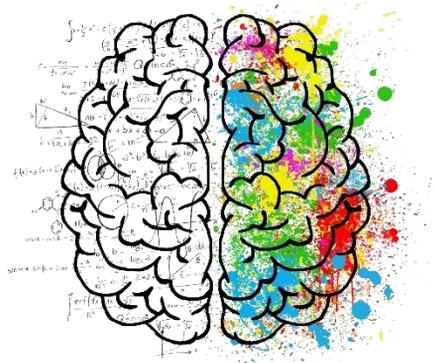
Year 1: BTEC National Certificate in Applied Psychology

Unit 1: Psychological Approaches and Applications

- You will study 4 different approaches in Psychology and apply them to real life issues linked to gender, aggression and business – this will then be examined in January or June of next year.
- These approaches are: cognitive – the study of information processing; biological – the study of how genes, chemicals and brain structure affects behaviour; learning approach – classical and operant conditioning alongside social learning theory and finally the social approach – how we are influenced by what others do.

Unit 2: Conducting Psychological Research

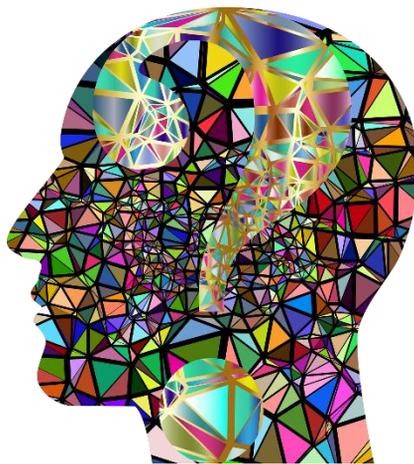
- You will also learn about research methods and will develop the skills of a researcher, including how to gather data using methods available to psychologists, how to analyse the data and how to ensure that it is all done scientifically.
- This unit is internally assessed and will consist of two assignments designed to let you show your knowledge of the research process.





Who is this course for?

- Students completing their BTEC Nationals in Applied Psychology will be aiming to go on to employment, often via the stepping stone of higher education
- Students interested in developing their practical and technical skills in a hands-on way
- Able to do exams, but like being able to back this up with coursework
- Willing to work hard in and out of lessons to develop skills compatible with the course
- If you have a passion for science, health and human behaviour then this is the course for you!
- Lesson activities will be varied and will include the use of case studies, independent research, structured tasks, presentations and group work
- You will develop communication skills in a range of theoretical and practical settings. There will be regular emphasis on problem solving as well as challenging you to develop your resilience and independence.



The course covers a wide range of unit topics and can lead to exciting and rewarding careers in the field of psychology





Summer Work

Whether you want to do the AS-Level or the BTEC course, please complete the tasks in this booklet

*There are extension activities in this booklet too if you want to do some more work – please note that extension section is **OPTIONAL** though!*





Task 1: Marvellous Memory...

Mini Experiment:

In this experiment you can test as many or as little 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 call recall from any line? (If you used more than one participant, take the average).
- 2) What do your results suggest about memory?

Now research and answer the following...

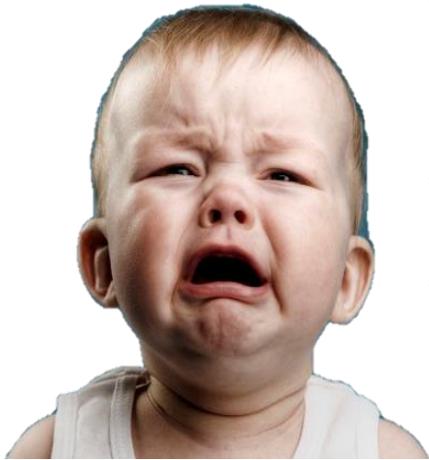
- 1) What is memory? Does it have different types? If so, explain them...
- 2) What is the capacity and duration of the average memory in humans?
- 3) What did George Miller do in 1956? What did he discover about memory? How does this link to the results from your experiment above?



Task 2: 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...”



