

Preparing for Psychology

On the following pages, you will find a selection of articles and suggested activities to prepare you for Year 12 Psychology.

Hinchingbrooke School

AQA Psychology (7182)

Specification:

www.tinyurl.com/AQAPsychology



The topics that we currently offer are:

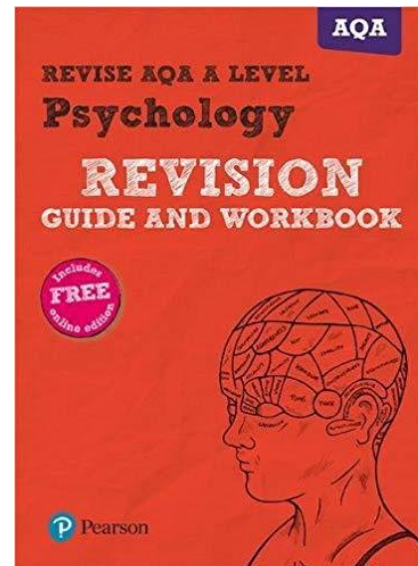
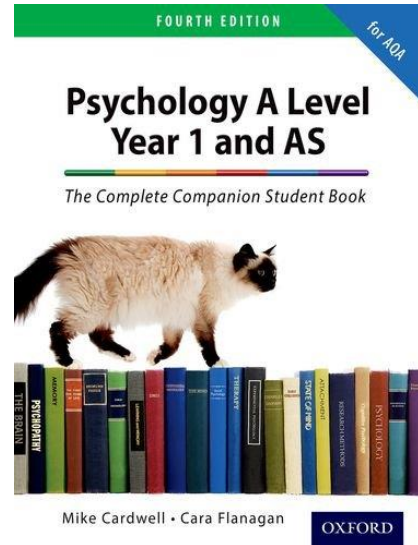
- Social Influence
- Memory
- Attachment
- Psychopathology
- Approaches
- Research Methods
- Biopsychology
- Issues and Debates
- Schizophrenia
- Gender
- Aggression

The textbooks that we use in school are:

- *The Complete Companions: AQA Psychology Year 1* (ISBN: 978-0198338642)
- *The Complete Companions: AQA Psychology Year 2* (ISBN: 978-0198338680)
- *AQA A-Level revision guide* (ISBN: 978-1292111216)

Textbooks are **strongly advised** and may support you in your private study periods and at home. The department has several textbooks available for you to use at school.

When buying your own, please look around on several websites to save you money!



Our department twitter account regularly shares current research and articles that are relevant to all areas of Social Science, including Psychology.
@HBKSocSci

Task – YouTube experiments.

Try searching for the following titles and make notes on the videos you watch. Some of the quality may be 'old' – this is because some of the best studies were conducted in the 1960s.

- Zimbardo prison experiment
- Milgram obedience study (needed for next task)
- Bandura Bobo dolls
- Sperry Split-brain research
- Pavlov classical conditioning
- Skinner rats **and/or** Skinner pigeons.
- Taxi Driver Study

Make any notes here:

Task – Milgram (1963)

Aim: to investigate if American citizens would be obedient even if it meant harming others, or if Germans in World War II were just 'evil'.

Method: a laboratory experiment

Sample: 40 American males between 20 and 50 years of age from the New Haven area.

Procedure: Participants were told they were taking part in a learning & memory experiment. They took the role of 'teacher', giving what they thought were painful shocks to an actor (the 'learner') who they believed was a fellow participant. In truth, there were no shocks and the 'learner' was deliberately giving wrong answers. The fake shocks increased from 15 volts (a bit of a painful shock) up to 450 volts (which would kill you). Milgram would instruct participants to continue if they hesitated.

Findings: 65% of Americans delivered 450V shocks (a lethal shock) to another citizen simply because they were told to do so whenever the actor pretended to get an answer wrong. 100% of the Americans delivered at least 300V shocks (also lethal) to another citizen.

Conclusions: Americans are no less 'evil' than Germans and in fact humans simply are compelled to obey authority, even if it may cause harm to other humans.

What did psychologists learn from this study?

Why is it unethical to deceive participants? and why was it necessary in this experiment?

How can we criticise the sample used?

Fathers play a surprisingly large role in their children's development

Fathers play a surprisingly large role in their children's development, from language and cognitive growth in toddlerhood to social skills in fifth grade, according to new findings from Michigan State University scholars.

