



# A Level Psychology Introduction Summer Project



This research based project is designed to give you an ideal grounding for your A Level Psychology course.

Research and complete the tasks independently over the summer to get a head start and prepare for the key topics within AS (Year one A Level) Psychology.

Present the tasks in any format you like and bring it with you to your first lesson after the summer.

Good luck and Enjoy ☺

*Mrs Middleton & Miss Webster*

*Any questions: [middletonl@ashlawn.org.uk](mailto:middletonl@ashlawn.org.uk)*





# The AQA Course

A Level Year 1

## Paper 1: Introductory Topics in Psychology

### What's assessed

Compulsory content 1–4 above

### Assessed

- written exam: 2 hours
- 96 marks in total
- 33.3% of A-level

### Topics:

Social Influence  
Memory  
Attachment  
Psychopathology

## Paper 2: Psychology in Context

### What's assessed

Compulsory content 5–7 above

### Assessed

- written exam: 2 hours
- 96 marks in total
- 33.3% of A-level

### Topics:

Research Methods  
Approaches in  
Psychology

ONLINE TEXTBOOK: [www.illuminate.digital/aqapsych1](http://www.illuminate.digital/aqapsych1)

Student Username: SASHLAWNCV22

Student Password: STUDENT





# The AQA Course

A Level Year 2

## Paper 2: Psychology in Context

### What's assessed

Compulsory content 5–7 above

### Assessed

- written exam: 2 hours
- 96 marks in total
- 33.3% of A-level

### Topics:

Biopsychology

### Topics:

Issues & Debates  
Schizophrenia  
Aggression  
Relationships

## Paper 3: Issues and Options in Psychology

### What's assessed

Compulsory content 8 above

Optional content, one from option 1, 9–11, one from option 2, 12–14, one from option 3, 15–17 above

### Assessed

- written exam: 2 hours
- 96 marks in total
- 33.3% of A-level

100% Exam (three papers), 0% Coursework

Specification:

<https://filestore.aqa.org.uk/resources/psychology/specifications/AQA-7181-7182-SP-2015.PDF>





# The Checklist

Task 1: Attachment: Babies, Babies, Babies

Jungle book

Task 2: Social Influence: Milgram & Zimbardo

Taking it further

Task 3: Psychopathology: Abnormality

Disorders

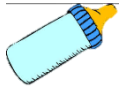
Task 4: Debate: Is Psychology a Science?

Task 5: TED Talks: Video 1: \_\_\_\_\_

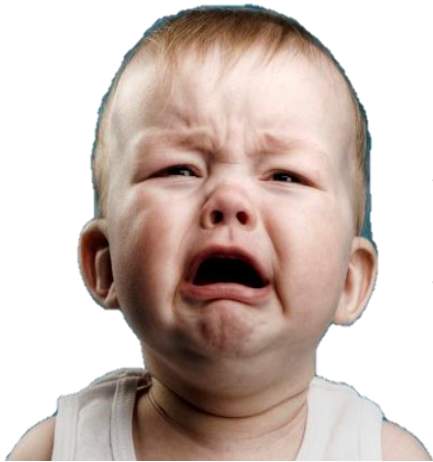
Video 2: \_\_\_\_\_



# Task 1: Attachment



*Babies, Babies, Babies...*



**Research and answer the following:**

**From a Psychological Perspective...**

Why do babies cry all of the time?

Why are all babies born with blue eyes?

Useful Link: [http://www.babycenter.com/2\\_creating-an-attachment-with-your-baby\\_10350318.bc](http://www.babycenter.com/2_creating-an-attachment-with-your-baby_10350318.bc)

*“Oh, oobee doo I wanna be like you...”*



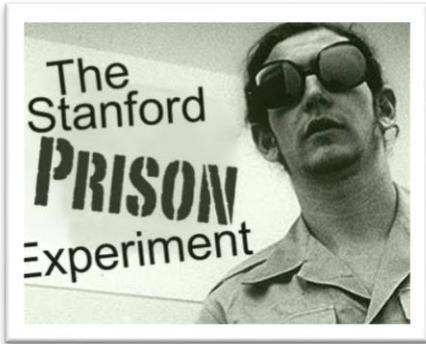
**Consider, research and answer the following:**

From a Psychological point of view, why should Moby not survive in the Jungle?

