

# 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

Teacher of Psychology: Miss G Hearsey [ghearsey@wigstonmat.org](mailto:ghearsey@wigstonmat.org)

Head of Social Science & Teacher of Psychology: Mrs N Espiner [nespiner@wigstonmat.org](mailto:nespiner@wigstonmat.org)

Welcome to A Level Psychology. This activity pack has been designed to help you prepare for the course before the autumn term begins. It includes two compulsory tasks, which must be completed and submitted during your first week at college. The additional activities are optional, but they are strongly recommended as they will help you build a solid foundation for your studies.

The course follows the EDUQAS specification.

### **Course Structure**

**Year 1:** In your first year, you will study *Component 1: Psychology: Past to Present*. This module introduces five key approaches in psychology:

- Biological
- Behaviourist
- Psychodynamic
- Cognitive
- Positive

For each approach, you will be expected to understand:

- Key assumptions
- Therapy
- A classic research study
- Evaluation of the approach
- A key 'debate'.

You will also study *Component 2: Investigating Behaviour*, which focuses on how psychological research is conducted. This includes research methods, experimental design, and data analysis. At the end of your first year you will apply your knowledge more independently by conducting your own psychological research project.

**Year 2:** You will study *Component 3: Implications in the Real World*, where you will explore applied topics in greater depth, including:

- Autism
- Bullying behaviours
- Criminal behaviour
- Controversies in Psychology

**Assessment:** At the end of the two-year course, you will sit three examinations:

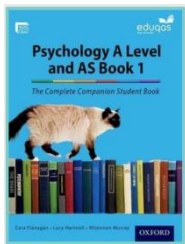
- Paper 1: Psychology: Past to Present

- Paper 2: Psychology: Investigating Behaviour
- Paper 3: Psychology: Implications in the Real World

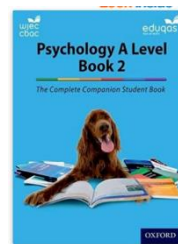
### **Textbooks**

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

The following textbook is the recommended 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 get two lever arch folders – one for Component 1 and one for Component 2. We would recommend that you organise your folders with dividers labelled below which you can file your class notes in to during Y12.

<b>Component 1 folder</b>	<b>Component 2 folder</b>
<ul style="list-style-type: none"> <li>• Introduction to Psychology</li> <li>• Psychodynamic approach</li> <li>• Behaviourist approach</li> <li>• Positive approach</li> <li>• Biological approach</li> <li>• Cognitive approach</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to Psychology</li> <li>• Deciding on a research question</li> <li>• Who are we investigating?</li> <li>• Where do we carry out research?</li> <li>• How do we investigate behaviour?</li> <li>• How do Psychologists report their findings?</li> <li>• Personal investigations</li> </ul>

**TASK TWO: KEY TERMINOLOGY GLOSSARY To be completed and handed in at the start of term in Y12.**

Research methods are an important part of Psychology. They help you understand, analyse, and evaluate studies effectively.

To give you a strong start to Year 12, you need to create a glossary of the terms listed below. For each term, write a clear definition in your own words. If you can, include an example to help show your understanding. This task will help you learn the key language used in psychological research, which is essential for success in the course.

- Controlled observation
- Case study
- Reliability
- Validity
- Opportunity Sample
- Random sample
- Pilot study
- Independent variable
- Dependent variable
- Demand characteristics
- Extraneous variables
- Confounding variables
- Hypothesis
- Control group

Scan the QR code below as a starting point for you to try.

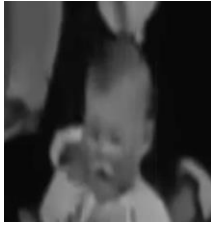


**TASK THREE: ETHICS**

In Year 12 Psychology, ethical guidelines are essential for understanding how research should be conducted responsibly. These guidelines are designed to protect participants and ensure that studies are carried out in a safe and appropriate way. Please research ethics in Psychology and make clear notes on the key principles, the QR code below is a good starting point.



**TASK FOUR To be completed and handed in at the start of term in Y12.**



A key research study you will explore in Year 12 Psychology is the case of *Little Albert*. John B. Watson and Rosalie Rayner investigated how fear can be learned through conditioning. Albert was not initially afraid of a white rat, but after it was repeatedly paired with a loud, frightening noise, he began to fear it. This fear then generalised to similar objects, such as a rabbit and fur. The study demonstrated that emotional responses, like fear, can be learned.

Scan the QR code below and watch the video on Watson and Rayner's study. Once you have watched it, answer the following questions:

1. Psychology gained a lot from the study of Little Albert. What do you think the key contributions of this study were?
2. There were serious concerns raised about what happened to Little Albert. Based on the ethical guidelines you have learned, what ethical issues does this study raise?

