

Name:

A level psychology: Bridging unit

What does this course require of me?

Psychology is the scientific study of human behaviour. As a psychology student, you will be encouraged to think objectively and consider different viewpoints. To develop your analytical skills, you will be required to complete a free Open University course that covers some of the A Level content. You should complete this booklet alongside the online course. How to register for the course is detailed below.

How will this course help me to prepare for A level?

Unlike many of your other subjects, Psychology will be completely new to you and you may have a number of misconceptions about it. This booklet aims to give you an introduction to the kind of things that psychologists study and some of the techniques they use. This will hopefully give you a more accurate picture of what you will spend the next two years studying.

How to complete this booklet.

1. This booklet is designed to run alongside the Open University's free course 'Starting with psychology' You will need to **log onto the OU website and create an account** then **enrol on the 'starting with psychology course'** when you have completed the course you can print off a free certificate of participation from the OU, please attach that to this booklet when you are finished.
2. The course has a number of activities to complete as you work through it. Record your responses/notes in the places provided in this booklet. I have set additional questions for you to answer as you progress.

Follow this link to the Open University website <https://www.open.edu/openlearn/>

Click 'free courses' from the bar across the top of the screen.

Scroll down and search 'starting with psychology' in the search bar.

under the blue heading 'health, sport and psychology' third from the bottom select 'starting with psychology'.

Then click 'create account/sign in'

Create an account and submit

Then click 'sign in to return to the page you were on'.

Sign in

Click 'enrol now'

Begin the course,

You need to print off this booklet and hand it in in September. If printing is a problem at home, email it to yourself and you can print it upon your return to school.

3. At the end of each section create a key word list, there is a sheet at the end for you to fill in as you go along.

Section 1: Studying people.

Q1. How does the British psychological society define psychology?

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Activity 1: boys' toys and girls' toys

List your ideas here	Reveal discussion, what ideas had you missed? List them here.

Section 2: A brain of two halves

2.1 Introduction

Draw & label a diagram of a brain like the one shown.

Write down 5 things you have learnt about the brain from the reading.

2.2 The story of split-brain patients.

Watch this split-brain research <https://www.youtube.com/watch?v=BEduG0wAgd4>

Questions.

1. What is meant by a split-brain operation?

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.....

2. Why is a split-brain operation carried out?

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.....

Roger Sperry (1968)

3. Explain what happened in Sperry's study when a split-brain patient was blindfolded and given object to feel with their left hand.

.....

.....

4. Can you explain why this happened? (if you can't don't worry, Sperry's work is very difficult to follow)

.....

.....

Watch this to see the experiment

<https://www.youtube.com/watch?v=aCv4K5aStdU>

Useful info-

When you see '**Sperry (1968)**' The name is the name of the psychologist that did the study, the date refers to when it was published in a scientific Journal. Research has to be checked by other scientists - a process called peer review and then it can be published. If you see a name followed by 'et al' it means 'and others' those researchers who also carried out the study.

Activity 2a & 2b

Did you get the answers right?

If not don't be put off, they are very difficult studies to follow. We will learn more about this during your A level course.

Question; how are split brain patients able to operate normally in real life, outside of the experiment?

Section 3 IT'S THE THOUGHT THAT COUNTS

3.1 organisation and improved recall

Q1 What do cognitive psychologists' study?

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3.2 Using mental images

1.How do adults think?

.....

.....

2.How can memory be improved?

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3.Describe Raugh & Atkinson (1975) study

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4.Explain what an independent variable is in an experiment

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.....

.....

5.Explain what a dependent variable is in an experiment

.....

.....

6. What else do you need to do to make a good experiment?

.....

.....

ACTIVITY 3- identifying variables

Write down your answers here

The IV.....

The DV.....

A variable that should be controlled

Activity 4: Method of Loci

How many shopping list items do you recall after an hour? You can fill the gap by watching this programme https://www.ted.com/talks/joshua_foer_feats_of_memory_anyone_can_do#t-11014

Shopping list recall list:

3.3 FORMING CONCEPTS

1. What is concept formation?

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.....

2. Give an example

.....
.....

Activity 5; Defining a simple concept

Write down the defining features of a table

3. What is meant by the phrase fuzzy concept?

.....
.....

4. Describe how children overgeneralise when they are learning concepts.

.....

.....

Activity 6; A memory test.

Write down the words you can recall here.

Reveal discussion- words you recalled with the extra cues

5. In experiments of this kind most participants recall more after they have been given a cue, what does this show us about our memories?

.....

.....

Describe Mandler's (1967) experiments- you can use words or a diagram

Activity 7: Identifying variables

Identify the IV & the DV in the Mandler experiment

Independent variable (IV)

Dependent variable (DV)

3.4 Schemas

1. What are schemas?

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.....

2. Give an example of a schema

.....

.....

3. Briefly describe Bransford & Johnson's (1972) experiment to test schema theory. (You don't need to write out the passage they gave Participants.)

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4. Identify the IV and the DV in Bransford and Johnson's study

IV=.....

DV=.....

