

## GETTING READY FOR PACK

### A Level Psychology

We are delighted you have chosen to study A level Psychology at Haywards Heath College

WHAT YOU WILL STUDY	
<p><b>Introductory Topics in Psychology</b></p>	<p><b>Memory</b> – how do we remember? How much can we remember? Why do we forget? How reliable are your memories?</p> <p><b>Attachment</b> – why do babies attach to their primary caregiver? How do attachments influence human development? Do animals have similar attachment types? What happens if the mother isn't present?</p> <p><b>Social Influence</b> – why do we conform to social norms? Why do we obey orders? How can a minority group overcome social pressure? Why do some people disobey?</p> <p><b>Psychopathology</b> – what are the symptoms of OCD, Depression, and a phobia? Why do we develop these conditions? How can we treat them?</p>
<p><b>Psychology in Context</b></p>	<p><b>Approaches</b> – how did Psychology start? How does biology influence our behaviour? Do our thoughts have an influence? Can other people change our behaviour? Does the unconscious impact our thoughts?</p> <p><b>Biopsychology</b> – do different parts of the brain have different functions? How does the nervous system work? Can the brain recover after damage? What happens if we stop the two hemispheres from communicating with each other? How can we change our sleep-wake cycle?</p> <p><b>Research Methods</b> – how do we conduct psychological research? How do we be scientific? Where do we get our participants from? How we follow ethical guidelines? How do we analyse our data? How is research useful?</p>
<p><b>Issues and Options in Psychology</b></p>	<p><b>Issues and Debates</b> – How do gender biases influence psychology? Do humans have free will? Which has more influence: nature or nurture?</p> <p><b>Schizophrenia</b> – what are the symptoms of Schizophrenia? Why do people develop schizophrenia? How can we treat it?</p> <p><b>Addiction</b> – what are the risk factors for addiction? Why do people develop nicotine addiction? How do we get addicted to gambling? What are the treatments for these addictions?</p> <p><b>Gender</b> – what is the difference between sex and gender. How does biology influence this? How do we develop our gender? Why do people experience gender dysphoria?</p>

WHAT YOU NEED	
<b>Kit List</b>	No additional kit needed
<b>Course Supplement</b>	Not required
<b>Equipment</b>	You will need a calculator, stationary, notebook. A laptop or similar device is preferred, but if you do not own one these can be borrowed from the library
<b>Essential Textbooks</b>	<a href="https://www.amazon.co.uk/dp/9781912820429">AQA Psychology for A Level Year 1 &amp; AS Student Book: 2nd Edition: Amazon.co.uk: Flanagan, Cara, Jarvis, Matt, Liddle, Rob: 9781912820429: Books</a>

ENRICHMENT	
<b>Trips</b>	Trips to be confirmed
<b>Guest Speakers</b>	Sophie Brennan – Mental Health Support Worker. Other speakers to be confirmed
<b>Events</b>	To be confirmed

RECOMMENDED READING/WATCH LIST	
The below films can be watched when you study these units. When watching, see if you can spot the theories we have learnt, or apply your knowledge to what is happening in the film.	
<b>The Experimenter (12)</b>  Links to the Social Influence unit	Based on the true story of Stanley Milgram's academic investigations on obedience to authority at Yale University during the 1960s. Shows simulated and archived footage of his original experiment as detailed on the specification as well as other investigations such as the lost-letter experiment
<b>A Beautiful Mind (PG)</b>  Links to the Schizophrenia unit	The film follows the life of John Forbes Nash, a maths genius, who suffers from a severe mental illness, the symptoms of which are consistent with schizophrenia. As the story progresses, the difficulties of coping are portrayed alongside the importance of having social support in dealing with the disorder
<b>50 First Dates (PG)</b>  Links to the Memory unit	This film follows Drew Barrymore's character as she suffers with short-term memory loss following a car accident. Her family go to elaborate levels to help her avoid the grave reality of her condition and collude in her belief that time has stopped and re-started over and again every 24 hours. Towards the end of the film there is a glimmer of hope that she is, in fact, able to encode new memories and fall in love with Adam Sandler's character
<b>Dangerous Mind (15)</b>  Links to the Approaches unit	Based in Vienna and a Zurich psychiatric hospital, this film follows Keira Knightley's character, Sabina, as she undergoes treatment from Dr Carl Jung who is using Sigmund Freud's cure of talking therapy to treat patients with 'hysteria'. Sabina is successfully cured using psychoanalysis and goes on to lead a fulfilling life with Jung himself