The research provides some of the most conclusive evidence to date of fathers' importance to children's outcomes and reinforces the idea that early childhood programs such as Head Start should focus on the whole family, including mother and father alike. The findings are published online in two academic journals, *Early Childhood Research Quarterly* and *Infant and Child Development*.

"There's this whole idea that grew out of past research that dads really don't have direct effects on their kids, that they just kind of create the tone for the household and that moms are the ones who affect their children's development," said Claire Vallotton, associate professor and primary investigator on the research project. "But here we show that fathers really do have a direct effect on kids, both in the short term and long term."

Using data from about 730 families that participated in a survey of Early Head Start programs at 17 sites across the nation, the researchers investigated the effects of parents' stress and mental health problems such as depression on their children. Parental stress and mental health issues affect how parents interact with their children and, subsequently, childhood development.

The study found that fathers' parenting-related stress had a harmful effect on their children's cognitive and language development when the children were 2 to 3 years old, even when the mothers' influences were taken into account. This impact varied by gender; fathers' influence, for example, had a larger effect on boys' language than girls' language.

Another key finding: Fathers' and mothers' mental health had a similarly significant effect on behavior problems among toddlers. Further, fathers' mental health had a long-term impact, leading to differences in children's social skills (such as self-control and cooperation) when the children reached fifth grade. In fact, fathers' depression symptoms when children were toddlers were more influential on children's later social skills than were mothers' symptoms. In sum, the findings contribute to the small but growing collection of research affirming the effects of fathers' characteristics and father-child relationship qualities on children's social development, rather than just the fathers' residence in the home or presence in the child's life, according to the paper published in *Early Childhood Research Quarterly*.

Tamesha Harewood, lead author on the paper in *Infant and Child Development*, said fathers, in addition to mothers, should be included in parenting research and family-intervention programs and policies.

"A lot of family-risk agencies are trying get the dad more involved, but these are some of the things they could be missing," said Harewood, a researcher in MSU's Department of Human Development and Family Studies. "When the agency is talking with the dad, it's not just about providing for your child economically, but also to be there for your child, to think about how stress or depression might be influencing your child. In order to understand and help children in their development, there needs to be a comprehensive view of the whole family, including both mom and dad."

Fathers play a surprisingly large role in their children's development

What does the article suggest about the role of the father?

How has the role of the father changes over the last century?

What government laws are in place to ensure fathers play can active role in parenting?

Rosemary sales surge during exam season

A High Street health food chain says it has had to order extra stocks of rosemary after research claimed the scent of the herb could improve the memory of students revising for exams. Holland & Barrett says there has been a 187% increase in sales of rosemary essential oil compared with last year. A Northumbria University study showed pupils in a room scented with rosemary performed better in memory tests. It supported the traditional links between rosemary and memory. A spokeswoman for Holland & Barrett said that after the research about rosemary was published "we saw a sharp rise in customer demand". "As the exam season continues, we have increased provision in store to meet demand," she said. The rush for rosemary saw almost a doubling in sales compared with the same time last year and a trebling compared with the previous week.

Hundreds of thousands of pupils are revising and taking GCSEs and A-levels - with the suggestion that the spike in rosemary sales has been driven by anxious parents trying to find a way to help their children. The research from Northumbria University, presented at the British Psychological Society's annual conference, backed up historical associations between rosemary and memory.

It suggested that pupils who worked in a classroom with the aroma of rosemary oil achieved 5% to 7% better results in memory tests. Researcher Mark Moss said the human sense of smell was highly sensitive and sent messages to the brain, setting off reactions and responses. "It could be that aromas affect electrical activity in the brain or that pharmacologically active compounds can be absorbed," he said.

Rosemary has been connected with memory for centuries. In ancient Greece, students wore garlands of rosemary in exams and in Shakespeare's Hamlet, Ophelia says: "There's rosemary, that's for remembrance."



This article was published by the BBC. How can different newspapers demonstrate bias?

How can the media influence behaviour?

Body clock linked to mood disorders

Disruption to the body's internal clock may put people at increased risk of mood disorders, scientists say.

A clock ticks in nearly every cell of the body. And they change how the tissues work in a daily rhythm.

A Lancet Psychiatry study of 91,000 people found a disrupted body clock was linked with depression, bipolar disorder and other problems. The Glasgow researchers said it was a warning to societies becoming less in tune with these natural rhythms. Although the study did not look at mobile phone use, Prof Daniel Smith, one of the University of Glasgow researchers, told BBC Radio 4's Today programme that it was "likely" that some of the people in the study who had difficulties might be using social media at night.

