

Summer Transition Task

Introduction to Psychology

This task is designed to start to prepare you for the transition from GCSE to Advanced level study. Please complete these short tasks during the summer holiday and bring this booklet to your first Psychology lesson.

Are we in charge of our own destiny? Are our memories true or just an amalgamation of various experiences and influences? Do we really choose our behaviour or is it predestined through evolution and biology and heredity? Are criminals born or made? Have you ever wondered why we don't all think and behave the same in any given situation? If so then psychology is for you!

Topics we will investigate:

Biopsychology (genes, hormones, CNS), **Memory**, **Social influence** (the influence of our environment and those around us) **Attachment** (how childhood relationships affect adult ones) and **Psychopathology**. We will examine the different **psychological approaches** including Humanism, Psychodynamic (the influence of early childhood experiences and instinctive drives), Behaviourism (the way we learn e.g. copying) and Cognitive (how our minds process information). We will also investigate **Relationships**, **Forensics** and **Schizophrenia**.

Task 1:

Ask your families/friends for their earliest memories and what age they were. Do they remember any prominent stories from the news at the time eg Jamie Bulger, Madeleine McCann. Why do stories like that stick in our memories more than accidents on the motorway?

Ask 6 people and write it up as a memory poster and see if you can find some common themes.



Now, watch the TED talk [Riddle of experience vs memory by Daniel Kahneman](#)

Take a few notes.

- What surprised you?
- What really caught your attention?
- Did the speaker answer their original question?
- Are memories really accurate?

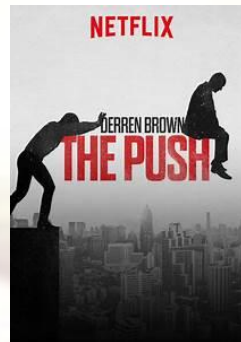
Task 2:

Google The Stanford prison experiment or watch Zimbardo discuss the Psychology of Evil (on Youtube or TED talk)



- If *YOU* were one of the participants, would you rather be a guard or a prisoner?
- How would you react?
- What would *YOU* be prepared to do if you had to?

Follow this up by watching Derren Brown and clips on Youtube etc)



The Push (on Netflix,

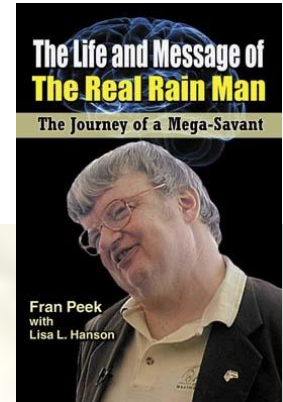
Task 3:

Use any of the suggestions on the next two pages or any film, book, documentary, lecture and try to establish how Psychology might be linked to the content e.g. in explaining why people behave the way they do. You might link your investigation to any of the topics we will be studying over the next two years.

Notes:

For the summer!

You might watch:



Psychology on YouTube:

<https://www.youtube.com/playlist?list=PL8dPuuaLjXtOPRKzVLY0jJY-uHOH9KVU6>

<https://www.youtube.com/channel/UCwW5H3NiEIRtd5-aYD8KYWA>

A TED talk on psychology:

<https://www.ted.com/talks?topics%5B%5D=psychology>

You might listen to:

A range of psychological podcasts at

<https://digest.bps.org.uk/2007/03/11/psychology-podcasts-a-clickable-list/>

BBC Radio 4: All in the Mind at



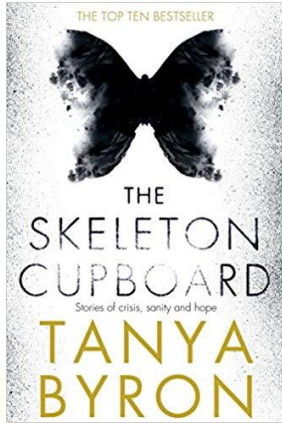
<https://www.bbc.co.uk/programmes/b006qxx9><https://www.bbc.co.uk/programmes/b006qy05>

You could browse:

the British Psychological Society website at <https://www.bps.org.uk/>

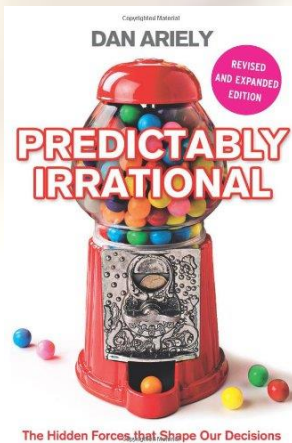
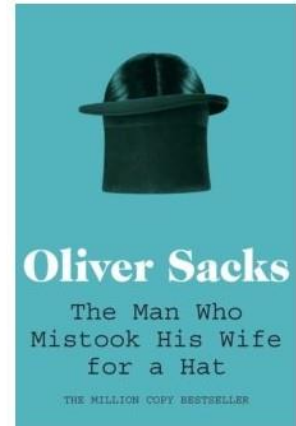
For the summer!

You might read:



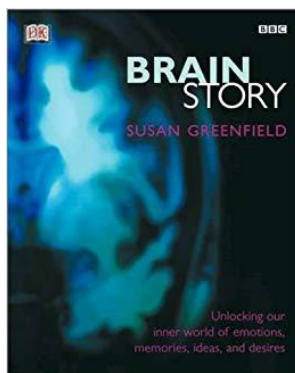
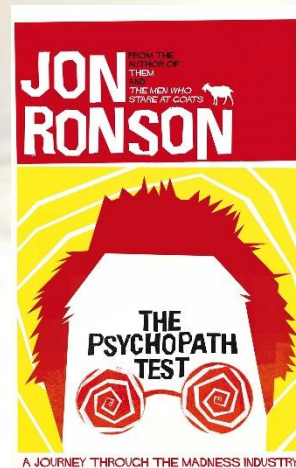
The Skeleton Cupboard by
Tanya Byron

The Man Who Mistook his
Wife for a Hat by Oliver Sacks



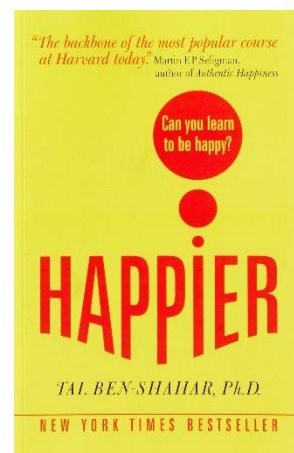
Predictably Irrational: the hidden
forces that shape our decisions by
Dan Ariely

The Psychopath Test by Jon
Ronson



Brain Story by Susan Greenfield

Happier by Tal Ben-Shahar





Remember: Always look at quality newspapers and watch films and documentaries which you feel have Psychological relevance and summarise / analyse from a Psychological perspective. Keep the article with analysis and your summaries from novels, music and film / TV and create an ongoing file which you can share with your peers and staff throughout your A level studies. Consider issues linked to the ways Psychologists examine the science of mind and behaviour.



Shopping list-

The following resources form part of the essential kit for A level

- You will need to purchase a text book: AQA Psychology for A level Y1 and AS Student Book by Cara Flanagan et al. If you are buying new, please get the second edition. We may have some second hand or discounted copies you can purchase from us in September.
- A folder to fit A4 notes in (you may need additional ones throughout the course)
- We will provide you with index dividers to organise your work by teacher, theory and subsections matched to the specification
- A4 pad where you can remove notes / assessments to file or pass to your teachers into folder, Index cards for revision (we will provide a few)
- Pens, Ruler, Calculator, Highlighter
- Other texts and revision guides will be recommended throughout the

- **The skills required of a Psychology student**
- Good attendance to lectures
- Intellectual curiosity and the ability to engage in independent research
- Completion of homework assessments to the best of your ability and in on time
- Analysis of sources of information and methods of data collection
- Evaluation skills, question everything
- The ability to work independently and to be relied upon as part of a team e.g. in the preparation of presentations
- A willingness to contribute to class debate and to listen, question and consider the views of others in a sensitive manner