




PRESDALES SCHOOL

Achievement for all



Psychology Bridging work

As you know, before you start your A-Levels in September, you are expected to complete this booklet which is approximately 15 hours of study. It can either be completed electronically or by hand on paper - there is no need to print it. You will however need access to a number of online videos. The work has been divided into activities that will give you a flavour for the skills and the content that you need in Psychology. We hope it gives you a taste for all the excitement and interesting topics to come in your Psychology A-Level!

	Activity	Resources
1	<p>Introduction to Psychology</p> <p>Activity one: Watch the TED talk and choose 3 myths to describe and explain how they have been debunked</p> <p>Activity two: Research the following careers in psychology and then summarise each one in 150 of your own words</p> <ol style="list-style-type: none"> 1) Clinical psychologist 2) Forensic psychologist 3) Health psychologist 	<p>9 myths about Psychology, debunked (14 mins): https://www.ted.com/talks/ben_ambridge_10_myths_about_psychology_debunked/transcript?language=en</p> <p>Websites for research:</p> <p>https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles/clinical-psychologist</p> <p>https://www.prospects.ac.uk/job-profiles/clinical-psychologist</p> <p>https://www.careerexplorer.com/careers/forensic-psychologist/</p> <p>https://careers.bps.org.uk/area/health</p> <p>https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles/health-psychologist</p>

2

Ethics

What are ethics and why do we study them in

Psychology?: In Britain, ethical guidelines for **research** are published by the British Psychological Society (BPS). The purpose of these codes of conduct is to protect the participants of the research, the reputation of psychology and psychologists themselves.

In Psychology you will learn about six different ethical guidelines. These are things that Psychologists should follow when conducting studies.

The six guidelines are as follows:

1. Protection From Harm
2. Right to Withdraw
3. Confidentiality
4. Informed Consent
5. Debriefing
6. Deception

Activity one: Watch the following video to gain a brief understanding of why ethics are important. There are other resources too. Draw a table defining the 6 ethical guidelines.

Activity two: Ethics Committee Activity

Activity three: A word document containing a study has been attached. Although some ethical guidelines were adhered to, the study unfortunately has violated other ethical guidelines. Your task is to identify which guidelines were followed and which were violated. You must make reference to the study in your answers explaining how and why.

Introductory video:

https://www.youtube.com/watch?v=kpZHkr9_8Gc




Activity one:

https://www.youtube.com/watch?v=kpZHkr9_8Gc
<https://www.simplypsychology.org/Ethics.html>
<https://www.tutor2u.net/psychology/reference/ethics-and-psychology>
<https://www.psychologywizard.net/ethics-ao1-ao2-ao3.html>

Activity two: [Ethics Committee Activity](#)

Activity three:
[Study for activity three](#)

3	<p>Psychology timeline In year 1, we look at four different schools of psychology. Behaviour is explained differently by psychologists from each approach. For example - are you born with a personality or are personalities a product of our environment?</p> <p>Social Approach Cognitive Approach Biological Approach Learning Theories/Behaviour Approach</p> <p>Activity One: for each of the different approaches answer the following questions:</p> <ol style="list-style-type: none"> 1. When did the approach come about? 2. Who was the founder of the approach? 3. What are the key beliefs of the approach in regards to explaining human behaviour? <p>Activity Two: Click on the link, you will find different scenarios explaining the same behaviour. For each scenario you must identify which approach it belongs too. You must justify your answer.</p> <p>Activity Three: Now that you have knowledge of the different approaches. Which type of psychologist do you think you would be, explain your choice? Write 150 words.</p>	<p>Activity one: http://mrmcnabb.weebly.com/5-major-perspectives-in-psychology.html</p> <p>https://www.simplypsychology.org/a-level-approaches.html</p> <p>Activity two: Explaining different behaviours</p>
4	<p>Research methods</p> <p>Activity one: In Psychology, you will study a variety of research methods. Create a mind map of all the research methods (experiment, case study, correlation, interviews, questionnaires, observations, content analysis and peer review) and briefly explain what they are.</p> <p>Activity two: An observation (non-participant and covert) : aggressive and non aggressive behaviour in children. Complete the task HERE</p> <p>Once you have finished this, on the reverse side of your mind map, complete an evaluation for observations as a research method. This will be a skill you need to perfect during your course.</p>	<p>List of research methods used in Psychology: https://www.simplypsychology.org/research-methods.html</p> <p>Evaluation of observations as a research method: https://www.simplypsychology.org/observation.html</p>

5	<p>Mathematical content</p> <p>In Psychology, you will study a variety of ways to measure and analyse data using measures of central tendency and inferential statistics. You will also need to complete graphs and interpret tables and charts.</p> <p>Activity one: What is the difference between measures of central tendency and inferential statistics? Write a paragraph</p> <p>Activity two: Please complete the stats booklet</p>	<p>Link to stats booklet: HERE</p>
6	<p>Dr Zimbardo's Stanford Prison Experiment - Watch the documentary and answer the following questions</p> <p><u>Questions:</u></p> <ol style="list-style-type: none"> 1. Was his study ethical? Why / why not? Use your knowledge from your task in Activity number 2 to answer this question 2. What police procedures are used during arrests, and how do these procedures lead people to feel confused, fearful, and dehumanised? 3. If you were a guard, what type of guard would you have become? How sure are you? 4. If you were a prisoner, would you have been able to endure the experience? What would you have done differently than those subjects did? If you were imprisoned in a "real" prison for five years or more, could you take it? <p>Watch 'The Psychology of Evil' and answer the following questions</p> <ol style="list-style-type: none"> 1. According to Dr. Philip Zimbardo, why do good people commit evil acts? 2. Do you think that personality factors or situational factors best explain people's behaviour? Explain your answer 	<p>Stanford prison experiment (50 mins): https://www.youtube.com/watch?v=yUZpB57PfHs</p> <p>The Psychology of Evil: https://www.youtube.com/watch?v=OsFEV35tWsg</p> 
7	<p>Dr Money - read the article and answer the following questions</p> <p><u>Questions:</u></p>	<p>Dr Money article: https://beinglibertarian.com/gender-reality-strange-case-david-reimer/</p> <p>Nature vs Nurture debate: https://www.verywellmind.com/what-is-nature-versus-nurture-2795392</p>

