Psychology - Personal Learning Checklist

Paper 1

Social Influence [24 marks]	R	A	G	I've made revision material?	I understand this confidently.
Types of conformity: internalisation / identification / compliance.					
Explanations for conformity: informational social influence / normative social influence					
Variables affecting conformity: group size / unanimity / task difficulty (**ASCH**)					
Conformity to social roles (**ZIMBARDO**)					
Explanations for obedience: agentic state / legitimacy of authority					
Situational variables affecting obedience: proximity / location / uniform (**MILGRAM**)					
Dispositional explanation for obedience: the Authoritarian Personality (**ADORNO**)					
Explanations of resistance to social influence: social support / locus of control					
Minority influence: consistcency / commitment / flexibility (**MOSCOVICI**)					
The role of social influence processes in social change					

Memory [24 marks]	R	A	G	I've made revision material?	I understand this confidently.
The multi-store model of memory: sensory register / STM / LTM (**ATKINSON**)					
Features of each store: coding / capacity / duration (**MILLER / BAHRICK / BADDELEY**)					
Types of long-term memory: episodic / semantic / procedural (**TULVING**)					
The working memory model: central executive / phonological loop / visuo-spatial sketchpad / episodic buffer. (**BADDELEY**)					
Features of the WMM: coding / capacity					
Explanations for forgetting: proactive / retroactive interference / retrieval failure due to absence of cues.					
Factors affecting the accuracy of eyewitness testimony: misleading information / leading questions / post-event discussion / anxiety (**LOFTUS**)					
Improving the accuracy of eyewitness testimony: the cognitive interview (**FISHER**)					

Attachment [24 marks]	R	A	G	I've made revision material?	I understand this confidently.
Caregiver-infant interactions in humans: reciprocity / interactional synchrony.					
Stages of attachment: (**SCHAFFER & EMERSON**)					
Multiple attachments and the role of the father.					
Animal studies: (**LORENZ / HARLOW**)					
Explanations of attachment: Learning theory / Monotropic theory (**BOWLBY** - ASCMI)					
Types of attachment: secure, insecure-avoidant and insecure resistant. (**AINSWORTH**)					
Cultural variations in attachment: (**VAN IJZENDOORN**)					
Maternal deprivation: (**BOWLBY**)					
Romanian orphan studies: effects of institutionalisation (**RUTTER**)					
The influence of early attachment on childhood and adult relationships (**HAZEN & SHAVER**)					

Psychopathology [24 marks]	R	A	G	I've made revision material?	I understand this confidently.
Definitions of abnormality: including deviation from social norms, failure to function adequately, statistical infrequency and deviation from ideal mental health.					
The behavioural, emotional and cognitive characteristics of phobias, depression and OCD.					
The behavioural approach to explaining phobias: the two-process model / classical & operant conditioning					
The behavioural approach to treating phobias: systematic desensitisation / relaxation / hierarchy & flooding.					
The cognitive approach to explaining depression: **BECK'S** negative triad and **ELLIS'** ABC model					
The cognitive approach to treating depression: CBT / challenging irrational thoughts.					
The biological approach to explaining OCD: genetic and neural explanations					
The biological approach to treating OCD: drug therapy					

Paper 2

Approaches [24 marks]	R	A	G	I've made revision material?	I understand this confidently.
Origins of psychology: **WUNDT** / introspection / the emergence of psychology as a science.					
Learning approaches: the behaviourist approach - classical conditioning and **PAVLOV**					
Learning approaches: the behaviourist approach - operant conditioning / types of reinforcement and **SKINNER**					
Learning approaches: the behaviourist approach - social learning theory / imitation / identification / modelling / vicarious reinforcement / mediational processes and **BANDURA**					
The cognitive approach: internal mental processes / schema / theoretical and computer models to explain and make inferences about mental processes.					
The cognitive approach: The emergence of cognitive neuroscience.					
evolutionary approach.					
The psychodynamic approach: the role of the unconscious / the structure of personality - ID, ego and superego / defence mechanisms - repression, denial and displacement / psychosexual stages.					
Humanistic psychology: free will / self-actualisation / **MASLOW** - hierarchy of needs/ **ROGERS** - focus on the self / congruence / the role of conditions of worth / The influence on counselling psychology					

Biopsychology [24 marks]	R	A	G	I've made revision material?	I understand this confidently.
The divisions of the nervous system: central and peripheral (somatic and autonomic)					
The structure and function of neurons: sensory / relay / motor .					
The process of synaptic transmission: neurotransmitters, excitation and inhibition.					
The function of the endocrine system: glands / hormones					
The fight or flight response / adrenaline.					
Localisation of function: motor, somatosensory, visual, auditory and language centres (**BROCA** / **WERNICKE**)					
Hemispheric lateralisation: split brain research (**SPERRY**)					
Plasticity and functional recovery of the brain after trauma (**MAGUIRE**).					
Ways of studying the brain: scanning technique - fMRI / EEG / ERP / Post Mortem					
Biological rhythms: circadian (**SIFFRE**), infradian and ultradian and the difference between these rhythms.					
Biological rhythms: The effect of endogenous pacemakers and exogenous zeitgebers on the sleep/wake cycle.					

