**A Level Psychology**

**Transition Pack**

What does Pavlov use to wash his hair?

Classical conditioner!



**Psychology:** *the scientific study of the human mind and behaviour*

You are required to complete **ALL** of the activities in this transition pack for submission in the first week of the new academic year. **The A Level in Psychology is a fun, embracing yet challenging qualification.** It will develop your thinking skills and vastly expand your knowledge of human behaviour. There will be ten taught hours per fortnight. It is then expected that students do three to five hours per week of homework and independent study.

This is a detailed and comprehensive assignment that you have been given. **Do not rush it**. We advise that you complete different parts of the transition pack at different points in the Summer holiday, rather than leaving it all until the final week of your break. **You should expect to spend longer on these tasks than any homework you have completed before**. A Level Psychology will be a significant step up from the work you have completed in Year 11.

**Task One – Approaches in Psychology**

There are some core approaches to Psychology that you need to know for your A level – they are different ways of explaining human behaviours. Some of these are listed below: your job is to do some research on them using the internet (Wikipedia, while sometimes untrustworthy, is very good for this! There are also plenty of great videos on YouTube you can watch). You should find out: what does this word mean? How might it explain human behaviour? Identify one key researcher from this area – and why are they famous?

Simplypsychology.org is another great website to use.

The Behaviourist Approach

The Social Learning Theory Approach

The Cognitive Approach

The Biological Approach

Optional extension: The Psychodynamic Approach & Humanistic Approach

**Task Two – Psychology Today**

Psychology is still a developing subject, with new research and information being revealed every single day. As keen young Psychologists, you need to keep abreast of new information. Twitter is seen by some to be the future of social science – it is used by researchers, academics and other social scientists alike to share news and information as well as discuss issues. I would advise that you create yourselves Twitter accounts as soon as possible and follow the below users for information and news:

**@PsychToday (Psychology Today magazine)**

**@tutor2uPsych (Tutor2U’s Psychology feed)**

**@ResearchDigest (the British Psychological Society’s Research feed)**

**@Psychmag (The Psychologist magazine)**

Your second task is to keep an eye on these Twitter accounts (as well as wider sources – the news and shows on TV, newspapers and others – there are loads of fantastic movies and documentaries that you can watch for Psychology!) over the Summer holidays and make a note of any particularly interesting news that is relevant to Psychology.

Write a very short paragraph on each thing you find interesting.

**Task Three – Researching Psychological Disorders**

Your third task is to explore some psychology in the real world by looking at two of the following disorders. For each, you should create a short factfile: what is the disorder? What are the psychological causes? How do psychologists treat this disorder? Choose two to complete, but if you like you can complete more! The disorders are:

Depression

Obsessive-Compulsive Disorder (OCD)

Dissociative Identity Disorder (DID)

Anorexia Nervosa

Schizophrenia

Agoraphobia

Antisocial Personality Disorder (APD)

Obesity

**Task Four – Researching Coronavirus and Psychology.**

Read some (not all) of the following articles relating to coronavirus and mental health. Your task is to summarise one of these articles. No more than a page of A4. What does the article say about the current pandemic and how does it relate to psychology/mental health?

**Newspaper articles linking the coronavirus to Psychology**

Some new resources to keep you going.

<https://thepsychologist.bps.org.uk/volume-33/april-2020/coronavirus-psychological-perspectives>

This is from the Psychologist and has a huge number of articles to choose from that look at all kinds of aspects of the current crises. Just pick a few that sound like they might be interesting.

<https://www.bbc.com/future/article/20200401-covid-19-how-fear-of-coronavirus-is-changing-our-psychology>

A very interesting read on how the fear of a pandemic changes behaviour in both good and bad ways. Links behaviour back to evolutionary psychology and uses evidence based research to back up his statements.

**Movies/documentaries to watch over the summer:**

**There is a PDF file in the Psychology section for transition work. If you click on a link it should take you to the documentary or somewhere you can find the film. There is plenty to keep you entertained and interested in the subject matter over the summer. Watch a few of your choice to start initiate that curiosity for psychology. (Note that we do not do the ‘relationships’ section of the course).**

**If you have any further questions while you are enjoying your Summer holiday, my email address can be found below ☺**

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