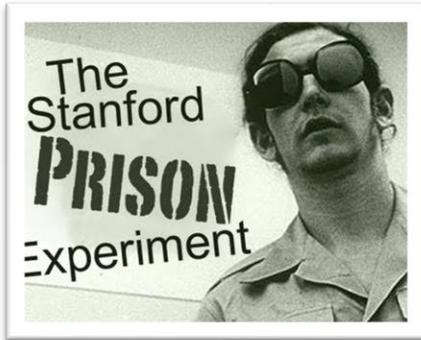
Consider, research and answer the following:

From a Psychological point of view, why should Mowgli not survive in the Jungle?

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

Task 3: Social Influence

Obedience, Obey, Conform...



Research and produce a fact sheet on two key studies:

- 1) Milgram's (1963) Obedience to Authority
- 2) Zimbardo's Stanford Prison Experiment

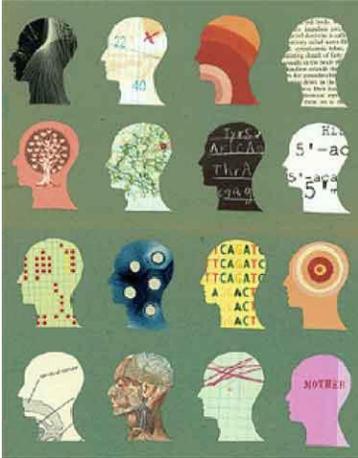
Taking it further...



Explain how research such as Milgram & Zimbardo, might explain historical atrocities such as the Nazi persecution of the Jews...

Task 4: Psychopathology...

What is normal?



Consider, research and explain...

- 1) Is there such a thing as normal and abnormal? What are the definitions of these?
- 2) How do Psychologists decide what is abnormal?

Fear. Sadness. Obsession.



Produce a fact file on each of the following mental disorders. Include **symptoms**, potential **causes** and **treatments**.

- 1) Phobias
- 2) Depression
- 3) OCD

Task 5: 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 6: 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 is it?

It is your job to come to a conclusion as to whether or not Psychology IS a hard 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 ☹️



Useful Resources & Further Reading

To help you on your way, there are a lot of books and websites you could use including these below. You can find the A-Level books (listed below) on Amazon.

Websites:

- **Youtube** have a number of really good factual clips. In particular 'Crash Course' have produced a number of introductory videos to key elements in Psychology.
- <http://www.simplypsychology.org/a-level-psychology.html> - Tailored to the old specification, but has all the relevant key information for A Level Psychology.
- <http://www.psychteacher.co.uk/> - Tailored to the old specification but contains key information for A Level Psychology.



Books:

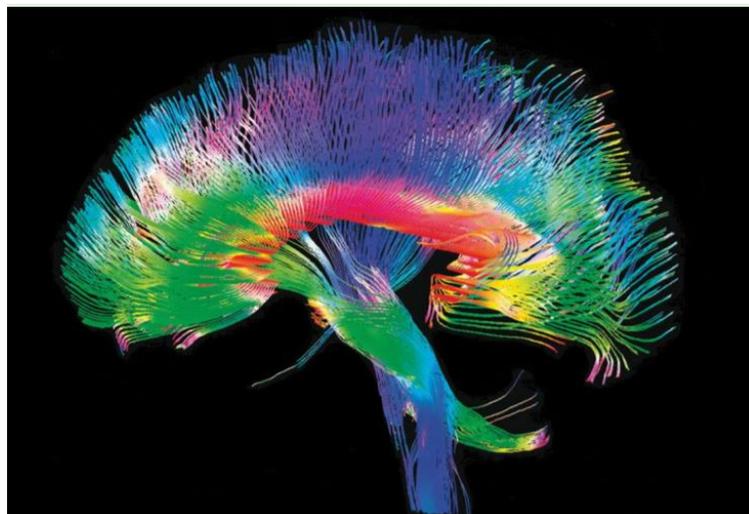
- **Working Memory, Thought and Action** – Alan Baddeley
- **The Lucifer Effect** – Phillip Zimbardo
- **Obedience to Authority** – Stanley Milgram
- **Fundamentals of Cognition** – Michael Eysenck
- **Psychology: The Science of the Mind and Behaviour** – Richard Gross
- **Edexcel AS & A-Level Psychology** – Karren Smith & Elizabeth Barkham
- **Edexcel Psychology for A Level Book 1** – Christine Brain



EXTENDING YOUR LEARNING SECTION

This section is for those of you who would like to delve a bit deeper into Psychology and complete some additional work.