"For me absolutely my mobile phone goes off before 22:00 at night and that's it, because obviously we didn't evolve to be looking at screens when we should be sleeping," he said. People in the study wore activity monitors for a week to see how disrupted their clocks were. Those who were highly active at night or inactive during the day were classed as being disrupted. And they were between 6% and 10% more likely to have been diagnosed with a mood disorder than people who had a more typical - active in the day, inactive at night - pattern.

Prof Smith, a psychiatrist, told the BBC: "These are not huge differences. "But what is striking is it is pretty robust across lots of interesting outcomes." The study found higher rates of major depression, bipolar disorder, more loneliness, lower happiness, worse reaction times and more mood instability in people with body-clock disruption. However, the study cannot tell if the disruption is causing the mental illness or is just a symptom of it. That will take further work. The body clock certainly exerts a powerful effect throughout the body. Mood, hormone levels, body temperature and metabolism all fluctuate in a daily 24-hour rhythm. Even the risk of a heart attack soars every morning as the body gets the engine running to start a new day. Prof Smith said: "The study tells us the body clock is really important for mood disorders and should be given greater priority in research and in way we organise societies.

"It wouldn't be too controversial to say we need to reorganise the way we learn and work to be in tune with our natural rhythms." The study used data from the UK's Biobank research project. However, many of the participants were quite old. Dr Aiden Doherty, from the University of Oxford, said: "The study population is not ideal to examine the causes of mental health, given that 75% of disorders start before the age of 24 years." But he added the study showed the way for a similar research in "adolescents and younger adults to help transform our understanding of the causes and consequences, prevention, and treatment of mental health disorders".



Task – explore your own interests

There are plenty of Twitter accounts which publish current information about Psychology and its application to the real world.

Find at least 3 articles of your choice from any of these accounts and explain what the article is about.



Attachment	Memory	Social Influence	Psychopathology	Biopsychology
<p>Cells are more robust in parenting, sex, but more at risk in more risk</p>	<p>Days from neural pathways and the brain's ability to suggest study</p>	<p>Turns Out Having a High IQ Isn't Always the Best Thing for Your Health</p>	<p>Emotions are cognitive, not just feelings</p>	<p>Judges don't stop under sentences when they are also deprived</p>
<p>Maternal and infants connect through song</p>	<p>Implementing false memories</p>	<p>Gender development influence from within: prenatal sex hormones</p>	<p>Patients with OCD have difficulty keeping a secret</p>	<p>Depression during pregnancy is associated with abnormal brain structure in children</p>
<p>Heart beats faster from the start of the first</p>	<p>Study on emotional health: children better at recalling a word about a picture</p>	<p>Parents to have children out of school in emergency: gender inequality</p>	<p>Exposure to music, music without conscious awareness is more effective for reducing anxiety</p>	<p>Brain of those with anxiety and autism are wired up to feel</p>
<p>Developmental psychologist: Favourite of babies who play's baby</p>	<p>Emotional memory: aspects as having same age</p>	<p>Hyperactive Car Share Scheme: one of the best ways to reduce car use</p>	<p>Exposure to music, music without conscious awareness is more effective for reducing anxiety</p>	<p>Lack of stress increases a child's risk of emotional disorder</p>
<p>Excess exercise that both language - control</p>	<p>Brain study: memory recall on how can you recall memory</p>	<p>What the textbooks don't tell you: one of psychology's most famous experiments was actually a lie</p>	<p>Depression during pregnancy is associated with abnormal brain structure in children</p>	<p>Stress disorders: brain is the fight or flight system</p>
<p>Becoming a mother may change the brain to help baby</p>	<p>How the brain consolidates memory during sleep</p>	<p>New analysis suggests most Migrant communities reduced the 'poverty experience' - new study</p>	<p>Some genes could make us more likely to be depressed</p>	<p>Stressful cycle: why it's vital to watch your biological clock</p>
<p>Pregnancy: Cloning: Changing in a different form</p>	<p>Rules of memory: 'beautiful' memory</p>	<p>New analysis suggests most Migrant communities reduced the 'poverty experience' - new study</p>	<p>Most antidepressants: ineffective in some, study says</p>	<p>Reducing the Brain From Connections</p>
<p>Child's cognitive skills linked to age just with mother</p>	<p>Highly specific: memory: aspects as having same age</p>	<p>Migrant PIV: demand characteristics</p>	<p>Depression in New Zealand: Cause of Stress and Disability</p>	<p>Effects of chronic stress and sleep: too many stress hormones, new study says</p>
<p>Data are not as good as many at evaluating a child's academic and social skills</p>	<p>Raising up the brain: aspects as having same age</p>	<p>Genes: 'Threats' that are harder to handle: the role of the brain</p>	<p>An inherited brain may be a risk factor for depression</p>	<p>Shift work: unwell body clocks, leading to more stress: new study says</p>
<p>Study: Testosterone linked to parenting quality in mothers and fathers</p>	<p>The risk you know about: a new study says</p>	<p>Depression in New Zealand: Cause of Stress and Disability</p>	<p>Cognitive behavioural therapy for depression: new study says</p>	<p>Stress: how it can change how depressed you are: new study says</p>
<p>Out of sight: the strategies women married children are abandoned</p>	<p>Experiments: how they learn: aspects as having same age</p>	<p>Depression in New Zealand: Cause of Stress and Disability</p>	<p>Cognitive behavioural therapy for depression: new study says</p>	<p>Stress: how it can change how depressed you are: new study says</p>
<p>What's the difference between a good and a bad memory? Study says</p>	<p>What does it take to make a memory? Study says</p>	<p>Depression in New Zealand: Cause of Stress and Disability</p>	<p>Cognitive behavioural therapy for depression: new study says</p>	<p>Stress: how it can change how depressed you are: new study says</p>

