

Psychology Bridging Summer Activity

Welcome to psychology, for a large number of you this subject will be new to you making it even more important to prepare you for September with the basic concepts of psychology.

Over this extended summer break I would like for you all to complete the following activities. Both activities are going to be very important for the start of the psychology course and help you develop a basic understanding of both topics you will be learning.

Approaches Task:

You need to carry out research to into the following: (Avoid Wikipedia)

- **Biological approach**
- **Cognitive approach**
- **Behaviourism**
- **Social Learning Theory**
- **Psychodynamic**
- **Humanistic**

All of the above are key approaches in psychology and you will be studying them in September. For each approach find out:

- **Key assumptions of each approach to explain human behaviour**
- **Main pioneering psychologist for each approach**
- **Identification of key words and definitions associated with each approach**

Once you have completed your research you need to **present the information** in the following format:

| Approach | Assumptions | Key psychologist | Key words |
|----------------------|--------------------|-------------------------|------------------|
| Biological | | | |
| Cognitive | | | |
| Behaviourist | | | |
| SLT | | | |
| Psychodynamic | | | |
| Humanistic | | | |

Part 2:

Every approach will be used to try and explain specific behaviours. In the course we study we will look at several specific types of behaviour. For each approach you need to conduct research into how the approach explains a certain type of behaviour. This includes:

- **Biological – Explain Schizophrenia**
- **Cognitive – Explain Depression**
- **Behaviourist – Explain the Learning Theory of Attachment**
- **SLT – Explain Aggression**
- **Psychodynamic – Explain Gender acquirement**
- **Humanistic – Explain Counselling**

1. Biological – Schizophrenia

Schizophrenia is a mental disorder we study in Year 2 of the course. We look at THREE different Biological explanations to explain the disorder; they include:

- **Genetics**
- **Biochemical**
- **Neural correlates**

You need to choose ONE of the above and carry out your research to understand how the disorder is explained. Once you done your research your need to create an OVERVIEW sheet on ONE SIDE OF A4 PLAIN PAPER. This MUST BE hand written.

You must include the following information:

- **Key terms linked to your chosen explanation**
- **Statistics surrounding the disorder in the UK**
- **Any well-known individual in the public eye who suffers with the disorder**
- **Treatments based off the explanation you have chosen**

2. Cognitive – Depression

Depression is a mental disorder we study in Year 1 of the course. We look at TWO different Cognitive explanations to explain the disorder; they include:

- **Beck's Negative Triad**
- **Ellis' ABC model**

You need to choose ONE of the above and carry out your research to understand how the disorder is explained. Once you done your research your need to create an OVERVIEW sheet on ONE SIDE OF A4 PLAIN PAPER. This MUST BE hand written.

You must include the following information:

- **Key terms linked to your chosen explanation**
- **Statistics surrounding the disorder in the UK**
- **Any well-known individual in the public eye who suffers with the disorder**
- **Treatments based off the explanation you have chosen**

3. Behaviourist – Learning Theory of Attachment

Attachment is a behaviour we cover in Year 1. This theory is based off Behaviourist Assumptions most specifically the learning principles surrounding behaviour, which include:

- **Classical Conditioning**
- **Operant Conditioning**

You need to carry out your research to understand how Attachment is explained as proposed by this theory. Once you done your research your need to create an OVERVIEW sheet on ONE SIDE OF A4 PLAIN PAPER. This MUST BE hand written.

You must include the following information:

- Key terms linked to your theory
- Statistics surrounding parenting and the importance of attachment bonds
- Any celebrities who suffer have suffered with Attachment issues to their children
- Therapies/support based off the theory you have researched.

4. SLT – Aggression

Aggression is a behaviour we study in Year 2 of the course. We look at THREE different Social Psychological Explanations to explain the disorder; they include:

- Social Learning Theory
- Deindividuation
- Frustration Aggression Hypothesis

You need to choose ONE of the above and carry out your research to understand how the behaviour is explained. Once you done your research your need to create an OVERVIEW sheet on ONE SIDE OF A4 PLAIN PAPER. This MUST BE hand written.

You must include the following information:

- Key terms linked to your chosen explanation
- Statistics surrounding the behaviour in the UK – focus on criminal statistics
- Any celebrities who suffer with extreme levels of Aggression
- Support strategies that have been developed based off the explanation you have chosen

5. Psychodynamic - Gender Acquirement

Gender is a behaviour we study in Year 2 of the course. We look at the different reasons behind how an individual acquires their **GENDER**. Psychodynamic is an explanation that is used to try and explain the process.

You need to carry out your research to understand how the behaviour is explained. Once you done your research your need to create an OVERVIEW sheet on ONE SIDE OF A4 PLAIN PAPER. This MUST BE hand written.

You must include the following information:

- Key terms linked to your chosen explanation
- Statistics surrounding the behaviour in the UK – Focus on gender types, gender conditions etc.
- Any changes in the laws surrounding Gender.

6. Humanistic –Counselling

Humanism is one approach that is rarely used to explain further behaviours on the AQA specification, however the theory is used to develop **CLIENT CENTRED THERAPY**. The basis of this therapy is linked to CBT which has been used to treat several disorders.

You need to carry out your research to understand how the theory behind **CLIENT CENTRED THERAPY** is used across areas of Psychology to help treat different disorders. Once you done your research your need to create an **OVERVIEW** sheet on **ONE SIDE OF A4 PLAIN PAPER**. This **MUST BE** hand written.

You must include the following information:

- Key terms linked to your chosen explanation
- Statistics surrounding the behaviour in the UK – Focus on the success rates of the therapies across different disorders.
- Any further links across Psychology the theory can be linked to.

Research Methods Based Task:

Research Methods is a part of the course that informs you of the techniques surrounding conducting psychological research and the importance of the scientific method. Below you have a list of different parts of the specification that we will study in depth. You need to carry out research into the following and complete the tasks listed.

Task 1:

- What are the key elements to a psychological report? **Briefly outline** the components of section.
- What are the main features of science? **Explain each one**
- Is psychology a science? **Discuss**

Task 2:

Find the following definitions for the key terms below and create a glossary to store in your folders:

- **External and Internal Validity**
- **External Reliability**
- **Internal Reliability**
- **Ecological Validity**
- **Population validity**
- **Historical Validity**
- **Demand Characteristics**
- **Experimenter Bias**
- **Subjectivity**
- **Empirical evidence**
- **Generalising**
- **Extraneous Variables**
- **Causality**
- **Reductionism**
- **Determinism**
- **Socially Sensitive**
- **Falsification**
- **Objectivity**
- **Nomothetic**
- **Idiographic**
- **Androcentric**
- **Beta Bias**
- **Ethnocentric**
- **Holism**

Enjoy and I look forward to seeing you in September.

Miss Field