

# A Level Psychology

## Transition Pack

What does Pavlov  
use to wash his hair?  
Classical conditioner!



**Psychology**: *the scientific study of the human mind and behaviour*

### **Task One – Approaches in Psychology**

There are some core approaches to 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 job 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). You should find out: what does this word mean? How might it explain human behaviour? Identify one key researcher from this area – and why are they famous?

The Behaviourist Approach

The Social Learning Theory Approach

The Cognitive Approach

The Biological Approach

Optional extension: The Psychodynamic Approach & Humanistic Approach

### **Task Two – Psychological History**

You need to create an A4 Psychological History timeline. On your timeline you should include a number of features such as the ones below (but not necessarily ONLY these). To make a high quality timeline, you will need to do some additional research into what each of the events actually refers to – and why it might have been important to the development of Psychology.

The Curious Case of Phineas Gage, Wilhelm Wundt's Psychology Lab, foundation of the American Psychological Association, Sigmund Freud publishes "*The Interpretation of Dreams*", Pavlov's Dog Studies are published, Carl Rogers publishes "*Counselling and Psychotherapy*", the first use of a brain scan in Psychological research.

This will be the focus of the first topic we will study next year. A great link for this task is <https://allpsych.com/timeline/>.

### **Task Three – Psychology Today**

Psychology is still a developing subject, with new research and information being revealed every single day. As keen young Psychologists, you need to keep abreast of new information. Twitter is seen by some to be the future of social science – it is used by researchers, academics and other social scientists alike to share news and information as well as discuss issues. I would advise that you create yourselves Twitter accounts as soon as possible and follow the below users for information and news:

**@PsychToday (Psychology Today magazine)**

**@tutor2uPsych (Tutor2U's Psychology feed)**

**@ResearchDigest (the British Psychological Society's Research feed)**

**@Psychmag (The Psychologist magazine)**

Your second task is to keep an eye on these Twitter accounts (as well as wider sources – the news and shows on TV, newspapers and others – there are loads of fantastic movies and documentaries

that you can watch for Psychology!) over the Summer holidays and make a note of any particularly interesting news that is relevant to Psychology.

#### **Task Four – Researching Psychological Disorders**

Your final task is to explore some psychology in the real world by looking at 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