https://docs.google.com/spreadsheets/d/1UDLqS_j8uX2uVpYtu6Lm0Gv7wP4wN_K6Oo403ty4r9s/edit#gid=1930930986

Task – writing about my articles

Article 1

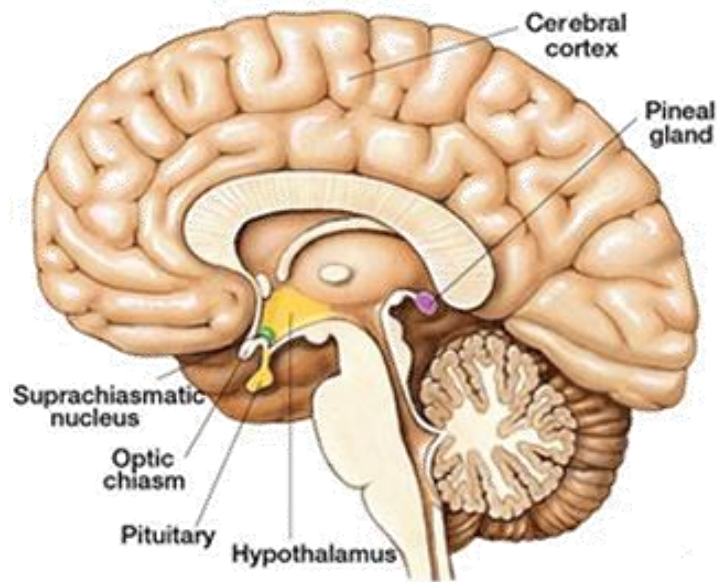
Article 2

Article 3

Task – Research into biological rhythms.

Using the article and your own research, what is a biological rhythm?

Circadian rhythm = a 24-hour biological cycle that most humans operate on.



Explain the roles of suprachiasmatic nucleus (SCN) and the pineal gland in our circadian rhythm.

