

GETTING AHEAD



ALTON

Start to develop skills that are relevant to your course before you join HSDC this September!

Psychology – A Level

Complete the following tasks independently before the start of term in September. You should use the internet to research your answers. There are some useful links below but you can also use your own weblinks.

Present your work in any format you like and bring it with you to your first lesson. Your work will be given a mark based on the accuracy of your answers, the amount of effort given to your work (i.e. not just copying and pasting large chunks from the Web), and your spelling and grammar.

We're looking forward to seeing you in September
The Psychology Team

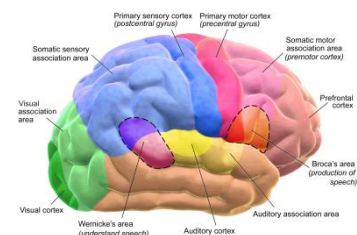
Activity 1: Marvellous Memory

1. Name some of the different types of memory that we have.

2. In what ways are they different from each other? (See what you can find out about how much they can store or how long the memories last for or what types of memories are stored there.)

3. How accurate is memory?

4. How can we improve our memory (e.g. to study for an exam)?



Activity 2: Attachment

Find out what John Bowlby suggested about the importance of the relationship between a baby and its mother (or main caregiver). Use this to help you answer the question below:

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Mowgli, from *The Jungle Book*, was raised from infancy by wolves, a panther and a bear. In what way do you think this will influence how he turns out as an adult?

Activity 3: Social Influence

Research and produce a fact sheet on two key studies:

- 1) Milgram's (1963) Obedience to Authority study
- 2) Zimbardo's Stanford Prison Experiment

In your fact sheet use the following headings (aim, participants, procedure, results, and conclusions)

To stretch & challenge yourself: Explain how research such as Milgram & Zimbardo might explain historical atrocities such as the Holocaust.

Activity 4: Psychopathology

Produce a fact sheet on each of the following psychological disorders. Include symptoms, potential causes and treatments.

1. Phobias
2. Depression

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3. OCD



*If you find this topic too stressful (e.g. because you have a personal connection to it), you're allowed to skip it. If you feel that you need any support for any of the above disorders (or any other), please let us know during enrolment in August, so we can get you in touch with our student welfare team.

Activity 5: Approaches

1. There are five main Psychological approaches or perspectives (Biological, Behaviourist, Psychodynamic, Cognitive, and Humanistic). Choose one approach and research it to find out what are the main assumptions to explain behaviour in your chosen approach. Try to understand the key terms of your chosen approach and find out what are the strengths and limitations of it.
2. Then use your chosen approach and try to explain why someone might have developed depression (applying the key terms and theories from your chosen approach).

Read

<https://www.theatlantic.com/health/archive/2013/11/how-many-of-your-memories-are-fake/281558/>

<https://www.theconfidentteacher.com/2013/04/effective-revision-strategies/>

<https://www.simplypsychology.org/bowlby.html>

<https://philipzimbardoandstanleymilgrame.weebly.com>

<https://www.nhs.uk/conditions/Phobias/>

<https://www.nhs.uk/conditions/clinical-depression/>

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<https://www.nhs.uk/conditions/obsessive-compulsive-disorder-ocd/>

<https://www.simplypsychology.org/perspective.html>

Watch

Here are some interesting videos to prepare you for your A Level journey. You do *not have to watch all* these videos, they're just some suggestions, if you'd like to find out a bit more about the topics we're going to study in your A Level course.

Memory:

<https://www.youtube.com/watch?v=ukLnPblffxE&t=663s>

<https://www.youtube.com/watch?v=Z-zNHHpXoMM>

Attachment:

<https://www.youtube.com/watch?v=YfnzLon90C4>

Social Influence:

https://www.youtube.com/watch?v=y9l_puxcrIM

<https://www.youtube.com/watch?v=d2TCfex1aFw>

<https://www.youtube.com/watch?v=xPO6BrFTsWM>

Approaches:

<https://www.youtube.com/watch?v=ST2zqtoM6K8>

<https://www.youtube.com/watch?v=H6LEcM0E0io>

<https://www.youtube.com/watch?v=R-sVnmmw6WY>

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

<https://www.youtube.com/watch?v=K3-VC-VH45A>

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Did You Know...?

1. Your brain treats rejection like physical pain
2. Your decisions are more rational when thought in another language
3. The very last person on your mind before falling asleep is either the reason for your happiness or your pain
4. When you remember a past event, you're actually remembering the last time you remembered it, not the event itself

Here are some more fascinating psychological facts for you:

<https://www.youtube.com/watch?v=7pDxQPWD3L4>

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