

CLCC

A-Level

Psychology Transition Booklet



Name:

Complete the activities in this booklet, in the spaces provided and bring in to your first lesson. You can either print and annotate the booklet or type directly into the digital booklet. If needed, you can use extra paper. The tasks are designed to introduce you to this new topic and ease with the transition into A-levels. It covers a variety of different areas that we will be covering in depth over the two-year course.

Section 1

Welcome to Psychology!

A great big welcome to the CLCC Psychology department! We are excited to help you begin to explore and transition into this A-Level, which for most of you will be something that is brand new to your studies.

Psychology is a science, it is the 'science of human mind and behaviour'. As psychologists we are interested in finding out why people behave or think in certain ways. What makes psychology so fascinating, is that people are so different and unique. However, this can also make research and theory building more complex, as we have to consider all of these complexities!

During the two-year course, we hope that you will share the same passion that we have for understanding human behaviour. We will be covering a variety of topic areas, seen below:

Paper 1

Memory

Attachment

Social Influence

Psychopathology

Paper 2

Research Methods

Approaches

Biopsychology

Paper 3

Issues & Debates

Relationships

Aggression

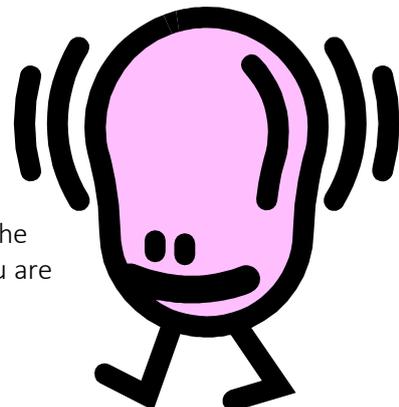
Stress

Paper 1 and some of Paper 2 will be covered in Year 12, whilst the rest of Paper 2 and all of Paper 3 will be covered in Year 13.

All of these topics will be assessed via written external examinations at the end of Year 13.

There are no coursework elements for this qualification.

You will however, have regular internal in-class assessments over the two years to help check your understanding and to ensure that you are making good progress.



Section 2

History of Psychology



When compared to other areas of research, Psychology is a relatively new area of study. Although human behaviour has always been an area of interest to philosophers and scientists, it is over the past 150 years that more structured research has been conducted.

Activity

Use the interactive timeline on the British Psychological Society's ([BPS](#)) website, to read through some of the major developments and studies since 1840.

We will be covering a lot of these areas over the course. Select **THREE** areas from the table below and complete more in-depth research into them.



Helping Hand: Use the 'Find Out More' link as a starting point.



Stretch & Challenge: Use more than one resource and collate the information.

1875 Wilhelm Wundt	1896 Freud	1901 BPS
1915 Myers	1926 Piaget	1951 Asch
1968 Split Brain	1974 Loftus & Palmer	1998 fMRI

Area 1

Area 2

Area 3

Section 3

Approaches in Psychology



There are many different views and explanations in psychology, which explain human thought and behaviour. As people are so complex, there is not always one explanation or approach that easily explains everything. The main approaches are in the table below:

Learning Theory: Learning via association, rewards and punishments.	Social Learning Theory: Learning via observation and imitation	Biological Approach: Genes, neurochemistry, neuroanatomy and evolution
Cognitive Approach: Thought processes, coding and schemas	Psychodynamic Approach: Unconscious conflict and childhood trauma	Humanistic Approach: Views humans as a whole, with free will and choices

Activity

Use the information above and complete some of your own research to create a summary mind map or poster for approaches, to help you gain a foundation of knowledge for when we begin to review and apply these in lessons. This can be done in the space below.

 **Helping Hand:** Use the materials on [Psychbug](#) to help explain some of the key concepts.

 **Stretch & Challenge:** Complete the [Psychbug](#) quizzes to help test your understanding.

Section 4

Mental Health Illnesses (MHI)

One of the most well-known areas of psychology is research into mental health illnesses or psychopathology. Society is becoming more aware of the importance of psychological health and wellbeing, as well as the need to care for physical health. This has allowed more people to be diagnosed effectively with MHI, as well as remove the previous stigma.

However, it is very difficult to define what abnormal behaviour is, as individuals are so different there is no 'normal' behaviour.

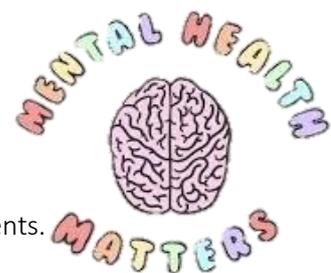
Activity

Watch the YouTube clip ['Defining Abnormality: The Curious Classroom'](#) and try to write your own definition of abnormality/psychopathology.

Definition:

Activity

During the course we look in detail at three different mental health illnesses: **Obsessive Compulsive Disorder (OCD)**, **Phobias** and **Depression**. Choose one of these MHIs and create a factsheet to help explain the illness to a person that might have been recently diagnosed. Use the space below:



Helping Hand: Split your factsheet into symptoms, causes and treatments.