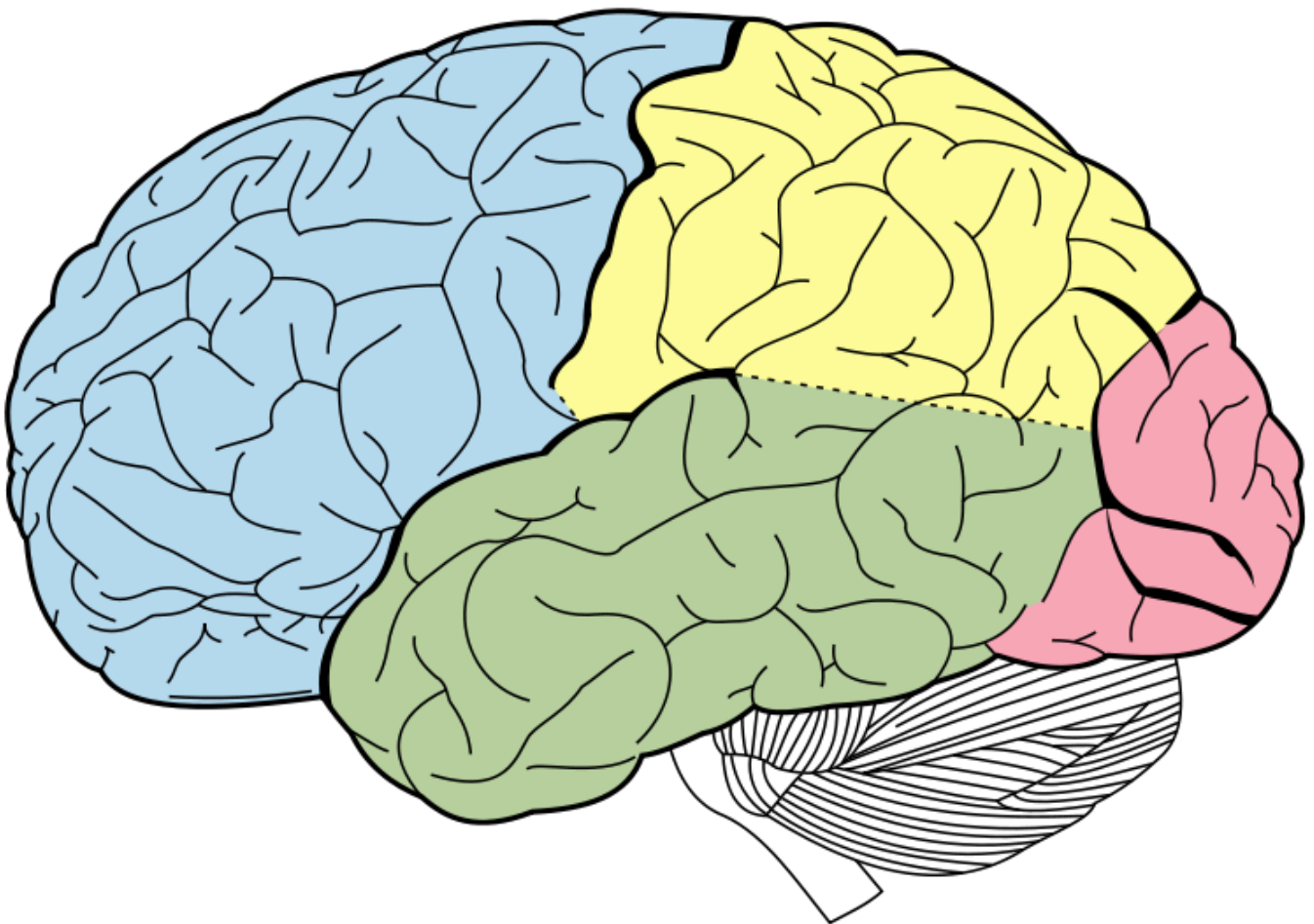
Task – Identifying the brain.

The brain is complex and there are many features we don't understand about our brain and its links with human behaviour. You will begin to study the brain in detail within Biopsychology.

Use these websites to help you complete the below tasks:

- Interactive 3D brain - https://www.brainfacts.org/3d-brain#intro=false&focus=Brain-cerebral_hemisphere-frontal_lobe-motor_cortex
- Brain lobes - <https://qbi.uq.edu.au/brain/brain-anatomy/lobes-brain>
- Areas of the brain - <https://www.health24.com/Mental-Health/Brain/Anatomy-of-the-brain/Brain-areas-and-their-functions-20120721>

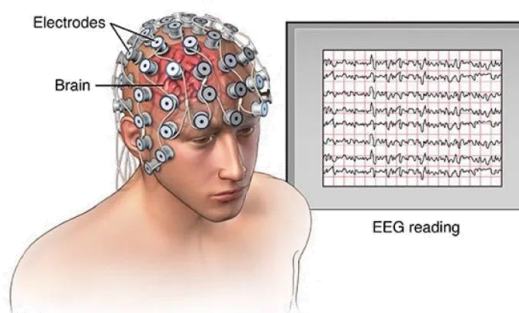
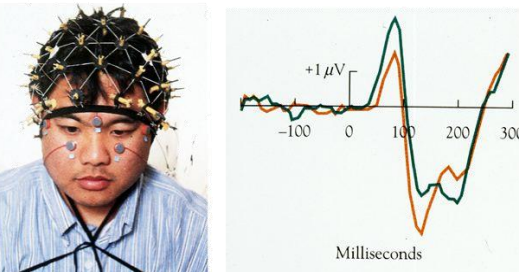
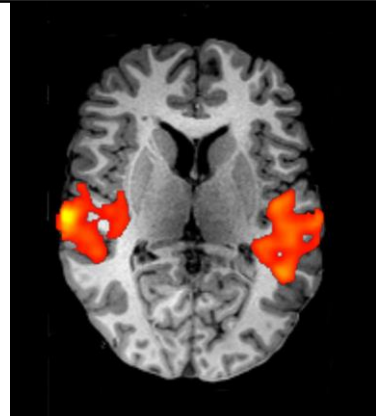

1. Identify the 4 lobes of the brain and outline their functions.



Task – Studying the brain.