THIS SECTION IS OPTIONAL





EXTENDING YOUR LEARNING (OPTIONAL SECTION)

Extra Tasks you **COULD** complete...

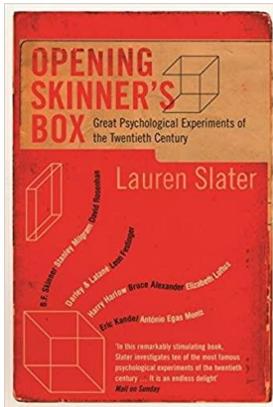
In this section, to further extend your learning could complete these tasks. There is a page for each section to guide you:

- Complete your Cornell notes on two of the seven TED talks you have watched in this section. (Do watch more, but you don't need to make notes on them unless you want to!)
- Read at least one of the suggested books from the additional reading list and summarise what you learned from it.
- Watch at least one of the suggested films from the list of four provided.
- If you fancy extending yourself even more! Why not try a MOOC – there are plenty to choose from online. There are three examples provided here for Psychology.
- Once lockdown is over, in the Summer holidays you can visit the Freud Museum or attend a talk on psychology – lots of universities provide free events with three places you could visit provided here.

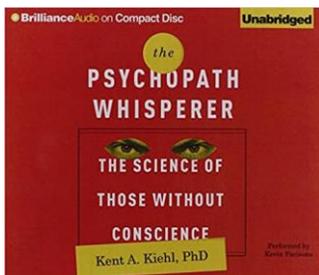


Additional Reading

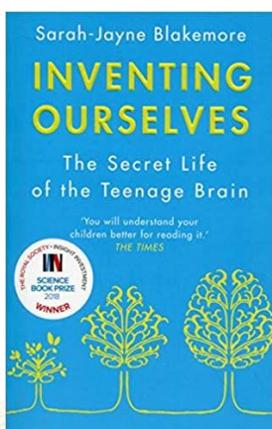
These books are all popular books about psychology, and great for extending your knowledge and understanding.



In *Opening Skinner's Box*, Lauren Slater sets out to investigate the twentieth century through a series of ten fascinating, witty and sometimes shocking accounts of its key psychological experiments. Starting with the founder of modern scientific experimentation, B.F. Skinner, Slater traces the evolution of the last hundred years' most pressing concerns - free will, authoritarianism, violence, conformity and morality.

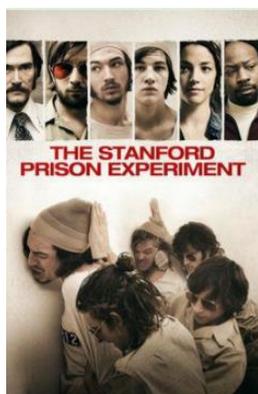


We know of psychopaths from chilling headlines and stories in the news and movies from Ted Bundy and John Wayne Gacy, to Hannibal Lecter and Dexter Morgan. As Dr Kent Kiehl shows, psychopaths can be identified by a checklist of symptoms that includes pathological lying; lack of empathy, guilt, and remorse; grandiose sense of self-worth; manipulation; and failure to accept ones actions. But why do psychopaths behave the way they do? Is it the result of their environment how they were raised or is there a genetic component to their lack of conscience?



Drawing upon her cutting-edge research Professor Blakemore explores: What makes the adolescent brain different? Why does an easy child become a challenging teenager? What drives the excessive risk-taking and the need for intense friendships common to teenagers? Why it is that many mental illnesses – depression, addiction, schizophrenia – begin during these formative years. And she shows that while adolescence is a period of vulnerability, it is also a time of enormous creativity and opportunity.

You could watch these films...



What happens when you put good people in an evil place? Does humanity win over evil, or does evil triumph? These are some of the questions we posed in this dramatic simulation of prison life. In 1971, Stanford's Professor Philip Zimbardo conducts a controversial psychology experiment. Twenty four male students are selected to take on randomly assigned roles of prisoners and guards in a mock prison situated in the basement of the Stanford psychology building.



McMurphy has a criminal past and has once again got himself into trouble and is sentenced by the court. To escape labour duties in prison, McMurphy pleads insanity and is sent to a ward for the mentally unstable. Once here, McMurphy both endures and stands witness to the abuse and degradation of the oppressive Nurse Ratched, who gains superiority and power through the flaws of the other inmates. McMurphy and the other inmates band together to make a rebellious stance against the atrocious nurse.



