

A Level Psychology



Transition Pack 2022

You are required to complete ALL of the activities in this transition pack for submission in the first week of the new academic year. It will develop your thinking skills and vastly expand your knowledge of human behaviour.

Dear Psychology Student

Psychology is an exciting, diverse and challenging course and we hope you are looking forward to finding out more! There are 5 tasks that we would like you to complete, these will be of benefit to you when you start the course. If you have any questions please feel free to email either of us: lc@oakbank.org.uk or ag@oakbank.org.uk.

All work should be completed in your booklet where possible or on lined paper/Word document and should be brought with you to your first lesson of Psychology in the new school year. Do not rush it. We advise that you complete different parts of the transition pack at different points in the Summer holiday, rather than leaving it all until the final week of your break.

Miss Chang and Miss Gredziak

Task 1 : Induction Questionnaire

1. What do you think Psychology is?

2. Why have you chosen to study Psychology at A'Level?

3. What support will you expect to receive from the Psychology department next year?

Task 2 : Maths assessment

You may use a calculator

1. The following data is from an experiment on reaction times, and represents the number of times a button was pressed within half a second of being shown an object on the screen:

5, 3, 6, 7, 7, 4, 8, 5, 4, 4, 5, 3, 4, 8, 17

Calculate the:

- a) Mean: (1 mark) _____
- b) Median: (1 mark) _____
- c) Mode: (1 mark) _____
- d) Range: (1 mark) _____
4. What's $\frac{3}{4}$ of 72? (1 mark) _____
5. What ratio is equivalent to 2:3? (1 mark, circle the correct answer)

4:7

5:10

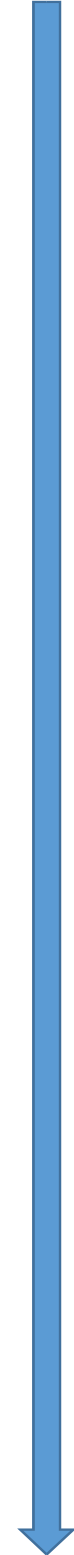
6:9

6. Draw a bar chart showing the percentage obedience for boys and girls from the table above. Use the graph paper below. You get marks for a title, labelling the axes and accurate plotting. (4 marks)



Task 3: Origins of Psychology

- Using the video: <https://www.youtube.com/watch?v=CsxKcY94EB4> create a timeline for psychology
- What were the names of the key psychologists?
- What did they do/create?
- You could also add further information from the following link: <https://allpsych.com/timeline/>.



Task 4 – Approaches in Psychology

There are some core approaches within Psychology that you need to know for your A'level – they are different ways of explaining human behaviours. Some of these are listed below; your task is to do some research on them using the internet (Wikipedia, while sometimes untrustworthy, is very good for this! There are also plenty of great videos on YouTube you can watch) and use this research to complete the pages that follow on the different approaches listed below:

1. The Behaviourist Approach
2. The Social Learning Theory Approach
3. The Cognitive Approach
4. The Biological Approach
5. The Psychodynamic Approach

1. Behaviourist Approach

The behaviourist approach emerged at the beginning of the 20th century and became the dominant approach in Psychology for half of that century. It is also credited as being the driving force in the development of psychology as a scientific discipline.

- Classical conditioning – Summarise in a sentence what this is

- Operant conditioning - Explain the difference between positive and negative reinforcement.

2. Social Learning Theory Approach

Albert Bandura proposes the Social Learning Theory as a development of the behaviourist approach following his classical study on children using a Bobo doll.

Define the key terms

Vicarious Reinforcement	
Identification	
Imitation	
Model	

Apply it:

A company wants to increase sales of their fake tan product. How can they use a celebrity like Milly Mae to do this?

3. Cognitive approach

The cognitive approach suggests that the human mind works like a computer.

Define the terms:

Inference:

Schema:

Apply it: Explain the role of the schema in helping you make sense of the information below.

Evrey gnereation gtes the mosnter it deserevs as the reprsenetaiton of its depeest faers. tdoay's zombeis, who are usulaly infetced in thier thuosanads, repersent our mdoren faer of contgauiuos disesaes, uncnotroled medcial tehconolgoy and scoial colalpse. Zombeis are lniked, in our cutlure, with daeth and we probalby evovled to aviod daed and disesaed bodeis to aviod infdetoin, acrodng to Lynn Alden, a profsesor at the Univrestiy of Brtsiih Colmobia. "But its one thnig to aviod a cosrpe taht ins't movnig and qiute antoehr wehn tehy strat chasnig you!"

4. Biological Approach

The biological approach suggests that a person's thought and thus behaviour can be explained through genetics and hormones.

Define:

Genotype	
Phenotype	
Monozygotic twins	
Dizygotic twins	

Apply it:

Sam and Dan are identical twins who were separated at birth. When they met each other at the age of 18 they are surprised by their slight differences in looks and huge differences in personality. Sam is much more outgoing than Dan who has always been rather shy. Using your knowledge of genotype and phenotype to explain the differences in their personality.

5. Psychodynamic Approach

The Psychodynamic approach is most associated with Sigmund Freud. Freud believes that a person is influenced by their childhood and our unconscious mind impacts upon our behaviour.

Part 1: The structure of personality: Summarise each key term in a sentence....

ID:

EGO:

SUPEREGO:

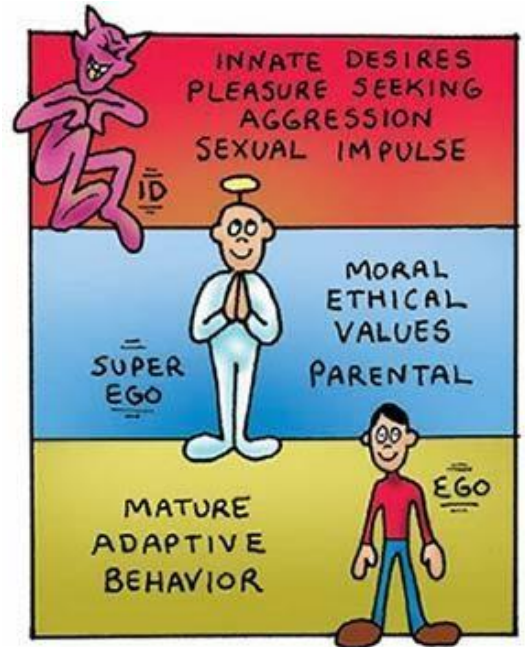
Apply it:

You need to get your psychology homework done tonight but your friends have just invited you to a party. What would ID, EGO and SUPEREGO suggest you do in the following situation:

ID:

EGO:

SUPEREGO:



Defence Mechanisms: How we balance the conflict between the id and superego.

Repression	Forcing a distressing memory out of the conscious mind
Denial	Refusing to acknowledge some aspect of reality
Displacement	Transferring feelings from the true sources of distressing emotion onto a substitute target

Apply it: Match each example below to a defence mechanism listed in the table above.

- a) Continuing to turn up to work even though you have been sacked
- b) An individual forgetting the trauma of their favourite pet dying
- c) Slamming the door after a row with your parents.

Task Five – Researching Psychological Disorders

Your final task is to explore some psychology in the real world by looking at any **two** of the following disorders. For each, you should create a short factfile: What is the disorder? What are the psychological causes? How do psychologists treat this disorder? Choose two to complete, but if you like you can complete more! The disorders are:

Depression

Schizophrenia

Obsessive-Compulsive Disorder (OCD)

Agoraphobia

Dissociative Identity Disorder (DID)

Antisocial Personality Disorder (APD)

Anorexia Nervosa

Obesity