Cognitive neuroscience is a relatively new area of science which studies the biological features of the brain and cognitive tasks it performs.

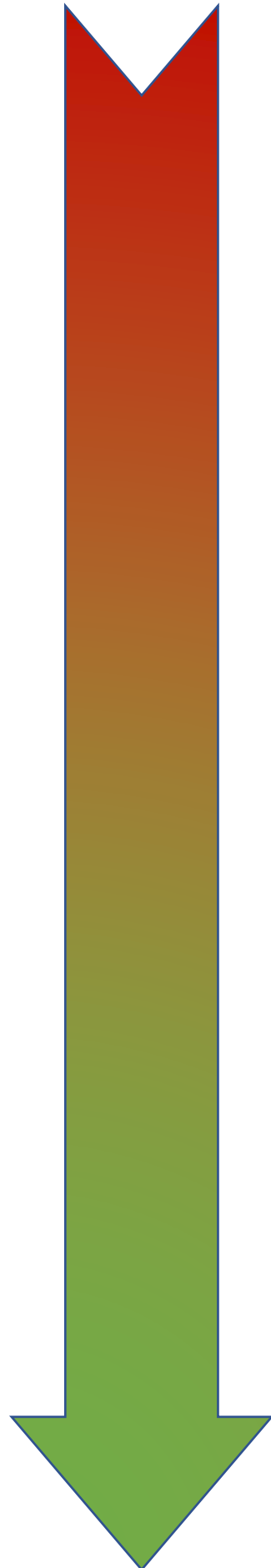
Research into these four brain scanning techniques and explain how they work and what they're examining.

 <p>The diagram shows a person's head with numerous electrodes attached to the scalp. Labels point to 'Electrodes' and 'Brain'. To the right, a box labeled 'EEG reading' contains a graph with multiple overlapping waveforms representing electrical activity over time.</p>	EEG
<p>Event-related potentials (ERP)</p>  <p>The photograph shows a person wearing a cap with many electrodes. The graph to the right plots voltage in microvolts (μV) against time in milliseconds. The x-axis ranges from -100 to 300 milliseconds, with a vertical line at 0. The y-axis has a marker for $+1 \mu V$. Two waveforms, one in green and one in orange, show a sharp negative deflection (downward peak) around 100 milliseconds after the event at 0.</p>	ERP
 <p>This is an axial slice of a brain scan. Two distinct areas in the lateral temporal regions are highlighted in bright red and orange, indicating areas of increased blood flow or metabolic activity as measured by techniques like fMRI.</p>	fMRI
 <p>A photograph showing a human brain on a blue surface. A hand wearing a yellow glove is using a large surgical knife to slice through the brain, demonstrating a post-mortem examination.</p>	Post-Mortem (brains)

Task – Psychology timeline

Create a timeline which includes these approaches and theorists. This will help you understand the first topic of Approaches.

- Wilhem Wundt
- Psychodynamic (Sigmund Freud)
- Behaviourism (Ivan Pavlov and Skinner)
- Humanism (Carl Rogers and Abraham Maslow)
- Cognitive
- Social Learning (Alfred Bandura)
- Biological
- Cognitive Neuroscience



Task – designing your own research

You're a trainee psychologist interested in health. Your supervisor has you to write a report outlining how you will conduct your experiment. Use the guidance below to prepare your report.

