



huish **HEADSTART**



Preparing for A-level Psychology



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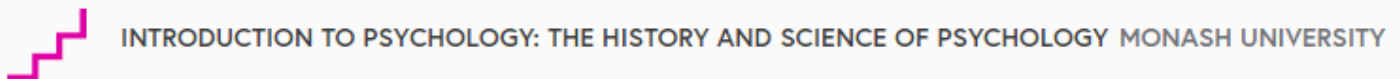
Firstly Welcome to Psychology! If you would like to view our welcome session please visit our **HuishPsych** YouTube by following this link: https://youtu.be/CsV_00h5hAo

We have put together a few activities to help give you a flavour of the subject, support your introduction of the course and hopefully inspire you to study A-level Psychology.

We have put together the following suggestions for you:

Page	ACTIVITY
2	Recommended Online Course <i>This is a free online course ran at various times by Future Learn on the Introduction to Psychology: The History & Science of Psychology.</i>
3	Research Task on the History and Key Figures in Psychology * <i>This is your summer homework, please bring this with you on your first Psychology session and hand in to your teacher.</i>
4	Careers in Psychology – Where studying Psychology can take you. <i>This is an activity for you to explore the various careers in Psychology as well as your journey into a Psychology career or a related field.</i>
5	Psychology Study Skills <i>A range of weekly activities to help you develop essential skills required for studying A-level Psychology</i>
9	Psychology Media Project <i>A short media project where you access any form of Psychology media and write a short report on what you have learned.</i>

*The summer homework is a mandatory task for progression onto the Psychology A-level.



Online Future Learn course on the Introduction to Psychology: The History & Science of Psychology

Accessible here: <https://www.futurelearn.com/courses/history-science-psychology>

In this course, you'll explore the 'History and Science of Psychology'. You'll learn about its origins starting with the break away from philosophy, through to the early schools of thought and then its emergence as the well regarded scientific discipline that we know today. You'll also learn about some of the early pioneers and key individuals who shaped the discipline along the way. This is an online course by FutureLearn so you will need to sign up, the course is free and has several starting points. You can work at your own pace once you've enrolled.

TASK 1: PSYCHOLOGY SUMMER HOMEWORK



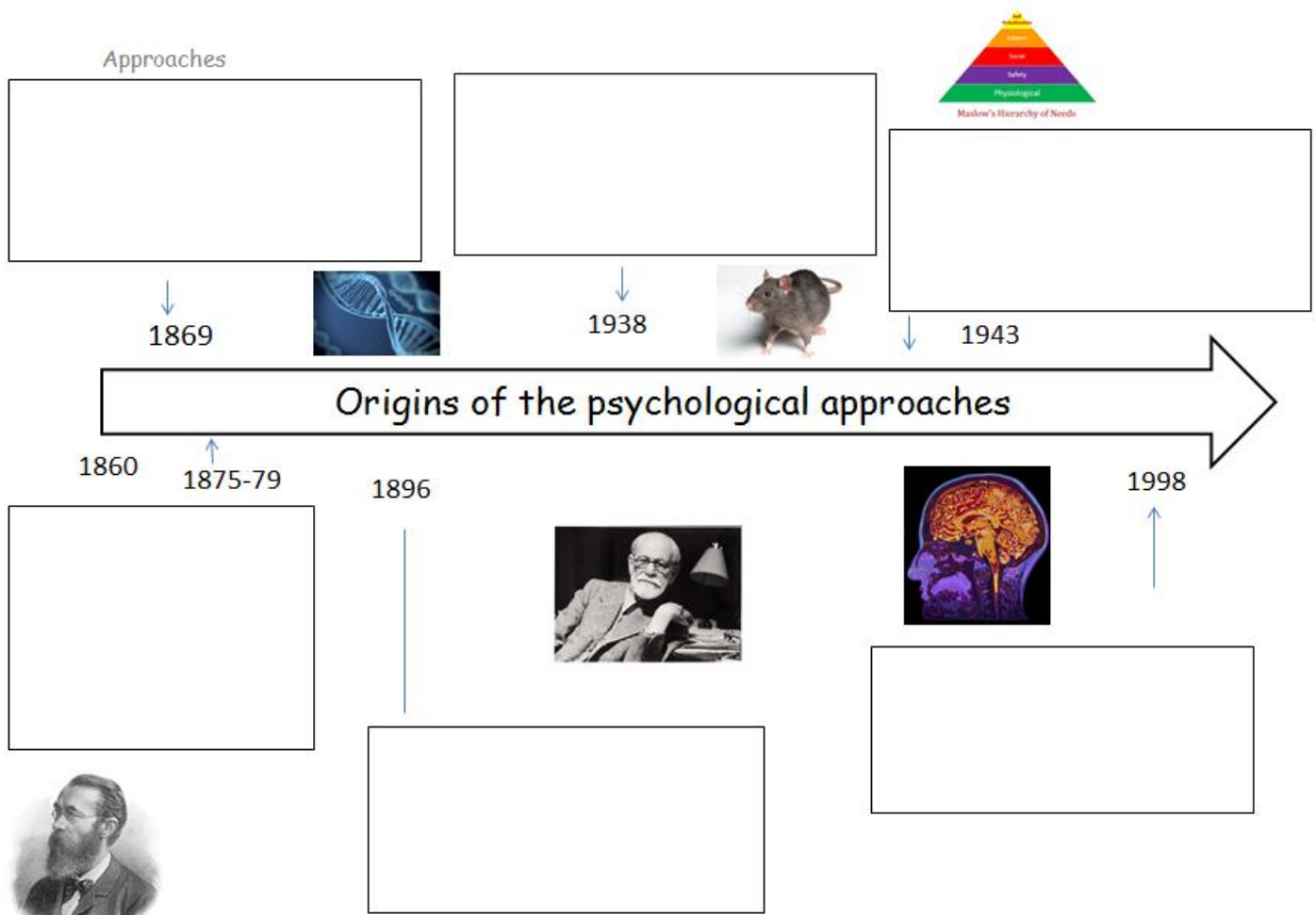
The British Psychological Society
Promoting excellence in psychology

