

Preparation for Year 12 – Psychology

What is Psychology?

Psychology is the science of who you are. Psychologists study human behaviour and experience and seek to find answers to a very wide range of questions.

These are just a few examples from the A Level course:

How does our memory work? Why do we forget? Do the experiences we have before the age of five really shape the person we grow up to be? Why do we obey people in authority? Does stress have to be harmful to our health? How does the brain work? How can you decide if someone is experiencing a mental disorder? How do we form and maintain relationships? Why do people become addicted to smoking and gambling? How can Psychology help us in our daily lives? Is Psychology a science? Do our dreams tell us anything about how our mind works? What is the best way to study human behaviour?

Psychology is a fascinating science with cutting edge research that has led to real world applications which have had an impact upon all of our lives. It will help you to understand some of your own everyday behaviour and experiences as well as some of the extremes of human behaviour.



Where can Psychology take you?

There are so many different careers that psychology will help you with. The psychology course will support you to develop many useful and transferable skills, such as:

- Maths
- English
- Science
- Essay writing
- Critical thinking
- Understanding people!

So... what career wouldn't benefit from studying psychology??

Careers in Psychology

There are lots of different types of psychologists which you can research on the British Psychological Society's website: <https://careers.bps.org.uk/>



The Psychology A Level

At Xaverian, we study the AQA Psychology course. There are three exams, which include the following topics:

Paper 1	Paper 2	Paper 3
Memory Social Influence Attachment Psychopathology	Biopsychology Approaches Research Methods	Issues and debates Relationships Stress Addiction

You can view examples of AQA A level past papers on the AQA website:

<https://www.aqa.org.uk/subjects/psychology/as-and-a-level/psychology-7181-7182/assessment-resources>



Key Textbooks

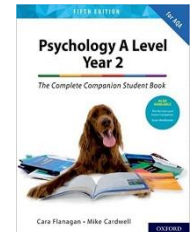
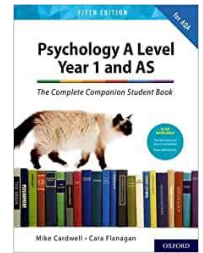
The key textbooks for the course are:

Psychology A Level Year 1 and AS: The Complete Companion Student Book for AQA (Fifth Edition) by Cara Flanagan and Mike Cardwell

Psychology A Level Year 2: The Complete Companion Student Book for AQA (Fifth Edition) by Cara Flanagan and Mike Cardwell

However, you will not need to purchase any textbooks. For each topic, we will provide you with a study guide that includes all the information you need. The key textbooks are also available for students to loan from the college library.

At the time of writing, Amazon will allow you to 'look inside' these books on their website.



Wider Reading/ Watching List

Psychology is everywhere...but here are just a few ideas of relevant texts to read and watch 📺

TV/FILM/ DOCUMENTARIES

- 📺 The mind, explained (Netflix)
- 📺 100 Humans (Netflix)
- 📺 Babies (Netflix)
- 📺 Derren Brown – The Push (Netflix)
- 📺 Louis Theroux documentaries (lots of relevant episodes on topics such as autism and dementia) (BBC iPlayer/ Netflix)

- 📺 The brain - a secret history – Part 1 - <https://www.dailymotion.com/video/x6cifd2>
- 📺 The brain - a secret history – Part 2 - <https://www.dailymotion.com/video/x6cifd6>
- 📺 The brain - a secret history – Part 3 - <https://www.dailymotion.com/video/xugnxu>

Film:

- 📺 50 First Dates (Netflix)
- 📺 Shutter Island (Netflix)
- 📺 Girl, Interrupted (Netflix)



TED TALKS

www.ted.com/talks

There are so many fantastic TED talks on psychology! Search for 'psychology' and lots of super interesting talks will show up.

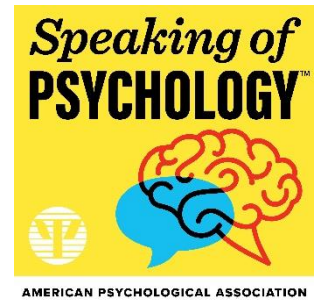
Here are just a few:

- 📺 Phillip Zimbardo: The psychology of evil
- 📺 Amy Cuddy: Your body language may shape who you are
- 📺 Ben Ambridge: 9 myths about psychology, debunked



PODCASTS

- 🔊 Mind Changers - Series exploring the development of the science of psychology during the 20th century (BBC iPlayer - <https://www.bbc.co.uk/programmes/b008cy1j/episodes/player>)
- 🔊 Hidden Brain (Spotify)
- 🔊 Speaking of Psychology by American Psychological Association (Spotify)



APPS

3D brain - Use your touch screen to rotate and zoom around the interactive brain structures. Discover how each brain region functions, what happens when it is injured, and how it is involved in mental illness. Each detailed structure comes with information on functions, disorders, brain damage, case studies, and links to modern research.



Sleep Cycle: Sleep analysis & Smart alarm clock – Track sleep using your phone

Headspace: Meditation & Sleep – Download this app for guided meditation and mindfulness

ARTICLES

'The fear of coronavirus is changing our psychology' – BBC Future
<https://www.bbc.com/future/article/20200401-covid-19-how-fear-of-coronavirus-is-changing-our-psychology>

'The psychology of panic buying' – BBC Sounds -
<https://www.bbc.co.uk/sounds/play/w3csy7fn>

'The psychology of stanning' – BBC Bitesize
<https://www.bbc.co.uk/bitesize/articles/zjqv6v4>

'The psychology of attraction: Why do we fancy certain people?' – BBC Bitesize
<https://www.bbc.co.uk/bitesize/articles/zm9ry9q>

'Liverpool & Man City: The psychology of a Premier League title race' - BBC Bitesize
<https://www.bbc.co.uk/sport/football/47889242>



BOOKS FOR INTEREST

Elephants on Acid and other bizarre experiments by Alex Boese

Opening Skinner's Box: Great Psychological Experiments of the Twentieth Century by Lauren Slater

Introducing Psychology: A Graphic Guide 4th ed. Edition, Kindle Edition by Nigel Benson

The Psychology Book: Big Ideas, Simply Explained by DK, Catherine Collin et al

Psychology for Dummies (second edition) by Adam Cash