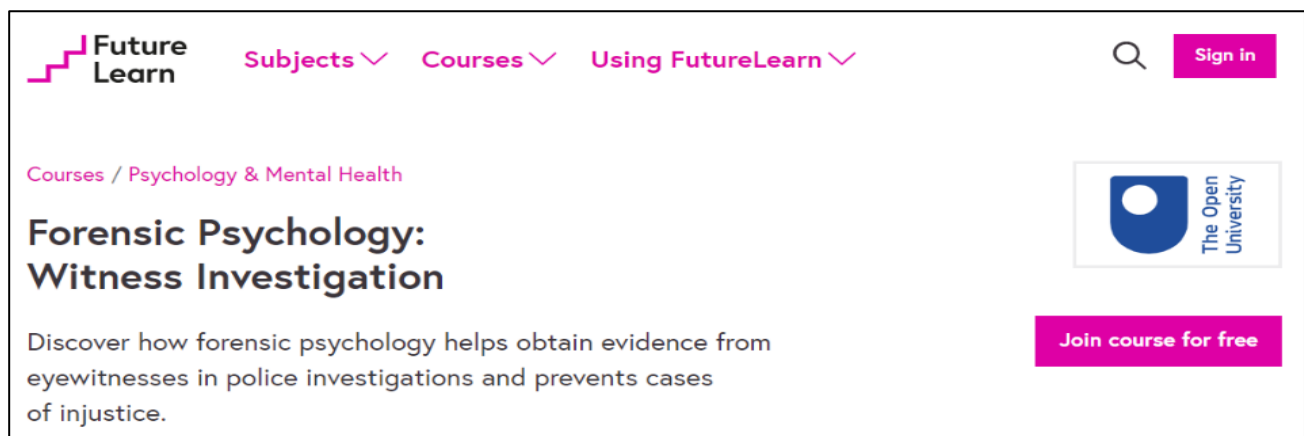
“Is there a relationship between how much time someone spends outside and happiness levels?”

- Why is this an important area to study? And how could this benefit society?
- How would you conduct this research? Include your variables.
- How are you going to define and measure 'happiness' so that all participants report the same feeling.
- How long do people need to 'spend outside' and is there a specific weather you're using?
- Who will be your participants and how will you acquire them?
- Include your hypothesis – what you expect the findings to be?

Write your report below

Task – Free online courses

These online courses are free and provided by Universities. You will be asked to complete these during Y12 alongside your A- Levels. We strongly recommend the Forensic Psychology course which is useful for students also studying Criminology.



The screenshot shows the Future Learn website interface. At the top, there are navigation links for 'Subjects', 'Courses', and 'Using FutureLearn'. A search icon and a 'Sign in' button are also visible. The main content area displays the course title 'Forensic Psychology: Witness Investigation' under the category 'Courses / Psychology & Mental Health'. Below the title, a brief description states: 'Discover how forensic psychology helps obtain evidence from eyewitnesses in police investigations and prevents cases of injustice.' To the right of the description is the Open University logo. A prominent pink button at the bottom right says 'Join course for free'.

OpenLearn courses: https://www.open.edu/openlearn/free-courses/full-catalogue		Hours
Psychology	Childhood in the digital age	12
	Essay and report skills	15
	Exploring data: graphs and numerical summaries	20
	Exploring sport coaching and psychology	24
	Forensic Psychology	24
	Health and safety in the laboratory and field	1
	Introduction to child psychology	8
	An introduction to data and information	20
	Starting with psychology	5
	Reading and notetaking – preparation for study	12
	Psychological research, obedience and ethics	5
Science, maths and tech	Working with charts, graphs and tables	15
	Using numbers and handling data	12

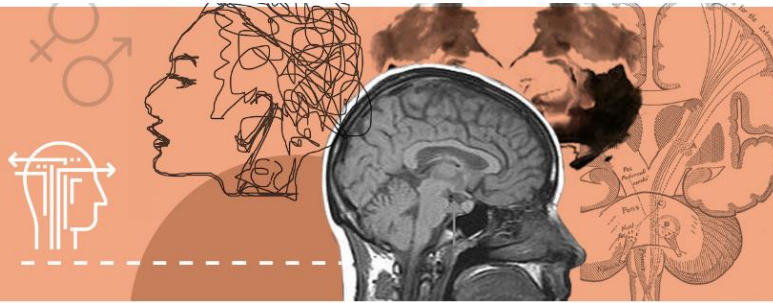
Future Learn courses: https://www.futurelearn.com/subjects/psychology-and-mental-health-courses/psychology	Hours per week	No of weeks
Forensic Psychology: Witness investigation	8	3
Logical and critical thinking	8	4
Introduction to cognitive psychology: an experimental science	3	4
Psychology and mental health: beyond nature and nurture	6	3
Introduction to psychology: the history of science and psychology	2	6
Introduction to psychology: biological psychology	2	6
Introduction to psychology: the psychology of learning	2	6
What is a mind?	6	3
Introduction to psychology: developmental psychology	2	6
Introduction to psychology: the psychology of personality	2	6
Introduction to psychology: sensation and perception	2	6

Task – Online lectures and documentaries

This website provides short lectures on A Level content by University lecturers - <https://www.massolit.io/subjects/psychology>.

