

Welcome to PSYCHOLOGY

WHAT DO WE STUDY AT
A LEVEL PSYCHOLOGY?

COMPONENT 1: PSYCHOLOGY: PAST TO PRESENT

COMPONENT 2: PSYCHOLOGY: INVESTIGATING
BEHAVIOUR.

COMPONENT 3: PSYCHOLOGY: IMPLICATIONS IN
THE REAL WORLD

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Welcome to Psychology! This is an activity pack of things that you can do before you start the course in the autumn term. These tasks are aimed to support you in starting your Psychology A level. It contains one piece of work which needs to be completed and handed in during your first week at the college, the additional tasks are optional but recommended.

We follow the EDUQAS examination board.

In year one, you will study Component 1: Psychology: Past to Present: In this module you will look at five key approaches in psychology: 1) Biological 2) Behaviourist 3) Psychodynamic 4) Cognitive 5) Positive. For each of these approaches you need to know the key assumptions, the therapy, a key research study, a key debate and overall evaluation for the approach. In year one, you will also look at Component 2 and learn about how psychologists carry out their research.

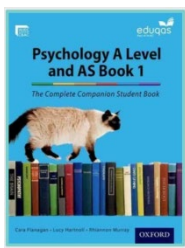
In year two, you will get to carry out your own piece of psychological research. You will also move on to look at Component 3: Implications in the Real World. In this module, you will study in detail the topics of autism, stress and criminal behaviour.

The course will be assessed at the end of the two years with three exams; Paper 1: Psychology Past to Present, Paper 2: Psychology: Investigating Behaviour and Paper 3: Psychology: Implications in the Real World.

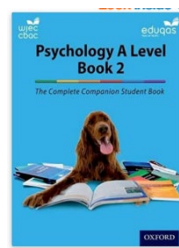
Essential Textbooks – you will need these in lessons.

You will need the following textbook for year 12, “Psychology A Level and AS Book 1: The Complete Companion Student Book for WJEC Eduqas”. Cara Flanagan et al (2015)

you will need the following textbook for year 13, “Psychology A Level Book 2: The Complete Companion Student Book for Eduqas and WJEC”. Cara Flanagan et al (2016)



[Psychology A Level - Book 1 \(Year 12\)](#)



[Psychology A Level - Book 2 \(Year 13\)](#)

TASK ONE:

One of the first things we would encourage you to do before starting in the Autumn term is organise your folder with dividers labelled as below which you can file your class notes in to during the Autumn term.

- 1) Introduction to Psychology
- 2) The Biological Approach
- 3) The Psychodynamic Approach
- 4) The Behaviourist Approach
- 5) The Cognitive Approach
- 6) The Positive Approach
- 7) Research Methods



ADDITIONAL VIDEOS TO WATCH:

One of the things which you could do to boost your general psychological knowledge and understanding is watch some of the below TV programs/clips.

Component 1: General Positive Psychology: “Happy” 2011.

<https://www.youtube.com/watch?v=ISOcLS6U6TU&t=3417s>

Component 1: Positive Psychology: Mindfulness: The Power of Mindfulness.

<https://www.youtube.com/watch?v=leblJdB2-Vo>

Component 3: Schizophrenia: “I am not a monster” Cecelia McGough

https://www.youtube.com/results?search_query=schizophrenia+cecilia+mcgough

Component 1: Netflix, “Babies”: This is great for the primary caregiver debate.

General Psychology: The Mind Explained: Any program on there is great!

General Psychology: Any documentary/program by Derren Brown.

Component 1: “Exploring the mind of a killer”: The biological approach- debate

<https://www.youtube.com/watch?v=u2V0vOFexY4>

Component 3: “How stress affects your body”

<https://www.youtube.com/watch?v=v-t1Z5-oPtU>

Component 1: “The difference between classical and operant conditioning”

<https://www.youtube.com/watch?v=H6LEcM0E0io>

Loftus and Palmer EWT

[How reliable is your memory? | Elizabeth Loftus](#)

The Netflix documentary: The Mind Explained: Mindfulness and carry out your own research to find out as much as you can about mindfulness.

Freudian concept of dream analysis

[Freudian Dream Theory v1.1](#)