

Summer preparation for Year 12 Psychology

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



Hinchingsbrooke School

AQA Psychology (7182)

Specification:

<https://www.aqa.org.uk/subjects/psychology/as-and-a-level/psychology-7181-7182/specification-at-a-glance>

The topics that we currently offer are:

- Social Influence
- Memory
- Attachment
- Psychopathology
- Approaches
- Research Methods
- Biopsychology
- Issues and Debates
- Schizophrenia
- Addiction
- Relationships

The textbooks that we use in school are:

1. AQA Psychology for A Level Year 1 & AS Student Book – 3rd Edition
- Amazon link: [AQA Psychology for A Level : Year 1 and AS Third edition : Flanagan, Cara, Liddle, Rob, Jarvis, Matt: Amazon.co.uk: Books](#)
1. AQA Psychology for A Level Year 2 Student Book – 3rd Edition
- Amazon link: [AQA Psychology for A Level: Year 2 Third edition : Flanagan, Cara, Jarvis, Matt, Liddle, Rob, Wood, Mandy, Buxton-Cope, Tom: Amazon.co.uk: Books](#)

Textbooks are **not** mandatory but may support you in your private study periods and at home. The department has several textbooks available for you to use at school.

If you choose to buy your own, please look around on several websites to save you money!

There are lots of original footage of psychological experiments on YouTube.



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.

- Bandura Bobo dolls <https://youtu.be/eqNaLerMNOE>
- Sperry Split-brain research <https://youtu.be/8cOBt5fxS3Y>
- Pavlov classical conditioning <https://youtu.be/asmXyJaXBC8>
- Skinner rats **and/or** Skinner pigeons. <https://youtu.be/L6MamDfrH-I>

Notes from videos:

Rosemary sales surge during exam season

By Sean Coughlan - Education correspondent - 17 May 2017



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."

How can news articles impact behaviour in society? What forms of bias could be present with newspaper articles?

One in four girls have depression by the time they hit 14, study reveals

[Denis Campbell](#) *Health policy editor* Wed 20 Sep 2017

One in four girls is clinically depressed by the time they turn 14, according to research that has sparked new fears that Britain's teenagers are suffering from an epidemic of poor mental health.

A government-funded study has found that 24% of 14-year-old girls and 9% of boys the same age have depression. Their symptoms include feeling miserable, tired and lonely and hating themselves. That means that about 166,000 girls and 67,000 boys of that age across the UK are depressed. The findings are based on how more than 10,000 young people that age described how they were feeling. The data has prompted fresh questions about how social media, body image issues and school-related stresses affect young people's mental welfare. It also strongly suggests that being from a low-income family increases the risk of depression and that ethnicity is potentially a key factor too.

"We know that teenage girls face a huge range of pressures, including stress at school, body image issues, bullying, and the pressure created by social media," said Marc Bush, the chief policy adviser at the charity Young Minds. "Difficult experiences in childhood – including bereavement, domestic violence or neglect – can also have a serious impact, often several years down the line."

Dr Praveetha Patalay, the lead author of the research, said the findings revealed "worryingly high rates of depression" among 14-year-old girls and the "increasing mental health difficulties faced by girls today compared to previous generations".

The study was undertaken by academics from University College London and the University of Liverpool and funded by the Economic and Social Research Council. No reliable studies exist into previous prevalence of depression among UK teenagers. They found that between the ages of three and 11 small but growing proportions of boys and girls – up to around 10% – suffered from emotional problems such as feeling depressed and anxious, as reported by their parents.

However, while the prevalence of such problems remained constant among boys between the ages of 11 and 14, it rose from 12% to 18% among girls, again based on accounts submitted by their parents. But when 14-year-old boys and girls themselves were asked about their mental health, far more girls – 24% – disclosed that they were feeling depressed than the 18% whose parents said they were. The findings may suggest that parents underestimate the extent of, or fail to pick up on the signs of, depression among girls up to the age of 14 but overestimate how common the condition is among boys that age.

"At age 14, when children reported their own symptoms, 24% of girls and 9% of boys were suffering from high symptoms of depression," according to the academics' summary of their findings. That was based on the number of girls who answered "true" or "sometimes" when asked 13 questions including if, in the previous fortnight, "I felt miserable or unhappy", "I cried a lot", "I felt I was no good anymore" or "I thought nobody loved me". Other statements that they indicated did or did not apply to them included "I hated myself", "I felt lonely", "I was a bad person" and "I thought I could never be as good as other kids."