Section 4 RELATIONSHIPS

4.1 Introduction.

1. Who has most relationship research focussed on?

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2. Contrary to popular belief how are most marriages across the world entered into?

.....

.....

3. What did Buss' research find about the reasons for getting married in different countries? Give two examples

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4. Most research has focused on heterosexual relationships, what have researchers found regarding hetero and homo sexual relationships?

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.....

4.2 Attraction

1. What are the three most important influences in finding another person attractive?

♥
♥
♥

a. Proximity & Familiarity

- What is meant by the term 'proximity'?

.....
.....

2. What is meant by the term 'familiarity'?

.....
.....

3. What did Zajonc (1968) mean by the 'mere exposure effect'?

.....
.....

b. Similarity

1. What are the most important similarities when forming a relationship?

.....
.....

2. Why does Duck (1992) say that these are the most important similarities?

.....
.....

c. Physical appearance

1. What physical attributes are considered attractive in:

Females	Males	Both sexes

2. Which is the celebrity you find most attractive?.....

Do they fit the pattern identified above?

Do you know what 'personal adverts' are? Before the use of technology, people would place an advert in the newspaper that listed things about their personality, and things that they were looking for in a partner.

3.What does Cameron et al (1997) find in her research regarding how males and females describe themselves?

Activity 8 Considering Cameron's research

You might struggle to find personal ads now, as most people use online resources. Instead, consider how you think males and females might be different in how they explain their personality and physical attributes. What might a male say about themselves to impress a partner? What might a female say?

How females describe themselves

How males describe themselves

Evolutionary psychologists look at how humans have evolved to explain current behaviour.

4.What does Darwin's theory of evolution & natural selection state?

5.Based on evolution which type of physical characteristics are the most attractive?

6.In Swami & Furnham's (2006) study (at last a study from this century!) what is the characteristic of females that is found to be attractive across many cultures?

7.How does preferred body weight of females differ between cultures?

8.What is the matching hypothesis?

9. What is your schema for an attractive person? Fill in the characteristics you think are important in the box below.

4.3 Staying together or falling apart

1. What are Sternberg's three components of love?

♥

♥

♥

Activity 9: Your Relationships

Notes here

Reveal discussion to find the key to successful relationships.

2. How did Gottman (1999) collect his data?

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.....

3. What characteristics did successful couples have?

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Section 5: Group pressure

5.1 introduction.

1. What was 'heaven's Gate' & what did they do?

.....

.....

Watch this - Cults explained https://www.youtube.com/watch?v=6NWIfiV1_XQ

5.2 In-groups & out-groups

1. What is meant by an 'in-group'?

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2. What is meant by an outgroup?

.....

Activity 10: Us and them

Examples of us & them thinking in article	Any Extra examples from the 'reveal discussion'
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3. Describe the robbers cave study

Get more details here <https://www.simplypsychology.org/robbers-cave.html>

4. What did Tajfel et al (1971) show in his minimal groups study?

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5. How are his findings different to Sherif's in the robber's Cave study?

.....

.....

6. Wetherell (1982) compared North American/British children to Pacific Island & Maori children using the minimal groups test. What did she find?

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.....

7. Tajfel & Turner developed SOCIAL IDENTITY THEORY (1979) they proposed 3 stages name each stage in the box below.

1.

2.

3.

8. How does SIT (social identity theory) explain racist attacks?

.....

.....

9. What is a stereotype?

.....

.....

10. Stereotypes and over generalisations help us understand the world, when do they become dangerous?

.....

.....

5.3 Groups and conformity

Activity 11: group pressure

Jot down here times you can think of when you have conformed.

1. Activity 11 asks you to imagine what you would do in Asch's experiment. Follow this link to see the study explained and footage from the study. <https://www.youtube.com/watch?v=NyDDyT1IDhA>

The clip is introduced by psychologist Philip Zimbardo, responsible for the infamous Stamford prison study. If you research this, please be aware that I **do not** require that you watch any film or youtube content associated with this topic without my supervision.

2. Draw a bar chart of Asch's result - label it correctly.

3. Identify the three variations in procedure that Asch tried AND explain how they affected conformity levels.

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4. What factors have some psychologists suggested led to high levels of conformity in the Asch study?

Bond & Smith (1996) found that collectivist cultures were more conformist than individualistic cultures.