Research Methods [48 marks]	R	A	G	I've made revision material?	I understand this confidently.
Experimental method: Types of experiment - Lab / field / natural / quasi					
Observational techniques: Naturalistic/ controlled / covert / overt / participant / non-participant.					
Self-report techniques: Questionnaires / interviews - structure & unstructured.					
Correlations: Analysis of co-variables / the different between correlation and experiments / correlation co-efficient					
Content analysis & thematic analysis.					
Case studies					
Aims & Hypotheses - directional and non-directional.					
Sampling: random / systematic / stratified / opportunity / volunteer. Implications of sdampling - bias & generalisations.					
Pilot studies					
Experimental designs: repeated measures / independent / matched pairs.					
Observational design: behaviour categories / time & event sampling					
Questionnaire construction: open / closed / design of itnerviews.					
Variables: Independent / dependent / extraneous / confounding / operationalising					
Control: Random allocation / counterbalancing / randomisation / standardisation					
Demand characteristics and Investigator effects.					
Ethics: **C**an **D**o **C**ant **D**o **W**ith **PP**s					
Peer review					
Psychology and the economy (££)					
Reliability: test-retest / inter-observer / improving reliability					
Types of validity: face validity / concurrent validity / ecological					
validity / temporal validity / Improving validity					
Features of a science: Objectivity / Replicability / Hypotheses testing / Paradigms.					
Reporting investigations: Abstract / Introduction / Methods / Results / Discussion / Referencing					
Data: Qualitative / Quantitative / Primary / Secondary / Meta-analysis.					
Descriptive statistics: Mean / mode / median / range / standard divation / positive & negative correlations.					
Data presentation: graphs / tables / scattergrams / bar charts / histograms.					
Data distribution: skewed / normal					
Levels of measurement: nominal, ordinal and interval					
Statistical test: The sign test - know **HOW** to perform.					
Probability and significance: Critical value tables / Type 1 & Type 2 error					
Inferential tests: Spearman's rho / Pearson's r / Wilcoxon / Mann-Whitney /					
related t-test / unrelated t-test / Chi-Squared test - know **WHEN** to use.					

Paper 3						

Issues and Debates [24 marks]	R	A	G	I've made revision material?	I understand this confidently.
Gender bias: androcentrism / alpha and beta bias / universality					
Culture bias: enthocentrism / cultural relativism / alpha and beta bias / universality					
Free will and determinism: hard / soft / biological / environmental / psychic / causal explanations					
nature-nurture: heredity and environment in determining behaviour / the interactionist approach.					
Holism and reductionism: levels of explanation / Biological / environmental (stimulus-response) reductionism					
Idiographic and nomothetic: views towards investigations.					
Ethical implications of research studies and theory / social sensitivity.					

Relationships [24 marks]	R	A	G	I've made revision material?	I understand this confidently.
Factors affecting attraction: Self-disclosure / physical attractiveness / filter theory					
Theories of romantic relationships: Social exchange theory / Equity theory / Investment model					
Relationship breakdown: Duck's phase model					
Virtual relationships in social media/ self-disclosure / absence of gating					
Levels of parasocial relationships/ absorption addiction model/ attachment theory explanation					

Schizophrenia [24 marks]	R	A	G	I've made revision material?	I understand this confidently.
Classification: Positive / Negative symtoms					
Reliability and Validity: co-morbidity / gender bias / symptom overlap / diagnosis					
Biological explanations: Genetics / The Dopamine Hypothesis / Neural correlates					
Psychological explanations: Family dysfunction - Expressed Emotion / Double-Bind theory / Schizophrenogenic mother					
Psychological explanations: Cognitive explanations / Dysfunctional thought processing					
Drugs therapy: Atypical / Typical					
Cognitive treatment: CBTp / Family therapy					
Cognitive management: Token economy					
The interactionist approach: Diathesis-stress model.					

Addiction [24 marks]	R	A	G	I've made revision material?	I understand this confidently.
Describing addiction: physical and psychological dependence					
Tolerance / Withdrawal syndrome					
Risk factors: genetic vulnerability / stress / personality / family influences / peers					
Explanations for nicotine addiction: brain neurochemistry / learning theory					
Explanations for gambling addiction: learning theory / cognitive theory					
Reducing addiction: drug therapy / CBT / Behavioural intervention					

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