The study concludes that, given the high number of 14-year-old girls deemed to be depressed based on their responses to those questions: "This suggests that levels of depression among today's teenage girls are high."

Anna Feuchtwang, chief executive of the National Children's Bureau, which also collaborated on the research, said: "We now have the strongest evidence yet that a huge number of young people are depressed. Many more are unhappy. Children are facing huge pressures."

Among 14-year-old girls, those from mixed race (28.6%) and white (25.2%) backgrounds were most likely to be depressed, with those from black African (9.7%) and Bangladeshi (15.4%) families the least likely to suffer from it. Girls that age from the second lowest fifth of the population, based on family income, were most likely to be depressed (29.4%), while those from the highest quintile were the least likely (19.8%).

Bush, of Young Minds, said: "To make matters worse, it can be extremely difficult for teenagers to get the right support if they're struggling to cope. [And] we need to rebalance our education system, so that schools are able to prioritise wellbeing and not just exam results." Janet Davies, chief executive of the Royal College of Nursing, said a fall in the number of school nurses was making it harder to identify young people with mental health problems. "Demand for adolescent mental health services is reaching new heights but the NHS is failing young people," she said.

Theresa May has made young people's mental health one of her top priorities and a government green paper is due soon. [Mental health](#) care for under-18s is increasing, according to NHS England. "NHS services for children and young people are expanding at their fastest rate in a decade," a spokesperson said. "This year the NHS will treat an additional 30,000 children and young people, supported by an additional £280m of funding."

Read how the study was conducted, what are some of the strengths and weaknesses with their methodology?

Why do you think girls are more likely to experience Depression?

How does research into Depression benefit the economy?

Research methods:

Research methods is an important part of psychology, making up 30% of the course content, and being a double weighted topic!

You will cover many things in research methods, but here are some basics you can start to look at:

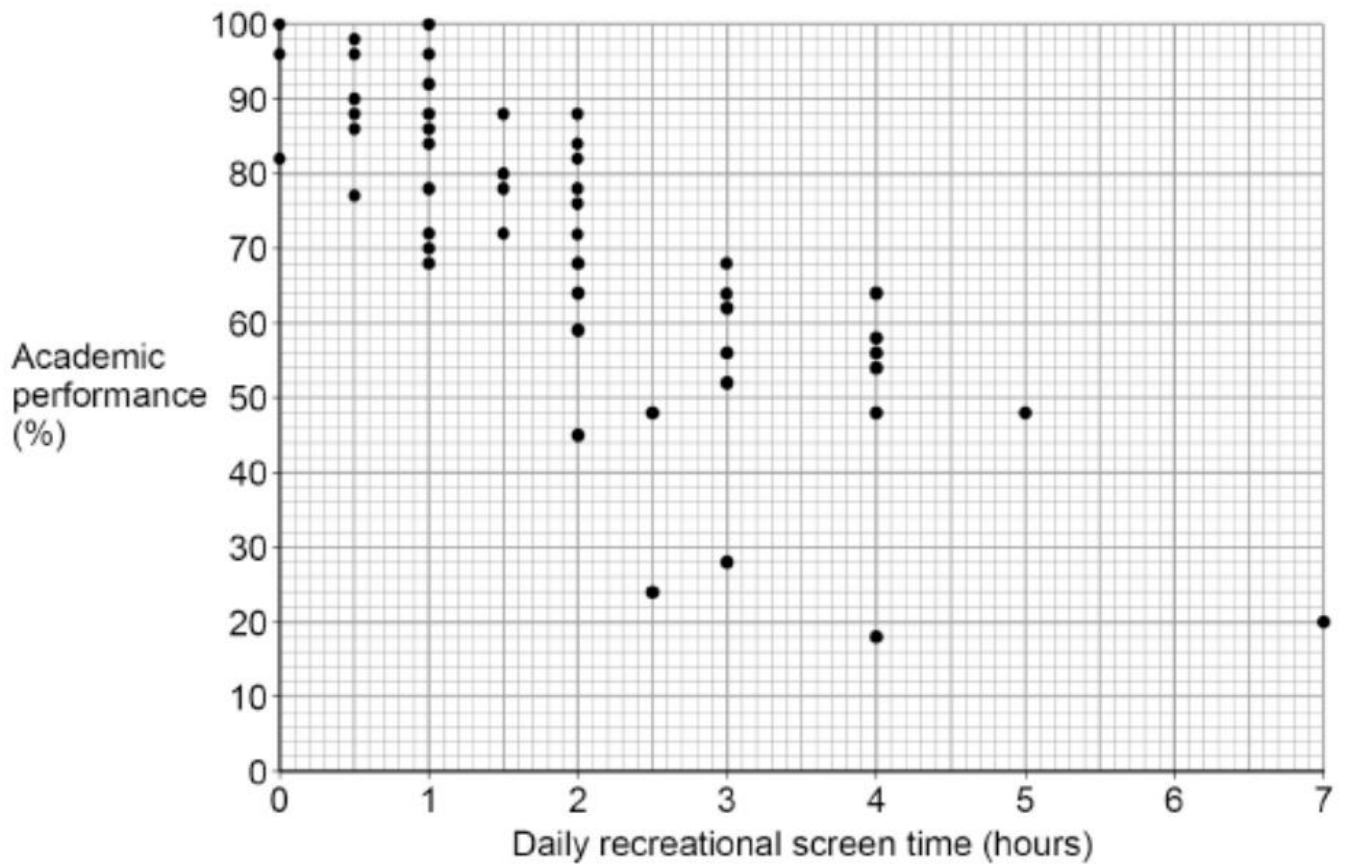
Task 1:

