

# A level Psychology

- ❖ Welcome to A level Psychology!
- ❖ The following slides will take you through your bridging tasks.
- ❖ All tasks should be completed over the summer in preparation for your initial lessons.
- ❖ There will be class discussions and an assessment based on these tasks during the first few weeks back.



# Task one: Research Methods

Research methods underpin all aspects of Psychology and are worth 25% of all marks in the exam.

## Instructions

- ❖ Visit the 'Simply Psychology' website at this link [here](#) and read all of the information on independent variables, dependent variables and extraneous variables
- ❖ After reading the information on the website above, answer the questions on the next slide on lined paper.



# Task one: Research Methods

Research methods underpin all aspects of Psychology and are worth 25% of all marks in the exam.

## Questions to answer

1. Outline the difference between an independent variable and a dependent variable.
2. Explain why it is important to operationalise variables.
3. Imagine that you are a psychologist investigating the influence of age (the IV) on memory recall (the DV)- how might you operationalise (measure) memory?
4. Explain why extraneous variables are a problem.
5. Identify possible extraneous variables that you would need to control in the example above (age and memory recall) . Try to identify at least 3 examples.



# Task two: Mathematical skills

In Psychology you need to be able to do simple mathematical calculations and be able to understand statistical data.

## Instructions

- ❖ Using your existing knowledge of Maths gained from GCSE, have a go at completing the simple tasks on the next slide.
- ❖ You are able to use a calculator if this helps you.



# Task two: Mathematical skills

In Psychology you need to be able to do simple mathematical calculations and be able to understand statistical data.

## Questions to answer

1. Calculate the mean, median, mode and range for this set of data.

5	2	7	8	4	7	12	7	2
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2. In a psychology experiment, 16 out of 50 students remembered all the words they were given. Calculate this as a percentage.
3. 12 out of 20 teachers believed a course helped them to control behaviour. Calculate this as a fraction in its simplest form.



# Task three: Memory

Memory is one of the first of 12 topics that we study in Psychology.

## Instructions

- ❖ Visit the Simply Psychology website at the link [here](#) and read all of the information on the key studies by Loftus and Palmer (experiments one and two). If you would like to challenge yourself further you may wish to read the original study that is referenced (this is an optional task)
- ❖ Watch the TED talk by Elizabeth Loftus at the link [here](#).
- ❖ After completing the two steps above, answer the questions on the next slide on lined paper.



# Task three: Memory

Memory is one of the first of 12 topics that we study in Psychology.

## Questions to answer

1. Draw either a table **or** a graph to show the key findings of Loftus and Palmer (experiment one).
2. Explain how the findings of Loftus and Palmer can be used to improve the questioning of eyewitnesses.
3. Explain the **strengths/advantages** of the key study by Loftus and Palmer (experiment one). Try to include your knowledge of independent variables, dependent variables and extraneous variables.
4. Explain the **limitations/problems** of the study by Loftus and Palmer (experiment one).



# Task four: Attachment

Attachment is one of the first of 12 topics that we study in Psychology.

## Instructions

- ❖ Visit the Simply Psychology website at the link [here](#) and read all of the information about the 'Strange Situation', a procedure designed to assess the attachment/bond between a mother and an infant.
- ❖ Watch the procedure of the strange situation [here](#)
- ❖ Once you have done this, answer the questions on the next slide on lined paper.





# Task four: Attachment

Attachment is one of the first of 12 topics that we study in Psychology.

## Questions to answer

1. Note down what happens in the 8 stages/episodes of the 'Strange Situation'.
2. Explain how the behaviour of a securely attached infant is different to the behaviour of an insecure-avoidant infant.
3. Explain why Ainsworth thought that children have different attachment types.
4. Explain two reasons why the method/procedure of the strange situation has been **criticised** (in other words, explain two limitations of the method/procedure).



# Task five: Approaches

In Psychology there are a number of perspectives/approaches which view human behaviour in different ways.

## Instructions

- ❖ Read the information on the Simply Psychology website [here](#) on different perspectives/approaches in Psychology.
- ❖ Have a go at completing a summary table to include the key ideas of each of these perspectives. An example table can be found on the next slide.
- ❖ If you want to find out more about these approaches, a more detailed discussion can be found [here](#)



# Task five: Approaches

In Psychology there are a number of perspectives/approaches which view human behaviour in different ways.

Example summary table

Approach	Key details	Key Psychologists/ studies
Behaviourism		
Psychodynamic		
Cognitive		
Humanistic		
Biological		



# Task six: Psychopathology

Psychopathology refers to the study of mental disorders. The term comes from two Greek words: 'psyche' meaning mind and 'pathos' meaning suffering or disease. We study three mental disorders: depression, OCD and phobias.

## Instructions

- ❖ Read the information on the NHS website [here](#) and make brief notes on the **symptoms** of depression.
- ❖ What are the potential problems for GPs and other professionals when diagnosing depression? Write down your ideas.
- ❖ Read the information on the NHS website [here](#) and make brief notes on the **causes** of depression.
- ❖ Which do you think is the most important cause of depression and why? Write down your ideas.
- ❖ Watch the clip on Cognitive Behavioural Therapy (CBT) [here](#) and make notes on what this **treatment** for depression involves.
- ❖ What do you think the strengths and weaknesses of CBT might be? Write down your ideas.



# Task seven: Psychopathology

A phobia is a type of anxiety disorder.

## Instructions

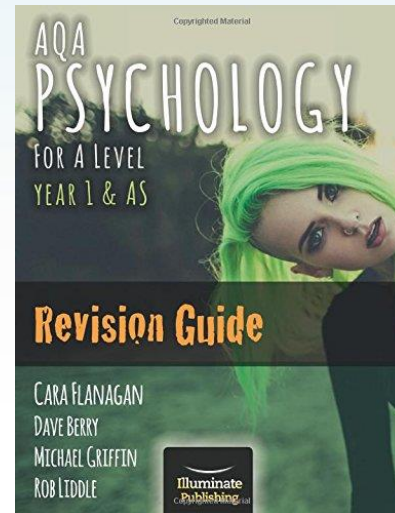
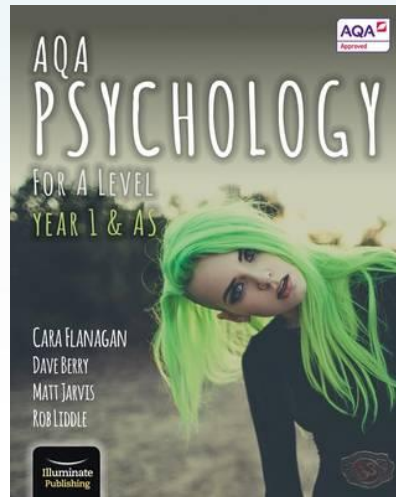
Watch the video clip [here](#) which provides an overview of phobias and make notes on the following areas:

- ❖ The **definition** of a phobia
- ❖ Any **statistics** on phobias
- ❖ **Types** of phobias
- ❖ **Symptoms** of phobias (include both physical and emotional)
- ❖ **Treatment** of phobias
- ❖ You may wish to carry out some further research on treatments such as **systematic desensitisation**. What does this treatment involve? What type of phobias does this treatment work for? What are the strengths and weaknesses of this method?



# Further reading and resources

- ❖ You may wish to visit the AQA website [here](#) to have a look at the psychology specification / exam papers.
- ❖ If you would like to purchase a textbook / revision guide we recommend the ones pictured below. However this is not a requirement of the course.



# Who to contact

If you have any questions about the tasks detailed here or about the course in general, please email:

Miss Cantwell: [s.cantwell@chaseterraceacademy.co.uk](mailto:s.cantwell@chaseterraceacademy.co.uk)

We look forward to seeing you in September!