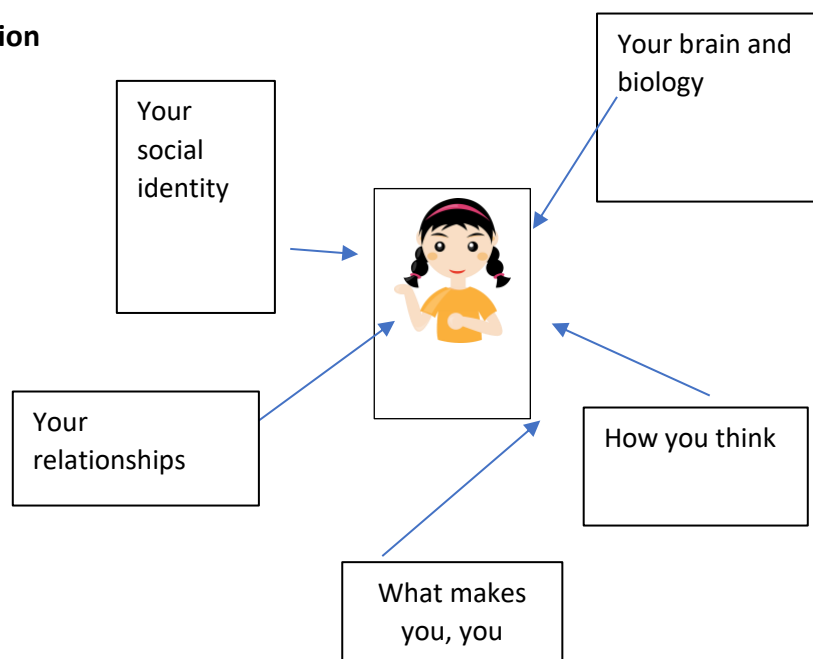
5. What is a collectivist culture? Give an example

6. What is an Individualistic culture? Give an example.

7. Why is conformity a good thing?

Section 6: What makes us who we are?

6.1 introduction



1. These are just the ones that you have covered in this course, what else do you think contribute to what makes you, You. Add them to the picture.

6.2 Multiple influences

1. Give some examples of (within) internal influences on an individual's behaviour.

.....
.....

2. Give some examples of factors of (outside) External influences on behaviour

.....
.....

6.3 The Zidane head-butt

Activity 12: the incident

Read the description and make notes on what you think may have happened. Zidane head-butt on you tube
<https://www.youtube.com/watch?v=zAjWi663kXc>

Psychologists must be careful to distinguish between what they observe, and what they infer.

1. What did you observe in the you tube clip of Zidane and what did you infer

Observations

Inferences

6.4 Zidane's background

Activity 13 Why did he do it?

Jot down all the different explanations **you** can think of as to WHY Zidane head-butted the other footballer.

What explanations do the public come up with for Zidane's behaviour?

Activity 14: explanations from three psychologists.

Summarise their explanations below

Biological	Cognitive	Social

Finally,

Write a paragraph explaining how the three approaches interact to explain Zidane's behaviour.

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Key terms

Section 1 studying people	
Key term	Definition

Section 2	

Section 3	

Section 4

Section 5

Section 6

Any extras you want to include	

Optional tasks

- There are several key psychologists that we will study during the two year course. Conduct some research and make notes on who they were and what their main area of research was.
Sigmund Freud - the personality tripartite, therapy.
John Bowlby - attachment theory
Mary Ainsworth - the strange situation experiment
Elizabeth Loftus - eye witness testimony
Philip Zimbardo - the Stanford prison experiment
Stanley Milgram - the electric shock study
Solomon Asch - conformity and the line experiment
Alan Baddeley - memory
Ivan Pavlov - Classical conditioning
Burrhus Skinner - operant conditioning
- Current research from the British Psychological Society is a fantastic way to understand how psychology works in the real world. It will also give you an understanding of what, I have no doubt, I will be teaching about in my A Level lessons in the future!
- The British Psychological Society is the governing body for Psychology in the UK. Their website www.bps.org.uk has lots of interesting articles and information. 'Our publications' at the bottom of the home page lists interesting articles from 'The Psychologist' 'Research Digest' and other publications. There is a very interesting link to current research and theories of psychological aspects of Covid-19.

<https://thepsychologist.bps.org.uk/volume-33/april-2020/coronavirus-psychological-perspectives>

On the following link you will find information about how anyone in your family who is over 18 can participate in a huge nationwide study into the effects of social isolation and Covid-19 on our mental health.

<https://digest.bps.org.uk/2020/03/26/how-psychology-researchers-are-responding-to-the-covid-19-pandemic/>

- Netflix - the series 'Babies' has a lot of relevant information that is linked to the Attachment topic that students study in Year 12.
- Villiers park website – www.villierspark.org.uk/onlineactivities Click 'browse our online activities' and select 'Psychology' from the drop down options.
- Tutor2u Psychology is our text provider. They have a blog page on their website which contains links to really interesting articles that discuss things such as the impact of playing fortnight on your brain, why we should understand the neurodevelopment of teenagers, and what your smartphone might be doing to your brain structure.
Also on this website there is a 'Reference library' which gives definitions and explanations of all of the key terms for the A Level. There are also 'study notes' for all topic areas.

<https://www.tutor2u.net/psychology/blog/how-smartphones-sabotage-your-brains-ability-to-focus>

<https://www.tutor2u.net/psychology/blog/the-psychology-of-winning>

<https://www.tutor2u.net/psychology/blog/hangxiety-the-impact-of-alcohol-on-the-brain>

<https://www.tutor2u.net/psychology/blog/professor-of-positivity>

<https://www.tutor2u.net/psychology/blog/what-happens-to-your-brain-when-you-play-fortnite>

https://www.weforum.org/agenda/2018/01/we-misunderstand-adolescent-brains-science?utm_content=buffer56463&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer