



# Preparing for A Level Psychology

## A Level Specification

At Shireland, we study topics 1, 2, 3, 4, 5, 7 and 9 over the 2 year programme. Click the link to access the spec and see what you will study



[Link](#)

## The History of Psychology

How old do you think the study of human behaviour is?

Create a timeline of how Psychology has evolved to what we know it as today.

[Useful link](#)

## Investigation

Psychology is split into 'approaches'. These are different ways to explain behaviour. In A level Psychology, we cover:

- The Social Approach
- The Cognitive Approach
- The Biological Approach
- Learning Theories or the Behavioural Approach

Investigate these approaches and their underpinning principles. Can you also find who the key psychologists are that are linked to the approaches?

[Useful Link](#)

## Maths in Psychology

It may surprise you to know that maths is an important foundation in Psychology. Throughout the course, you will be required to calculate a range of statistics and interpret results. Access the [hub site link](#) to complete maths tasks similar to what you will do as part of your course.

## Writing essays

Writing essays and extended answers is a significant part of how you will be assessed in Psychology; whether this is in lesson or external exams. This means that a good level of written English is essential. Presentation of your work is also very important. Once you have completed the above tasks, access the [hub site link](#) to complete a written assessment task

## Command words

Find the command words used in exam questions in Psychology on page 93 of the specification above. Using [this table](#), apply these command words to your favourite chocolate bar or packet of crisps

If you are considering studying Psychology next year then these are activities that you should seriously consider completing over the next few months to prepare yourself as this will be a brand new subject for you in terms of content and skills

The activities are divided into:

**Essential** - suggested as good preparation for the course.

**Recommended** - suggested to support the essential activities for the course

**Optional** - suggested to support wider learning around the subject; you are expected to do this independently at A level.

## Documentaries to watch

[Life in a mental institution](#)



[What makes a psychopath](#)



[Sleep disorders](#)



[The boy who cant forget](#)



## Have a go at these

[Test your memory](#)– Think you have a good memory? Put it to the test here....

[The Stroop Test](#)–Can your brain do two things at once? Test it here.....

[What kind of personality do you have?](#)– Are you an introvert? Maybe you are an extrovert? Find out here...

[How aggressive are you?](#) Do you have an aggressive nature and what does this say about you?

## Animals in Research

In many fields of research including Psychology, animals are often used in different ways. But do you think that this is right?

Studies like that of [Harlow's monkeys](#), [Pavlov's dogs](#), [Lorenz's geese](#) and [intelligence and memory studies with chimps](#) have allowed us to learn a lot about human behaviour but do you think its right to use animals like this?

## Listen to these:

[Pod cast- The Psychology of motivation](#)

[Pod cast- The Psychology of money](#)

## Online Reading

[Psychology today](#)– Keep up to date with weekly news stories and research in this online magazine

[The British Psychological Society](#)- This is the regulatory body for all professionals in the UK. You will need to access information from here during your lessons; particularly related to ethical guidelines for research

## Journals

[Eyewitness testimony \(Cutler and Penrod, 1990\)](#)– In Psychology, academic journals are an essential part of reviewing research. Take a look at and try and read this example

## Debates in Psychology

When assessing where behaviour comes from, we have to look at explanations from different perspectives. These are called [Debates in Psychology](#). Using these points in assessments and examinations can help put you in the highest mark bands and are essential to get high grades. Watch the clip and read through the information [here](#).

## TIPS for being successful in Psychology

- You must always ask why! Psychology is a subject that requires you to think beyond what you can simply see and question everything. To be successful, you must have an inquiring mind and try and analyse all information given to you
- Try and make links between your lessons and the information you are given. Successful psychology students are able to reflect on multiple aspects of the course and link them together
- Be organized! You MUST stay on top of your notes and keep them organized properly. This will help with your revision
- Revise from the start. Psychology lessons will constantly provide you with a wealth of new information. You need to be consistent in recapping this when not in lesson.