**SUMMER WORKING TASK INFORMATION**

**Completion Date: First Lesson Week Commencing 9/9/24**

This pack will help you make the best possible start to studying this subject. The tasks in this pack should take you about 4-6 hours to complete.

The tasks are designed to get a bit more difficult as you work through them as they are preparing you for studying at a higher level and to become an effective independent learner. You should try to get as far as you can working on your own but if you do need help, please email us at [info@haywardsheath.ac.uk](mailto:info@haywardsheath.ac.uk) telling us which Getting Ready For pack you are working on and what help you need. Help is available throughout the summer holidays.

**SUMMER WORKING TASK**

<b>Skills Focus</b>	<ul style="list-style-type: none"> <li>• Understanding psychological concepts and ideas</li> <li>• Expressing understanding in written form</li> <li>• Applying learning to real life situations</li> <li>• Mathematical skills</li> </ul>
<b>Task 1</b>	<p>For each of the following, <b>watch the video</b> and <b>write a short paragraph</b> which summarises what you have learned from it.</p> <p><b>Trigger warnings for the videos: sexual assault, abuse, violence, scary music, war, torture</b></p> <p>If any of this affects you then I do not expect you to complete this task, instead please do the extension task</p> <ol style="list-style-type: none"> <li>1. Loftus: Eye witness testimony: <a href="https://www.youtube.com/watch?v=PB2Oegl6wvl">https://www.youtube.com/watch?v=PB2Oegl6wvl</a></li> <li>2. Zimbardo – the Lucifer effect: <a href="https://www.youtube.com/watch?v=OsFEV35tWsg">https://www.youtube.com/watch?v=OsFEV35tWsg</a></li> <li>3. Blue Eyed-Brown Eye study (you only need to watch the first 20 minutes): <a href="https://www.pbs.org/video/frontline-class-divided/">https://www.pbs.org/video/frontline-class-divided/</a></li> <li>4. The Psychopath Test: <a href="https://www.youtube.com/watch?v=xYemnKEKx0c">https://www.youtube.com/watch?v=xYemnKEKx0c</a></li> </ol>
<b>Task 2</b>	<p>For each of the above, try to apply what you have learned to everyday life by describing ways that this understanding could be used in real life. There are usually examples of these in the videos, so use these, but try to develop your own ideas too.</p>
<b>Task 3</b>	<p>Make sure that you can use the following Maths functions. Find (www or textbook) a short exercise on each to show you can carry out each function. These should be handed in. For the symbols write out what they mean.</p> <ul style="list-style-type: none"> <li>• Calculate the mean, median and mode</li> <li>• Recognise and use expressions in decimal and standard form</li> <li>• Use ratios, fractions and percentages</li> <li>• Draw a pie chart, bar chart and a histogram</li> <li>• Understand and use the symbols: =, &lt;, &gt;, <math>\alpha</math>, <math>\sim</math></li> </ul> <p>GCSE Bitesize can help if you need it: <a href="https://www.bbc.com/bitesize/subjects/z38pycw">https://www.bbc.com/bitesize/subjects/z38pycw</a></p>
<b>Extension Task</b>	<p>Look at the BPS Digest: <a href="https://digest.bps.org.uk/">https://digest.bps.org.uk/</a> and find another study you find interesting, and write a summary of it for another student.</p>