*Hint: Try to link to the psychologist John Bowlby in your answer...*

## Task 2: Social Influence

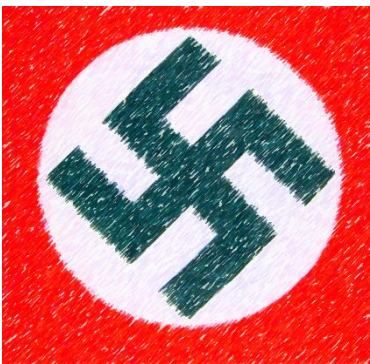
*Obedience, Obey, Conform...*



**Research and produce a fact sheet on two key studies:**

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

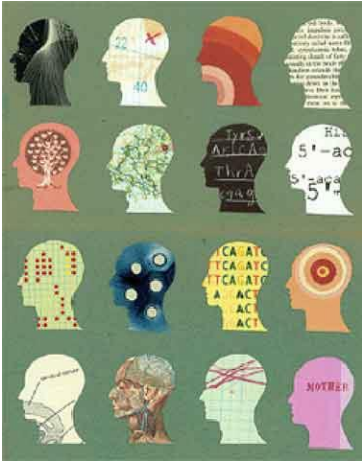
*Taking it further...*



Explain how research such as Milgram & Zimbardo, might explain historical atrocities such as the Nazi persecution of the Jews...

## Task 3: Psychopathology...

What is normal?



Consider, research and explain...

- 1) Is there such a thing as normal and abnormal? What are the definitions of these?
- 2) How do Psychologists decide what is abnormal?

*Fear. Sadness. Obsession.*



Produce a fact file on each of the following mental disorders. Include **symptoms**, potential **causes** and **treatments**.

- 1) Phobias
- 2) Depression
- 3) OCD



## Task 4: Psychology? A Science? Really?

Now to the biggest and most controversial debate of them all....

Most people assume Psychology is an easy or 'soft' subject which cannot possibly be a science. But is it?

It is your job to come to a conclusion as to whether or not Psychology IS a hard science.

Research arguments for and against Psychology as a Science and produce a debate on this.

Consider:

- 1) The Subject Content
- 2) Research Methods Used

| FOR Psych as a Science 😊 | AGAINST Psych as a Science ☹️ |
|--------------------------|-------------------------------|
|                          |                               |







## Task 5: 7 best TED talks...

Ted Talks has a Psychology playlist and you could watch anything that interests you but here are 7 of the best:

<https://www.ted.com/topics/psychology>

### 1. How we read each other's minds, Rebecca Saxe:

According to Saxe, a professor of neuroscience at MIT, you don't need tarot cards or ESP to read people's minds. A functioning right temporo-parietal junction will do just fine. In her talk, Saxe explains how this brain region allows humans to be uncannily good at sensing other people's feelings, thoughts, and motivations.

### 2. The riddle of experience vs. memory, Daniel Kahneman:

If you're looking for highly credentialed TED speakers, Kahneman's résumé won't fail to impress. A Nobel Prize-winning psychologist and bestselling author, Kahneman uses his 20 minutes on the TED stage to explain that there are actually two flavours of happiness: the kind we experience in the moment and the kind we experience in our memories. Maximizing your own well-being in life means keeping both in mind.

### 3. The paradox of choice, Barry Schwartz

More choice is always better, right? Not according to Schwartz, a psychologist who argues that having to decide which of approximately 6,000 brands of similar toothpaste to buy "has made us not freer but more paralyzed, not happier but more dissatisfied."





## Task 5: 7 best TED talks...

### 4. Are we in control of our own decisions?, Dan Ariely:

This talk "uses classic visual illusions and Ariely's own counterintuitive (and sometimes shocking) research findings to show how we're not as rational as we think when we make decisions.

### 5. Flow, the secret to happiness, Mihaly Csikszentmihalyi:

In this talk, legendary psychologist Csikszentmihalyi dares to ask one of life's biggest questions: What makes us happy? The answer isn't fame or money, he insists, but flow -- that lost-in-time feeling you get when you focus intensely on work you're good at.


