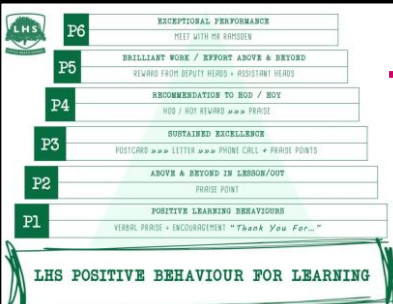


A level Psychology



**Thank you for
being ready to
learn!**

Aims:

1. To give you a flavour of what Psychology lessons will be like
2. To explain the structure of the course
3. To explain summer work ☺

DNA:

Give me a definition of what is meant by the term **Psychology**






Psychology is a Science

Psychology is the **scientific study** of **behaviours and mental functions**



What you will study:

You will sit 3 papers at the end of year 2

Paper 1: Introductory Topics in Psychology	Paper 2: Psychology in Context	Paper 3: Issues and Options in Psychology
What's assessed Compulsory content 1–4 above	What's assessed Compulsory content 5–7 above	What's assessed Compulsory content 8 above Optional content, one from option 1, 9–11, one from option 2, 12–14, one from option 3, 15–17 above
Assessed • written exam: 2 hours • 96 marks in total • 33.3% of A-level	Assessed • written exam: 2 hours • 96 marks in total • 33.3% of A-level	Assessed • written exam: 2 hours • 96 marks in total • 33.3% of A-level
Topics: 1. Social Influence 2. Memory 3. Attachment 4. Clinical Psychology and Mental health	Topics: 1. Approaches in Psychology 2. Research Methods 3. Biopsychology	Three Option Topics: 1. Relationships 2. Schizophrenia 3. Forensic Psychology 4. Issues and debates

But what will you actually study?

- Psychology covers some of the most fascinating questions a human being can ask...
- **Can an eyewitness be wrong?**
- **Why do we fall in love?**
- **What makes a criminal?**
- **Can a mother's love shape a child forever?**
- **Is schizophrenia a myth?**
- Let's take a look at just a few of the topics you could be studying...

What do Psychologists do?

- They explain behaviour
- But how do they explain it?
- Many different **APPROACHES** or **PERSPECTIVES** to explaining behaviour

An approach is a point of view in psychology.

The approaches suggest what different things are most influential in human behaviour.

There are 6 main approaches we look at:

- Biological approach
- Cognitive approach
- Behavioural approach
- Social Learning approach
- Psychodynamic approach
- Humanistic approach

Social Learning Psychologists



Social Learning Psychologists



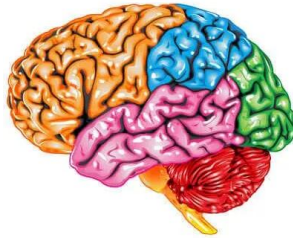
Biological Psychologists



Cognitive Psychologists



Cognitive Neuroscience



Memory Activity

Listen carefully. Write down every word you can remember. Do not look at anyone else's list.

I have read this to you:

- Bed
- Rest
- Awake
- Tired
- Dream
- Night
- Blanket
- Doze
- Slumber
- Snore
- Nap
- Pillow

Did you write "sleep"?

"SLEEP" was NOT on the list.

Most people write it anyway. Your brain filled in the gap using meaning → not actual memory.

This is called a **false memory or schema** and it happens to everyone.

Now think: if this happens in a lab with a word list → **what might happen in a police interview after a crime?**

Eyewitness Testimony - Can you trust your own memory?

- **The shocking truth:** 75% of false convictions in the UK are caused by an inaccurate eyewitness statement.
- Psychologist Elizabeth Loftus showed that memory is **not like a video recording**.
- It is more like a **Wikipedia page** → anyone can go in and edit it after the fact.
- **Think about this:** If you witnessed a crime today, how reliable would your memory actually be?

Eyewitness Testimony

In 2009, Billy Mills received a **nine-year jail sentence** after being convicted of robbing a Glasgow bank.

Two police officers identified him from CCTV footage, and two customers who had been in the bank at the time also picked him out from an identity parade

**FOUR EYEWITNESSES
→ ALL WRONG!!!!**

He was cleared and released just six months into his sentence after DNA from the scene was matched to a different person.



Forensic Psychology - What goes on inside a criminal's mind?

- Forensic psychologists work alongside the police, courts, and prisons to understand **why people commit crimes** and how to stop reoffending.
- **Are criminals born or made?** We examine theories of offending → from brain abnormalities to childhood trauma to social deprivation.
- You will also look at **offender profiling** → the science behind building a psychological portrait of an unknown suspect. **Think Criminal Minds, but with real evidence.**

Forensic Psychology – are criminals born or made?



Maslow → What do YOU actually need to be happy?

Pick your TOP 3 from the list below.
Be honest → what could you not live without?

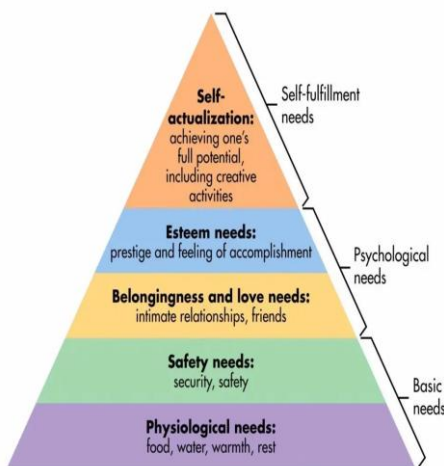
- Food and water
- Safety and security
- Friends and belonging
- Feeling loved
- Self-confidence and respect
- Achieving your potential
- Wi-Fi

Abraham Maslow argued that human needs form a pyramid. You must meet the lower levels before you can reach the top.

