

GETTING READY FOR PACK

BTEC Applied Psychology

We are delighted you have chosen to study BTEC Applied Psychology at Haywards Heath College

WHAT YOU WILL STUDY	
Unit One: Psychological Approaches and Applications	In this unit you will understand and apply knowledge of the four key assumptions and key concepts as they are used to explain aspects of human behaviour. You will then understand and apply knowledge of psychological approaches, assumptions and concepts by applying them to contemporary issues in society. This unit is assessed with an exam in January 2026
Unit Two: Conducting Psychological Research	In this coursework unit, you will understand research methods and their importance in psychology. Then you will plan your own psychological experiment using various research methods. Finally, you will conduct this experiment and write it up as a research report. This report will consider the strengths and weaknesses of your experiment.
Unit Three: Health Psychology	Here, you will understand how health is defined and explore psychological approaches to health and suggest how these could be applied to different scenarios. Then you will explore theories of stress, behavioural addiction and physiological addiction, and apply these theories to different scenarios. There will be a focus on stress, specifically the causes and responses to stress, making judgments on the relative importance and effectiveness of these. The same will be done with addiction. Finally, you will look at how we can change behaviour. This unit is assessed with an exam in January 2026
Unit Four: Criminal and Forensic Psychology	In this coursework unit you will understand the key concepts of theories and research used to explain a variety of types of criminal behaviour. You will then investigate punishment strategies and behaviour modification of criminal behaviour. Finally, you will apply different methods to create an offender profile.

WHAT YOU NEED	
Kit List	No additional kit needed
Course Supplement	Not required
Equipment	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
Essential Textbooks	Pearson BTEC National Applied Psychology: Book 1 Revised Edition: Amazon.co.uk: Flanagan, Cara, Walsh, Mark, Liddle, Rob: 9781913963385: Books

ENRICHMENT	
Trips	Trips to be confirmed
Guest Speakers	Sophie Brennan – Mental Health Support Worker. Other speakers to be confirmed
Events	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.	
The Experimenter (12) Links to the Unit One	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
Project Nim (12) Links to Unit One	Based on the story of Nim, the chimpanzee who in the 1970s became the focus of a landmark experiment which aimed to show that an ape could learn to communicate with language if raised and nurtured like a human child. Following Nim's extraordinary journey through human society, and the enduring impact he makes on the people he meets along the way, the film is an unflinching and unsentimental biography of an animal we tried to make human.
Mindhunter (18) Links to Unit Four	Based on the true story of the FBI in the 1950s. Catching a criminal often requires the authorities to get inside the villain's mind to figure out how he thinks. That's the job of FBI agents Holden Ford and Bill Tench. They attempt to understand and catch serial killers by studying their damaged psyches. Along the way, the agents pioneer the development of modern serial-killer profiling.
Three Identical Strangers (12) Links to Units One and Two	This documentary recounts a tragically true story. New York, 1980: three complete strangers accidentally discover that they are identical triplets, separated at birth. The 19-year-olds' joyous reunion catapults them to international fame, but it also unlocks an extraordinary and disturbing secret that goes beyond their own lives - and could transform our understanding of human nature forever.

SUMMER WORKING TASK INFORMATION

Completion Date: First Lesson Week Commencing 8/9/25

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 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

Skills Focus	• Understanding psychological concepts and ideas • Expressing understanding in written form • Applying learning to real life situations • Mathematical skills
Task 1	For each of the following, watch the video and write a short paragraph which summarises what you have learned from it. Trigger warnings for the videos: sexual assault, abuse, violence, scary music, war, torture If any of this affects you then I do not expect you to complete this task, instead please do the extension task. 1. Loftus: Eye witness testimony: https://www.youtube.com/watch?v=PB2Oegl6wvI 2. Zimbardo – the Lucifer effect: https://www.youtube.com/watch?v=OsFEV35tWsg 3. Blue Eyed-Brown Eye study (you only need to watch the first 20 minutes): https://www.pbs.org/video/frontline-class-divided/ 4. The Psychopath Test: https://www.youtube.com/watch?v=xYemnKEKx0c
Task 2	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.
Task 3	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. • Calculate the mean, median and mode • Recognise and use expressions in decimal and standard form • Use ratios, fractions and percentages • Draw a pie chart, bar chart and a histogram • Understand and use the symbols: =, <, >, α, ~ GCSE Bitesize can help if you need it: https://www.bbc.com/bitesize/subjects/z38pycw
Extension Task	Look at the BPS Digest: https://digest.bps.org.uk/ and find another study you find interesting, and write a summary of it for another student.