Key term	Definition
Validity	
Reliability	
Mean	
Median	
Mode	
Range	

Task 2:

What type of graph is the one below?

The relationship between daily recreational screen time and academic performance



Draw an example of each graph:

Scattergraph (positive correlation)

Scattergraph (negative correlation)

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Bar chart:

Histogram:

Below you will find short courses provided by various universities, wider reading or relevant shows to watch to enhance your understanding and application of Psychology in the world. Independent learning and understanding how Psychology impacts the wider world is an important and easy way of succeeding in this course.

The screenshot shows a web browser window with the URL `futurelearn.com/courses/behaviour-change-interventions`. The browser's address bar and tabs are visible at the top. The page content includes the FutureLearn logo, navigation menus for 'Subjects' and 'Courses', and a search bar. The main heading is 'Behaviour Change Interventions: Introductory Principles and Practice' by UCL, with a 4.7 star rating from 106 reviews. A brief description states: 'Explore behaviour change frameworks, and how they can be used to enable behaviour change in yourself and others.' Below this, there is a 'Join - £120' button and a 'What's included?' link. At the bottom left, it says '3,473 enrolled on this course'. On the right side of the page, there is a large illustration of a teal human head profile with a hand in a blue sleeve pointing at a smartphone screen that is positioned inside the head. A 'Support' button is located in the bottom right corner of the page.

During sixth form, you will be encouraged to complete MOOCs in your own time. These are short online courses into an array of topics, which are provided by universities. They are all free to complete (unless you want the certificate) and can provide you with additional knowledge and skills.

The above course is recommended for students who have an interest in Psychology, Memory, Crime and Criminology. You ONLY need to pay if you wish to obtain the certificate from The Open University.

To complete this course, go to: <https://www.futurelearn.com/courses/behaviour-change-interventions>



Psychology short lectures on A Level content which are delivered by University lecturers.

Watch them here: <https://www.massolit.io/subjects/psychology>

A screenshot of the NOBA project website. The top navigation bar is dark with the NOBA logo on the left and links for "Blog", "Browse", "Instructor Resources", and "Library" on the right. Below the navigation bar is a search bar with the placeholder text "Titles, Topics, Authors...". To the right of the search bar are icons for Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License. The main content area is divided into two columns. The left column features three article previews: "Why Science?" by Edward Diener, "Conducting Psychology Research in the Real World" by Matthias R. Mehl, and "History of Psychology" by David B. Baker and Heather Sperry. The right column features a "TOPICS" section with a list of subjects and their respective article counts: Biological Basis of Behavior (11), Cognition and Language (9), Community Psychology (1), Development (8), Emotions and Motivation (9), Learning and Memory (4), Personality (10), Psychological Disorders and Treatments (12), Psychology as Science (8), Sensation and Perception (10), Social (20), and Well-Being (4).

Noba project allows you to read about various topics in Psychology. You don't need an account, although they are free. Focus on Attachment, Memory, Psychology as a Science, The Nervous System and Conformity. Find it here: <https://nobaproject.com/>

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