Stretch & Challenge: Give multiple options for treatments.

Section 5

Research Methods

The foundation of psychological investigations is research methods. These are the standardised techniques used by psychologists, to ensure that studies are conducted to the highest levels of accuracy. They also ensure safety and allow for scientific methods of analysis. Research methods are so important; it is the only topic that we cover consistently over the two-year course.

Activity

6
27 35
10 28 22
38 46 10 11
52 8 19 81 17
55 38 29 13 8 71
75 17 20 61 82 5 12
61 38 17 40 49 84 57 8
71 22 31 89 47 5 1 16 94
18 95 48 30 89 67 18 11 15 17
76 83 40 28 25 12 15 53 95 49 20
16 9 11 17 49 50 28 69 24 53 78 10
77 53 49 76 19 94 87 64 23 19 15 51 2
78 56 34 19 27 20 80 42 38 64 29 10 79 31

The best way to learn about research methods, is to have a go at them yourself! The first practical involves memory. In this experiment you can test as many people as you like, but you must have a minimum of 10 (you can do this practical via the phone or online).

As the experimenter, you should read out one line at a time of the triangle of numbers to your participant. When you have finished reading out the line, your participant should recite back to you as many of the numbers as they can.

Record how many numbers they recall correctly on each line. Only read the line once and at the same speed throughout, quite quickly.

The line at which they make their first mistake is their digit span, so if they get a number incorrect or in the wrong order

on line 6, stop the experiment and record that as their digit span.

1. What was the minimum amount of numbers your participants could recall? You will need to work out the averages.
2. What was the maximum amount of numbers your participants could recall? You will need to work out the averages.
3. What do these results suggest about memory?

Activity

As well as experiments, researchers also conduct observations. These can be **unstructured** (all behaviour is recorded with no system) or **structured** (categories are decided upon beforehand and looked for).

Look out of your front window and conduct both types of observations. For the unstructured, write down everything that you see for 15 minutes. For the structured, make a table of what you expect to see and tally how many times you see these over the 15 minute period.



Unstructured

Structured

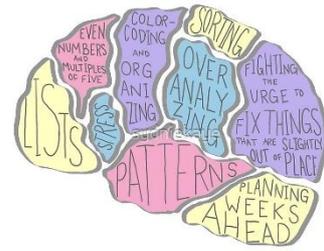
As psychologists, we also have to be able to evaluate. What were the pros and cons for this study?

Pros (What worked well?)

Cons (What issues were there?)

Section 6

Careers in Psychology



Psychology is an amazing subject to have a qualification in, as there is an abundance of career paths that find it desirable. **If your chosen career involves dealing with people**, psychology is useful as it gives you a base to understand and deal with them in an effective way. It also gives you the tools you need to plan for people to use services. These are only a few careers:

Nursing & Medicine

Social Services

Police Work

Forensics

Probation Officer

Marketing & Sales

Teaching

Occupational Therapy

Physiotherapy

Art Therapist

Sport Coaching

Architecture

Nutritionist

Banking

Military

Counsellor or Therapist

Neuropsychologist

Clinical Psychologist

Lawyer

Human Resources

Activity

Choose a career that you are interested in and research how you would use elements of psychology within this occupation. Whether it be knowledge gained or skills developed.



Helping Hand: Look at the different topics we will be studying and consider skills learnt.



Stretch & Challenge: Complete a [careers test](#), based on psychological research and see which careers you are most suitable for. Research one of these career areas.

Section 7

Background Reading

It is important to continually research around your areas of study, to learn more about the subject and to develop key skills. The **Psychology Review** is a great place to do this, as it is written by examiners and textbook creators especially for A-level students. It often discusses some of the key studies, theories and concepts that we will be looking at over the qualification.

Activity

Read through the suggested hyperlinked articles below, then summarise in exactly 50 words!



Helping Hand: Try transforming the articles into images, as well as text.



Stretch & Challenge: Read some of the additional free articles online for areas that interest you.

[Social Psychology in the Most Pit](#)

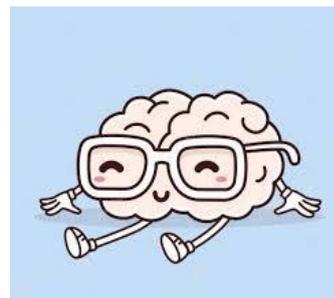
[The Psychology of Internet Trolls](#)

[Are We All a Little Bit Autistic?](#)

[The Psychology of Music](#)

[The Psychology of Ghosts](#)

[The Psychology of Laughter](#)



What next?! Well done for completing the transition booklet. We hope that you feel more excited, prepared and ready to begin the course!

Don't forget to attempt the stretch and challenge activities, to help strengthen your knowledge and understanding. You can also prepare practically, by purchasing a lever arch folder, folder dividers, note paper and highlighters ready for use in lessons.

We look forward to seeing you soon 😊