Origins

The evolution and impact of psychological science
Brought to you by the BPS History of Psychology Centre

Psychology, the study of the human mind and behaviour, has a long history. Rooted in philosophy and science, the history of psychology encompasses many discoveries and theories that have helped shape our understanding of human behaviour. The effects of some of these psychological discoveries have an impact on our everyday lives, sometimes in surprising ways. Psychology has evolved in many ways over the last 150 years and continues to evolve today.

1. Go to: <http://origins.bps.org.uk/> and use the interactive timeline to explore the origins of Psychology.
2. Create a timeline of key events either using the example below or in another format.



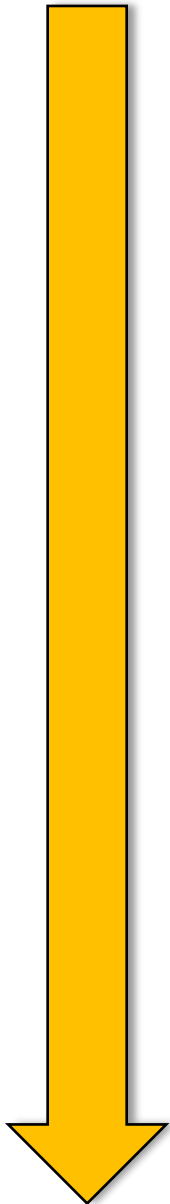
3. Psychology has been founded by central figures who have contributed and influenced the discipline of Psychology. Research the following people and record their contributions:

Wilhelm Wundt	BF Skinner	Albert Bandura	Sigmund Freud
Philip Zimbardo	Stanley Milgram	Abraham Maslow	John Bowlby

4. From your research select the figure you are most interested in and create an A4 poster outlining their contribution and influence on Psychology and any other interesting facts and quotes. We will discuss these figures in our first lessons and display your posters in the classroom.

Considering pursuing a career in psychology? Well you're not the only one. As a matter of fact over 750,000 people in the UK currently work in an area which involves psychology as part of their role.

**YOUR
JOURNEY INTO
PSYCHOLOGY**



A-LEVEL PSYCHOLOGY

Studying Psychology at A-level offers an engaging and effective introduction to Psychology. You will learn the fundamentals of the subject and develop skills valued by Higher Education (HE) and employers, including critical analysis, independent thinking and research.

DEGREE IN PSYCHOLOGY

Completing an accredited degree course is one of the best ways to take your psychological education to a new level. Not only is it a great first step towards becoming a psychologist, but research has shown that psychology graduates are highly regarded by employers in many different industries, due to the transferable nature of the skills which they acquire during their degree. Degrees in psychology can be taken as a single, joint or combined honours course and many degrees allow students to select their own modules in addition to core content, and all will include some form of independent project and practical work.

POST-GRADUATE STUDY

Around 25% of Psychology graduates go on to undertake further study. Typically postgraduate study will take around 3 years to complete, and will involve a combination of both academic and practical work. The exact nature of the training you will need to complete will depend on the field of psychology you want to work in.