1. Was his study ethical? Why / why not? Use your knowledge from your task in Activity number 2 to answer this question

2. In the experiment, there is a clear link to the Nature vs Nurture debate. Read about this debate on the given link:

- a) produce an A4 information sheet about the two sides of the debate
- b) divide your page into two columns (nature and nurture) and write down examples from the study



8 Mental Health and diagnosis

In Psychology, predominantly second year, we will be focusing on mental health, explanations for certain disorders, how people with mental health disorders are diagnosed and much more.

Activity one:

Define the key features of the **mental health act 1983**. Watch the documentary following the lives of patients and nurses in a psychiatric ward and answer the below questions:

- 1. Is the look of the psychiatric ward what you expected, please explain your answer?
- 2. What is so unique about the patients in ward two?
- 3. Do you feel that the restrictions put into place for Rachel (section three) are justified, or do you think they are a breach of her rights?
- 4. What do you think of the treatment of the patients, is there anything you would do differently?

Activity two: We will be focussing on Schizophrenia and Depression. Watch the documentaries and answer the following questions:

Schizophrenia:

- 1. What is the onset of Schizophrenia?
- 2. What are some of the symptoms?
- 3. What are some of the treatments available?

Depression:

- 1. When can Depression occur?
- 2. What are some of the symptoms?
- 3. What are some of the treatments available?

Activity three: How do we diagnose mental health? We use lots of different tools to diagnose mental health:

Activity One:

<https://www.bbc.co.uk/iplayer/episode/p082bxzn/s-tacey-dooley-on-the-psych-ward>

Activity Two:

<https://www.youtube.com/watch?v=MN3BpNT8xqc>
<https://www.youtube.com/watch?v=HK9QAbS822M>



Activity two: Schizophrenia

<https://www.youtube.com/watch?v=MN3BpNT8xqc>

Activity three: Depression

<https://www.youtube.com/watch?v=HK9QAbS822M>

<p>Complete research on the following questions and note the resources you use:</p> <p>- Are the resources you have used credible?</p> <ol style="list-style-type: none"> 1. Who can diagnose somebody with a mental health disorder? 2. What is the Diagnostic and Statistical Manual of Mental Disorders (DSM)? 3. What is the International classification of diseases (ICD)? 	
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We have also included a Psychology reading list and a list of recommended Psychology films which you may choose to explore over the next few months.

Psychology reading list

Books

- **Introducing Psychology: A Graphic Guide to Your Mind and Behaviour by Nigel Benson**
- **Mindwatching: Why We Behave the Way We Do by H.J. Eysenck and Michael W. Eysenck**
- **Psychology: A Very Short Introduction by Gillian Butler and Freda McManus**
- **Obedience to Authority Stanley Milgram**
- **Dawkins, R., (2006) The Selfish gene**
- **Filer, N., (2014) The shock of the fall**
- **Foster J. K. (2009) Memory: A very short introduction, Oxford –**
- **Gladwell M. (2005) Blink. Penguin Books.**
- **Kahneman, D. (2012) Thinking fast and slow**
- **Ronson J. (2011) The Psychopath Test, Picador**
- **Storr A. (1989) Freud: A very short introduction, Oxford**
- **Sleter, L., (2005) Opening Skinner’s box: Great psychological experiments of the twentieth century**
- **Brooks, D. (2011) The Social Animal: A Story of how success happens, Short books**
- **Emma Donoghue: Room**
- **Jed Rubinfeld: Interpretation of Murder [Links to Freudian principles]**
- **Lauren Greenfield: Thin [Links to eating disorders – Anorexia]**
- **Lianne Moriarty: What Alice Forgot [Links to Memory]**
- **Paul Britton: Jigsaw Man [Links to Forensic Psychology and offender profiling]**
- **The Lucifer Effect: How good people turn evil by Phillip Zimbardo**
- **One flew over the Cuckoo’s Nest by Chuck Palahniuk**
- **We need to talk about Kevin by Lionel Shriver**

Psychology Film recommendations

- **A Beautiful Mind**
- **Stuck on you**
- **One Flew over the Cuckoo’s nest**
- **12 Angry Men**
- **Girl Interrupted**
- **Hotel Rwanda**
- **Mozart and the Whale**
- **The Soloist**
- **After Thomas**

- **Eternal sunshine of the spotless mind**
- **Angel Baby**
- **Instinct**
- **Memento**
- **Clockwork Orange**
- **Shutter Island**
- **The Silence of the Lambs**
- **Psycho**
- **Enough**
- **Good Will Hunting**
- **Identity**
- **Rain Man**
- **Black Swan**
- **Sylvia**
- **Borderline**
- **Split**
- **As Good As It Gets**
- **Crash**
- **Donnie Darko**