Forensics: The Real CSI follows a crack team of forensic specialists from Northumbria Police, this BBC 2 series charts the fascinating journey of individual pieces of evidence from the moment they are discovered at the crime scene, through to microscopic analysis at specialist laboratories - and shows the pivotal role the findings have on each investigation.



The Real Rain Man documents Kim Peek, the genius who inspired Dustin Hoffman's character in Rain Man. Classed as a mega-savant, having memorised 12,000 books, including the entire Bible, he also has autism, finding it hard to do day-to-day tasks.



Best 7 TED Talks...

[How we read each other's minds Rebecca Saxe](#)

According to Saxe, a professor of neuroscience at MIT, you don't need tarot cards or ESP to read people's minds. A functioning right temporo-parietal junction will do just fine. In her talk, Saxe explains how this brain region allows humans to be uncannily good at sensing other people's feelings, thoughts, and motivations.

[The riddle of experience vs. memory, Daniel Kahneman](#)

If you're looking for highly credentialed TED speakers, Kahneman's résumé won't fail to impress. A Nobel Prize-winning psychologist and bestselling author, Kahneman uses his 20 minutes on the TED stage to explain that there are actually two flavours of happiness: the kind we experience in the moment and the kind we experience in our memories. Maximizing your own well-being in life means keeping both in mind.

[The paradox of choice, Barry Schwartz](#)

More choice is always better, right? Not according to Schwartz, a psychologist who argues that having to decide which of approximately 6,000 brands of similar toothpaste to buy "has made us not freer but more paralyzed, not happier but more dissatisfied.

[Are we in control of our own decisions?, Dan Ariely](#)

This talk "uses classic visual illusions and Ariely's own counterintuitive (and sometimes shocking) research findings to show how we're not as rational as we think when we make decisions.

[Flow, the secret to happiness, Mihaly Csikszentmihalyi](#)

In this talk, legendary psychologist Csikszentmihalyi dares to ask one of life's biggest questions: What makes us happy? The answer isn't fame or money, he insists, but flow -- that lost-in-time feeling you get when you focus intensely on work you're good at.

[The power of vulnerability, Brené Brown](#)

One of the top-five-most-popular TED Talks of all time, this moving account of Brown's own struggles with shame and control weaves together sometimes hilarious personal anecdotes with hard research to convince viewers that forging real connections requires the bravery to be vulnerable.

[The psychology of evil, Philip Zimbardo](#)

Psychology isn't all happiness and flourishing, of course. The discipline also delves into the darker sides of human nature and what drives us toward unethical or even downright evil behaviour. That's the topic of this talk by 'superstar' Zimbardo in which "he shares insights and graphic unseen photos from the Abu Ghraib trials." But don't worry, it's not all gloom and doom. He also 'talks about the flip side: how easy it is to be a hero, and how we can rise to the challenge.





How to take notes from the TED talks...

- Making effective notes in lessons is an essential skill for A-level Psychology.
- Practice producing notes using the Cornell System by summarising two of the TED talks you have listened to. Complete your notes in the following format and show them to your teacher.

TOPIC		SUBJECT
		DATE
LESSON FOCUS		
QUESTIONS AND CUE-WORDS	NOTE TAKING	
	<p>1. Record: During the lecture, use the note-taking column to record the lesson using concise sentences and abbreviations.</p> <p>2. Questions: As soon after class as possible, write questions in the left hand column based on the notes in the note taking column. Writing questions helps to clarify meanings, reveal relationships, establish continuity, and strengthen memory. Also, the writing of questions sets up a perfect stage for exam studying later.</p> <p>3. Recite: Cover the note-taking column with a sheet of paper. Then, looking at the questions or cue-words in the question and cue word column only, say aloud, in your own words, the answers to the questions, facts, or ideas indicated by the cue-words.</p> <p>4. Reflect: Reflect on the material by asking yourself questions, for example: "What's the significance of these facts? What principle are they based on? How can I apply them? How do they fit in with what I already know? What's beyond them?"</p> <p>5. Review: Spend at least ten minutes every week reviewing all your previous notes. If you do, you'll retain a great deal for current use, as well as, for the exam.</p>	
SUMMARY		
After class, use this space at the bottom of each page to summarize the notes on that page.		