CAREER IN PSYCHOLOGY

Studying psychology will give you lots of options for your career, especially if you are interested in working with people or in areas that need good problem solving skills. According to research by the Higher Education Careers Services Unit (November 2010) Psychology graduates are highly regarded by employers. Psychologists work in a number of diverse roles including Health and clinical settings, sports and exercise, forensics, education & research, counselling, neuro and occupational settings. The exact role may require specific training and education

RELATED ROLES AND CAREERS

Only about 20 per cent of psychology graduates end up working as professional psychologists. However, this does not mean that psychology graduates do not use the skills they have learnt. They are well placed for careers and further training in many fields and often go on to work in disciplines such as: Health and social care, marketing and PR, management and human resources, education, and public sector work

1. Go to <https://careers.bps.org.uk/> and use the interactive area to explore different careers in Psychology.

Health	Clinical	Education
Academia & Research	Occupational	Counselling
Neuro	Sports & Exercise	Forensics

2. Take this fun quiz <https://www.verywellmind.com/which-psychology-career-is-right-for-you-3571888> to see which career in Psychology best aligns with your personality *not actual careers advice!

TASK 3: PSYCHOLOGY STUDY SKILLS

Psychology will be a new subject for almost all of you, this may bring with it some new challenges with regards to content and skills but we are here to support you during the induction into your course. Below are some short activities that you can participate in, each designed to develop essential skills required for the study of Psychology.

SKILL	TASK
Reflecting	<p>One of the most important skills we can develop to make constant progress is the skill of reflecting. It might seem like an obvious thing to do but we don't always take the time to actually reflect on what we have done to figure out how to improve in the future. I would like you to reflect on your favourite subject at school, the skills you have developed and things you could still work on.</p> <p>Answer the following questions honestly:</p> <ol style="list-style-type: none"> 1. Overall, how much do you think you have achieved through your study of your favourite subject? 2. List three things you accomplished over your time studying the subject. 3. Which skills have you developed throughout your study of the subject? 4. Which three things could you still make improvements on? 5. What have you enjoyed most and least about your study of the subject? 6. Is there anything you wish you had done throughout your studies to help you progress that you didn't do at the time? 7. List three ways your study of your favourite subject can continue to help you in the future even if you don't plan to carry on studying the subject.
Research	<p>Researching is one of the most important skills you will need at college regardless of which subject you go on to study. I would like you to complete a task which will help you to develop your research skills further.</p> <p>I would like you to spend 30 minutes researching a topic of interest in Psychology, if you would like some ideas here are some below:</p> <ul style="list-style-type: none"> • Why are people prejudiced/why do they discriminate? Is there a psychological basis to it? • Is there a psychological explanation for why some people make better leaders than others? • What is Carl Jung's theory of archetypes? Do you agree with his theory after researching it? • How do sport psychologists improve performance of sportspeople and improve their mindset? • Which areas of the brain have been most recently discovered? What do they do? Does the discovery of these areas change what we already know about human behaviour? <p>I would like you to make notes on what you find throughout your research (<i>you might want to look ahead to note taking to help you with this.</i>)</p>

<p>Reading</p>	<p>Reading is another key skill you will use throughout college, but it won't always be books. Academic articles are frequently used for essays and report writing. I would like you to access a full article on a topic that interests you, some articles required paid access but many are free. Try using Google scholar and using 'pdf' in the search bar as this often brings up full versions of the article.</p> <p>With the article you choose I would like you to do two things:</p> <ol style="list-style-type: none"> 1. Summarise the aim, hypothesis, method, results and conclusion of the research that was carried out. 2. Explain what the abstract, introduction, methods, results and discussion sections are used for in an article. <p>Articles are generally written for an academic audience, so persevere, it doesn't matter if you don't quite understand the content yet, the skill is understanding how the report is structured.</p>
<p>Note Taking</p>	<p>Students often struggle writing notes, the Cornell method is one way of making your notes more effective, especially for when you look back over them. Watch the following video on how to do Cornell note taking:</p> <p>https://www.youtube.com/watch?reload=9&v=ErSjc1PEGKE</p> <p>Now I would like you to choose a video from the Crash Course Psychology channel on YouTube (perfect because the host speaks so quickly!) and practice taking some notes Cornell style! This is only one suggestion of how to improve note taking, if this isn't something that will work for you have a look at the following guide for general hints and tips for improving note-taking:</p> <p>https://www.educationcorner.com/note-taking.html</p>
<p>Mindfulness</p>	<p>Mindfulness has become extremely popular at the moment. It is the practice of focusing on what we are experiencing at the present rather than focusing on the past and future; because of this it is perfect for reducing stress and anxiety and is something which may help you throughout life, not just at college!</p> <p>There are lots of ways of being 'mindful' some like to do mindful colouring or drawing, some people like to meditate, do breathing exercises or mindfully explore music (this means listening to and paying attention to every little aspect of a song).</p> <p>I would like you to spend 30 minutes today practicing some mindfulness. Now, everyone will do this in their own way, but I have linked some helpful resources below. Remember the key is to be in the present moment, let any other stresses or worries fade away while you are completing your activities!</p>

