

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.

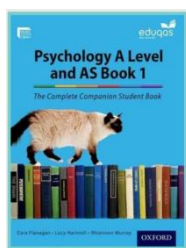
In year two, you will get to carry out your own piece of psychological research. You will also move on to look at Component 3: Implications in the Real World. In this module, you will study in detail the topics of autism, bullying behaviours and criminal behaviour.

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.

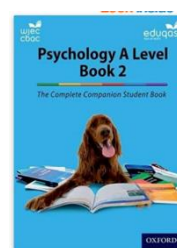
Textbooks

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

TASK TWO: KEY TERMINOLOGY

One of the assumptions of the biological approach is localisation of brain function, this means that the brain has different areas which do different jobs. Can you research where the below parts of the brain are and what they do?

- Hippocampus
- Cerebellum
- Broca's area
- Occipital lobe
- Prefrontal lobe
- Wernicke's area
- Pons
- Claustrum
- Pineal gland
- Amygdala

TASK THREE: MINDFULNESS To be completed and handed in at the start of term in Y12.

In Y12 Psychology we spend time learning about mindfulness, we would like you to do some research on mindfulness and answer this question for us: *Describe the main components of mindfulness.*

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: Positive Psychology: Mindfulness: The Power of Mindfulness.
<https://www.youtube.com/watch?v=IeblJdB2-Vo>

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

Component 1: “The difference between classical and operant conditioning”
<https://www.youtube.com/watch?v=H6LEcM0E0io>