Adapted from: How to Study in College 7/e by Walter Pauk, (2001) Houghton Mifflin Company





Topics to research a little more...

Memory

Memory helps make individuals who they are. Without the help of memories, someone would struggle to learn new information, form lasting relationships, or function in daily life. Memory allows the brain to encode, store, and retrieve information. Different areas of the brain affect different aspects of memory. The hippocampus, for instance, is related to spatial memory, which helps the brain map the surrounding world and find its way around a known place. The amygdala, on the other hand, is linked to emotional memory.

<https://www.psychologytoday.com/gb/basics/memory>

<https://www.simplypsychology.org/memory.html>

Obedience

Obedience is a form of social influence where an individual acts in response to a direct order from another individual, who is usually an authority figure. It is assumed that without such an order the person would not have acted in this way. Stanley Milgram (1963) wanted to investigate whether Germans were particularly obedient to authority figures as this was a common explanation for the Nazi killings in World War II.

<https://www.simplypsychology.org/obedience.html>

<https://www.simplypsychology.org/milgram.html>

Criminal psychology

Criminal psychology looks at the interaction between psychology and criminology and criminal justice. It is concerned with using psychological research and theories to analyse and improve the criminal justice system. Try the 'You be the Judge' activity by following this link. YOU hear the case, YOU decide the sentence!

<http://ybtj.justice.gov.uk/>

Issues in mental health

What do we mean by mental health? Which behaviours should be classified as 'sane' or 'insane', and which should be medicated or treated non-biologically? Perhaps we shouldn't treat any mental illness at all and simply accept the diversity of human behaviour? Follow these links to find out more about the explanations and treatments of mental illness.

[Drug use and psychotic disorders](#)

[Virtual reality as a cure for fear of heights](#)

[Body clock disruptions linked to mood disorders](#)

[Regular exercise and risk of depression](#)





MOOCs

A Massive Open Online Course (MOOC) is an interactive step-by-step course aimed at reaching an unlimited number of participants worldwide to create a community of lifelong learners. There are many different MOOC providers that cover a huge variety of different subject and topic interests.

Typically a MOOC will involve 2-3 hours study per week for 6 weeks or so. MOOCs are free of charge. All required course materials will be provided for you online, which is also 100% free! Each course is open to anyone with internet access across the world and all you need is your wonderful brain!

Here are a few that you may wish to try.



[Forensic Psychology](#)



[Understanding depression and anxiety](#)



[Exploring sport coaching and psychology](#)





After lockdown is over, here are some places to visit...

There are always lots of places you can visit to help stimulate your interest and knowledge in psychology. Here are a few suggestions.

The Freud Museum

Step into the world of Sigmund Freud, and see his iconic couch.

20 Maresfield Gardens, NW3 5SX,
Wed - Sun 12-5pm.



National Justice Museum

The National Justice Museum provides students with a practical understanding of the law and justice system. They deliver programmes in Nottingham, London and the North.

The Museum of the Mind

The Bethlem Museum of the Mind records the lives and experiences of people with mental health problems.

Bethlem Royal Hospital, Beckenham, Kent
BR3 3BX. Weds-Fri 10am-5pm.





Next steps

To help you decide if this is the subject for you read the below...

What can I do after I have completed my course?

- Psychology is a very useful subject for any career where you interact with people.
- Occupations such as journalism, nursing and marketing all welcome trainees who have studied psychology.
- If you are considering Higher Education, psychology can be an invaluable subject.
- Although psychology is a science, it sits on the boundary of Science and Arts subjects and combines elements of both. If you choose the Arts route psychology shows a competence in scientific thinking and numeracy that will add breadth to your skills.
- Similarly, the Science route can often lack the opportunity to show your ability to construct a well-argued essay, but psychology will show you how to do this.

Next steps:

- Look at the detailed course information on the Edexcel website: www.edexcel.org.uk
- Look at the British Psychological Society's website: www.bps.org.uk. It gives details of courses in psychology, careers opportunities for those who study psychology and even has an e-zine for A level students of psychology.

If you have any questions then please email us at:

Matthew.Lamb@sandwell.ac.uk