	<p>https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/</p> <p>https://www.betweensessions.com/wp-content/uploads/2014/02/mindfulness-coloring-book-4_25-16.pdf</p> <p>https://www.youtube.com/watch?v=sG7DBA-mgFY</p>
<p>Critical Thinking</p>	<p>Critical thinking is the ability to analyse facts to form your own judgement on a situation – again, not just a skill that is crucial for college but for life in general. Critical thinking is a skill that we can work on and develop like any other. Critical thinking is important for creativity, problem solving, independence and so many other things. Psychologist Lawrence Kohlberg proposed the following problem:</p> <p><i>“A woman was near death from a special kind of cancer. There was one drug that the doctors thought might save her. It was a form of radium that a druggist in the same town had recently discovered. The drug was expensive to make, but the druggist was charging ten times what the drug cost him to produce. He paid \$200 for the radium and charged \$2,000 for a small dose of the drug. The sick woman's husband, Heinz, went to everyone he knew to borrow the money, but he could only get together about \$1,000 which is half of what it cost. He told the druggist that his wife was dying and asked him to sell it cheaper or let him pay later. But the druggist said: “No, I discovered the drug and I'm going to make money from it.” So Heinz got desperate and broke into the man's laboratory to steal the drug for his wife. Should Heinz have broken into the laboratory to steal the drug for his wife? Why or why not?”</i></p> <p>I would like you to use your critical thinking skills to analyse the problem above. Analyse all of the facts and make a judgement about what Heinz did/should have done. You must justify your view. Check out this free workbook for other fun activities to complete to improve your critical thinking!</p> <p>https://www.schrockguide.net/uploads/3/9/2/2/392267/critical-thinking-workbook.pdf</p>
<p>Evaluation</p>	<p>Evaluation is an essential skill in A-level Psychology, it carries the most marks in extended questions and is a significant skill that you will develop on the A-level. We use the PEEL paragraph structure, sometimes referred to a ‘Burger Paragraphs’.</p> <p>Have a look at this resource by Tutor 2 U on how to write a Burger Paragraph: https://s3-eu-west-1.amazonaws.com/tutor2u-media/subjects/psychology/Misc/07-AO3-Burger.pdf?mtime=20160906102434</p> <p>You could have a go yourself using one of the key figures you researched for your summer homework. For example your point could be ‘A strength of is their significant contribution to the field of Psychology....’</p>

TASK 4: PSYCHOLOGY MEDIA

Psychology is a diverse and fascinating subject, it is no surprise that there is a wealth of media covering a range of different topics. Below are several links to TED talks and documentaries that are relevant to the A-level Course but there are also several films, books and podcasts.

1. Access any form of appropriate Psychology media, write an A4 summary poster on what you have learned about any aspect of Psychology from the talk, documentary, film or book. We will discuss what you have found in your first few lessons.

TED TALKS		MEDIA LINKS
General Psychology	Psychology myths debunked A brain in a supercomputer Your brain hallucinates your conscious reality How language shapes the way we think	Netflix: 100 Humans Netflix: The Creative Brain Infinite Monkey Cage Podcasts Derren Brown Happier with Gretchen Rubin Podcasts Speaking of Psychology Podcasts Waking Up Podcasts
Biopsychology	Re-engineering the brain The science of stage fright What we're learning from 5000 brains Sleep is your superpower Left brain vs. right brain myth	Body clock: What makes us tick? The brain - A secret history - part 1 The brain - A secret history - part 2 The brain - A secret history - part 3 Living with half a brain
Memory	Feats of memory anyone can do How your brains executive function works How reliable is your memory? Why eyewitnesses get it wrong The riddle of experience vs. memory	OU on the BBC: Eyewitness Netflix - The mind, explained
Psychopathology	What's so funny about mental illness? How risk-taking changes a teenager's brain What is depression? This could be why you're depressed or anxious Debunking the myths of OCD	Stacey Dooley - On the Psych Ward Horizon - OCD: A monster in my mind All in the mind podcasts
Research Methods	Soon we'll cure diseases with a cell, not a pill Big data is better data	Three identical strangers
Social Influence	Should you trust unanimous decisions? Zimbardo - The psychology of evil My daughter, Malala Online social change: easy to organise, hard to win	

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