

A Level Psychology Transition Pack 2019



Approaches to Psychology, Glossary and Research Methods

Introduction

You are required to complete the tasks detailed in this handout, and to produce your own topic booklet. Your knowledge and understanding of this work will be assessed during the first week of the A level Psychology course.

1. As with all topics in Psychology you will be required to know names and concepts and to show that you have a good understanding of them. In addition, each of the various Psychological perspectives has its own views on the way that people behave, and the reasons for this.
2. You are required to produce a booklet using a range of resources. Your booklet will contain an introduction to some of the main Approaches in psychology, a full aide memoire of definitions and a complete research project write up. In short, you will complete a very useful reference aid for later on.
3. Attached is a list of tasks to complete.
4. Completed projects will be due for submission in the first lesson of the first week of term. NO EXTENSIONS. You will be assessed on the quality of written communication and comprehension of your chosen topic.
5. Finally - this is a detailed and comprehensive assignment. Don't rush it. Break it down into small management tasks and PLAN how you are going to spend your time over the coming weeks. This will provide you with the opportunity to develop excellent study skills in preparation for your A level studies in September.

Completed properly, they should give you a huge advantage at the beginning of Year 12 in terms of your knowledge and understanding. Don't forget, this will take a lot of pressure away from you when you start Year 12 in September.

TASK 1 - Reading

You will need to start by reading and making notes about the following psychological approaches.

These are

- Cognitive
- Social Learning/ Behaviourist
- Biological
- Psychodynamic

Explain the 2 following behaviours using the 4 approaches above. You may find it helpful to refer back to the example worked in class on the Induction Days.



ANNE

Anne has just had her first baby and feels very depressed and is thinking she may not be a good mother. She cannot understand why she feels like this- the baby was very much wanted and she has a loving and supportive husband. Anne had a very unhappy childhood: she was an only child with a mother who was cold and uncaring. Her father left when she was only 4 years old. He tried to keep in touch with her but her mother did her utmost to prevent him. Anne's best friend has also had a baby, and seems to be coping better than she is.

Use the psychodynamic approach, the biological approach, the learning approach and cognitive approach to explain why feeling depressed and doubting her abilities of being a mother.



LEWIS

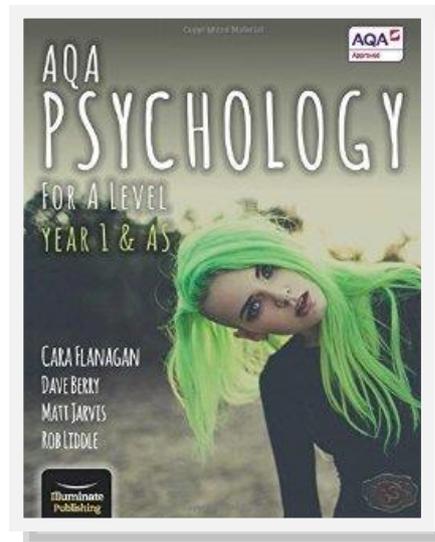
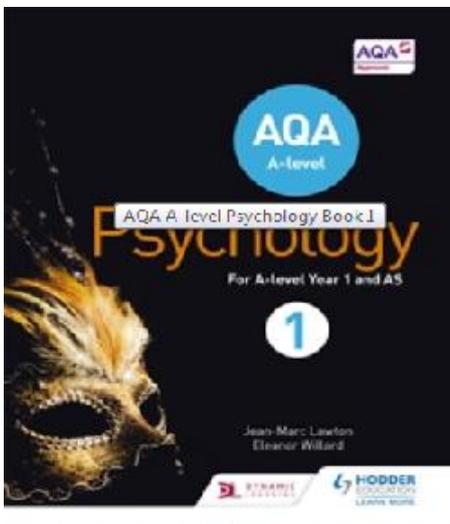
Lewis is 15 years old and regularly 'skives' school with his friends in order to go to a local gym and box. Even though he is quite small in build, his ambition is to be a professional boxer and is now becoming more aggressive as he trains more. Lewis is not interested in any of the usual things that lads his age enjoy- not music, nor computer games, nor girls. He certainly is not interested in gaining qualifications and thinks they are totally pointless. He has never been successful in academic work and recently has been placed in the 'bottom' group in every school subject for which there is a banding system.

Use the psychodynamic approach, the biological approach, the learning approach and cognitive approach to explain why Lewis skives school, why he boxes and why he is not interested in education.

There are a good selection of resources in the school libraries. The textbooks that we shall be using for the course are

"Psychology For A-level Year 1 and AS", 2015, Jean-Marc Lawton, Eleanor Willard, *Hodder Education*

"Psychology For A-level Year 1 and AS", 2015, Cara Flanagan et al, *Illuminate*



There are many useful websites for additional reading and referencing. These are the 2 most popular

<https://simplypsychology.org>

<https://www.tutor2u.net/psychology>

TASK 2 – Knowledge of Key Terms

Complete the Glossary of terms using textbooks and the internet. This simply means writing down a definition of the term given. If you can, give an example (although this is optional). Remember, this is a reference document to be used later, so make it count. Use your initiative!! You need to ensure your definition is in a psychological context.

TERMS

Anxiety	Ecological validity	Phobia
Attachment theories	Ethics	Positive reinforcement
Behaviourism	Ethnocentrism	Psychoanalytic/dynamic theory
Bias	Experiment	Random sampling
Cognitive Psychology	Free-will	Reductionism
Confederate	Hypothesis	Reliability
Conformity	Imitation	Repeated measures
Confounding variable	Independent measures	Retroactive interference
Consent	Independent variable	Sampling
Control group	Innate	Self-report
Correlation	Interview	Self-selected sample
Counterbalancing	Longitudinal study	Social learning theory
Critical period	Mundane Realism	Stimulus
Cross-cultural research	Matched pairs	Stratified sample
Cross-sectional study	Nature	Systematic desensitisation
Debrief	Nurture	Systematic Sampling
Demand characteristics	Observation	Survey
Dependent variable	OCD	Variable
Determinism	Operant conditioning	Validity
Discrimination	Opportunity sampling	Working Memory Model
Disposition	Order effects	

Once you have completed this task you will have your own ready-made psychological dictionary of key terms, and an excellent learning and revision aid.

TASK 3 – Research Methods

As part of the course specification you should develop a knowledge and understanding of practical research skills and mathematical skills. These skills should be developed through study of the specification content and through ethical practical research activities, involving:

- designing research
- conducting research
- analysing and interpreting data

Following on from the Induction day your 3rd task is to design, carry out and write up a practical project to investigate one of the research questions below:

- Do men forget more than women?
- Are the stereotypes of men remembering facts, such as football scores, better than women true?
- Do women remember emotional events better than men?
- Is it easier to remember items that are organised or grouped together?
- Do some people have a better memory for material presented as pictures rather than words?

Your project must collect quantitative data from an independent measures design experiment with 2 conditions. Your written report must include the following headings:

1. Introduction, Aim – what are you investigating?
2. Hypotheses – What differences do you expect to find between the conditions?
3. Sample – Who took part in your data collection?
4. Procedure – How did you carry out your experiment –Step 1, Step 2...?
5. Results – the numbers! What did you find out? Include some graphs!
6. Discussion & Conclusion – what do the results tell you about memory?

You must bring 2 copies of your practical project write-up to the first lesson; one for teacher assessment and the other to use in the first lesson topic.

Good Luck – and have fun!!!