### 6. The power of vulnerability, Brené Brown:

One of the top-five-most-popular TED Talks of all time, this moving account of Brown's own struggles with shame and control weaves together sometimes hilarious personal anecdotes with hard research to convince viewers that forging real connections requires the bravery to be vulnerable.

### 7. The psychology of evil, Philip Zimbardo:

Psychology isn't all happiness and flourishing, of course. The discipline also delves into the darker sides of human nature and what drives us toward unethical or even downright evil behaviour. That's the topic of this talk by 'superstar' Zimbardo in which "he shares insights and graphic unseen photos from the Abu Ghraib trials."

But don't worry, it's not all gloom and doom. He also 'talks about the flip side: how easy it is to be a hero, and how we can rise to the challenge.'






# Useful Resources & Further Reading

*To help you on your way...*

## Websites:

- **Youtube** have a number of really good factual clips. In particular ‘Crash Course’ have produced a number of introductory videos to key elements in Psychology.
- <http://www.simplypsychology.org/a-level-psychology.html> - Tailored to the old specification, but has all the relevant key information for A Level Psychology.
- <http://www.psychteacher.co.uk/> - Tailored to the old specification but contains key information for A Level Psychology.

## Books:

- ***Working Memory, Thought and Action*** – Alan Baddeley
  - ***The Lucifer Effect*** – Phillip Zimbardo
  - ***Obedience to Authority*** – Stanley Milgram
  - ***Fundamentals of Cognition*** – Michael Eysenck
  - ***Psychology: The Science of the Mind and Behaviour*** – Richard Gross
  - ***The Complete Companions: AQA Psychology Year 1 and AS Student Book*** – Mike Cardwell & Cara Flanagan
  - ***AQA Psychology for A Level Year 1 and AS Student Book*** – Cara Flanagan & Dave Berry
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# Useful Resources & Further Reading

## *Psychology papers...*

- Willerton, J. (2010) The Psychology of Relationships. Palgrave Macmillan
  - Green, S. (2011) Biological Rhythms, Sleep and Hypnosis. Palgrave Macmillan
  - Moss, A. & Dyer, K. (2010) The Psychology of Addictive Behaviour. Palgrave Macmillan
  - Walker, I. (2010) Research Methods and Statistics. Palgrave Macmillan
  - Giles, D. (2010) Psychology of the Media. Palgrave Macmillan
  - Chabris, C. & Simons, D. (2010) The Invisible Gorilla: And other ways out intuition deceives us. Harper Collins
  - Wiseman, R. (2008) Quirkology: The Curious Science of Everyday Lives. Pan
  - Pinker, S. (2003) How the mind works. Penguin
  - Dawkins, R. (1989) The Selfish Gene. Oxford Paperbacks
  - Rymer, R. (1994) Genie: A scientific tragedy. Harper
  - Kesey, K. (1973) One Flew over the Cuckoo's nest. Picador Pan Books
  - Plath, S. (2005) The Bell Jar. Faber and Faber
  - Kaysen, S. (2000) Girl Interrupted. Virago Press Ltd
  - Behrman, A. (2003) Electroboy. Random House
  - Colas, E. (2000) Just Checking. Pocket Books
  - Handler, L. (1999) Twitch and Shout. Penguin
  - Pelzer, D. (2001) A child called 'it'. Orion Books
  - Pinker, S. (2003) The Blank Slate: The Modern Denial of Human Nature. Penguin
  - Schreiber, F. (1975) Sybil: The true story of a woman possessed by sixteen personalities. Penguin
  - Carter, R. (2000) Mapping the Mind. Phoenix
  - Greenfield, S. (2002) The Private Life of the Brain. Penguin
  - Britton, P. (1998) The Jigsaw Man. Corgi Books
  - Colapinto, J. (2006) As nature made him. The boy who was raised as a girl.
  - Wharton, W. (2001) Birdy. Vintage
  - Ridley, M. (2004) Nature via nurture. Genes, experience and what makes us human. Harper
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