Psychology

From social influence to memory, attachment to psychopathology, and everything in between.



The below is a collection of TED talks, TV shows or documentaries or short courses you can complete which are Psychology related. Find it here:

<https://drive.google.com/open?id=1A9qpa7iKe60AjF3JCBaLcHlrfKL5feh>

	TED Talks	TV Shows / Documentaries / Podcasts / Radio / YouTube	Courses	MOVIES
General Psychology	Psychology myths debunked A brain in a supercomputer Your brain hallucinates your conscious reality How language shapes the way we think	Netflix: 100 Humans Netflix: The Creative Brain Infinite Monkey Cage Podcasts Derren Brown Happier with Gretchen Rubin Podcasts Speaking of Psychology Podcasts Waking Up Podcasts	Stevenson: Dr Jekyll and Mr Hyde	
Approaches in Psychology	A map of the brain Pavlov: Operant and Classical Conditioning	Three identical strangers Hidden Brain Podcasts	Learning Theories	A Dangerous Method Girl, Interrupted Experimenter Dangerous Method
Attachment	How early life experience is written into DNA Do kids think of sperm donors as family? The tragedy of orphanages Lessons from the longest study on human development Parenting lessons from the longest running study on childhood How childhood trauma affects health across a lifetime	The dark matter of love From Romania with love Netflix: Babies	Attachment	Blackfish Good Will Hunting Mockingbird Don't Sing The Troubled Child About Time
Biopsychology	Re-engineering the brain The science of stage fright What we're learning from 5000 brains Sleep is your superpower Left brain vs. right brain myth	Body clock: What makes us tick? The brain - A secret history - part 1 The brain - A secret history - part 2 The brain - A secret history - part 3 Living with half a brain	The brain The nervous system and the endocrine system	Shutter Island Concussion Faces in the Crowd
Forensics	Why smart statistics are the key to fighting crime Exploring the mind of a killer Why teens confess to commit crimes they didn't commit Exploring the mind of a killer	Netflix: Inside the criminal mind Netflix: Making a murderer Netflix: Mindhunter Netflix: I am a killer	Forensic Psychology: Witness Investigation Forensic Psychology - Carter Criminal Psychology	One Flew Over the Cuckoo's Nest Silence of the Lambs The Shawshank Redemption We Need to Talk about Kevin
Issues and Debates	Women should represent women in media (Gender) 3 clues to understanding your brain (Nature Nurture) The ethical dilemma of designer babies (Ethics) Moral behaviour in animals (Ethics) What hallucination reveals about our minds (Idiographic)			Experimenter Side Effects Project Nim The Adjustment Bureau About Time
Memory	Feats of memory anyone can do How your brains executive function works How reliable is your memory? Why eyewitnesses get it wrong The riddle of experience vs. memory	OU on the BBC: Eyewitness Netflix - The mind, explained	Memory Witness Memory and the Cognitive Interview	12 Angry Men 50 First Dates Memento The Man with the 7 Second Memory The Notebook Inside Out
Psychopathology	What's so funny about mental illness? How risk-taking changes a teenager's brain What is depression? This could be why you're depressed or anxious Debunking the myths of OCD	Stacey Dooley - On the Psych Ward Horizon - OCD: A monster in my mind All in the mind podcasts	Depression OCD Anxiety	A Dangerous Method Girl, Interrupted As Good As It Gets Awakenings It's Kind of a Funny Story Little Miss Sunshine
Relationships	Imaginary friends and real-world consequences: parasocial relationships Connected, but alone? Technology and Communication	Netflix - At first sight		50 First Dates About Time Her
Research Methods	Soon we'll cure diseases with a cell, not a pill Big data is better data	Three identical strangers		Experimenter The Stanford Prison Experiment
Schizophrenia	I am not a monster: Schizophrenia The voices in my head There's no shame in taking care of your mental health How electroshock therapy changed me Toward a new understanding of mental illness A tale of mental illness What is schizophrenia?	Schizophrenia: Stolen minds, stolen lives	Schizophrenia	Shutter Island A Beautiful Mind The Soloist
Social Influence	Should you trust unanimous decisions? Zimbardo - The psychology of evil My daughter, Malala Online social change: easy to organise, hard to win		Nietzsche: On the genealogy of morality Conformity	The Experimenter The Wave (Die Welle) 12 Angry Men Compliance Lord of the Flies Malcolm X The Stanford Prison Experiment