The top of the pyramid is **self-actualisation** → is reaching your full potential as a human being.

How far up the pyramid are you right now?

Maslow → What do YOU actually need to be happy?



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Attachment - Does your first relationship shape all the others?

- **John Bowlby argued:** the bond you form with your caregiver in your first year of life creates a blueprint for every relationship you will ever have.
- **Harry Harlow's** famous monkey experiments revealed that babies do not just attach to whoever feeds them → they crave **comfort and warmth** above all else.
- **The question is: Could your attachment style predict who you fall in love with?**



Attachment - Which one sounds most like you?

- **A:** "I find it easy to get close to others. I am comfortable depending on them and having them depend on me. I don't worry about being abandoned or about someone getting too close."
- **B:** "I am somewhat uncomfortable being close to others. I find it difficult to trust them completely, or to allow myself to depend on them."
- **C:** "I find that others are reluctant to get as close as I would like. I worry that my partner doesn't really love me or won't want to stay with me."

This is Hazan & Shaver's Love Quiz

A = Secure. B = Avoidant. C = Anxious.

They found your answer links directly to how you were cared for as a baby.



Relationships - Why do we fall in love with who we fall in love with?



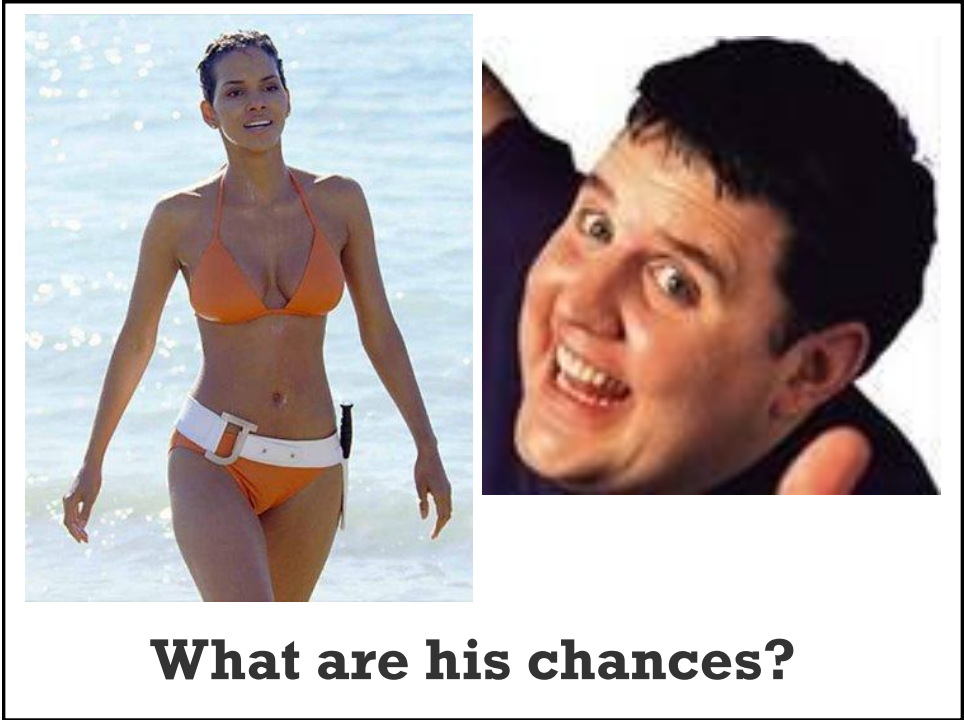
- Is romantic attraction just **chemistry**, or is it something psychology can explain and even predict?
- Psychologists have found that we are often attracted to people who are at a similar level of attractiveness to ourselves → this is called the **matching hypothesis**.
- We also study how online relationships form, the psychology of **self-disclosure**, and **why some relationships survive while others fall apart**.
- **This topic makes you look at your own relationships very differently.**



Why do they work?

You complete me...





Tell me about their personality...

Hallo effect



Schizophrenia - What is it really like to lose touch with reality?

- Schizophrenia is one of the most **misunderstood** and most debated conditions in all of psychology.
- Symptoms include hearing voices, believing you are being controlled by outside forces, and seeing things that are not there.
- **The big debate:** is schizophrenia caused by **biology** (excess dopamine in the brain) or by **life experience** (trauma, family dysfunction)? The answer, as in much of psychology, is: **probably both.**



Psychologists study both animals and people....

Sometimes to find out why we behave the way we do we need to carry out experiments....



**The British
Psychological Society**

promoting excellence in psychology

Ethical guidelines

A LEVEL PSYCHOLOGY

ENQUIRING ABOUT ETHICS

This activity provides you with opportunities to explore ethical issues and guidelines and apply these to research studies.

You will be working in groups of 3 or 4 and your group is an 'ethics committee' that must decide whether to allow research studies to go ahead. Your job, in your groups, is to decide which of the proposed pieces of research is ethical enough for you to give it the green light.

If you decide to green light the whole study, it will go ahead as the researcher has planned. If, however you think some aspects of it need to be modified to fit in with the British Psychological Society (BPS) ethical guidelines then you must outline what the researchers must do to make it ethical. If you decide that the whole study is too unethical, then you can tell the researchers that they cannot proceed with any aspect of their research, however you must be able to justify your decision.

Ethical guidelines

- In order to carry out ANY psychological research, you must follow ethical guidelines set out by BPS
 - Informed Consent
 - No deception
 - Debrief
 - Protection from harm
 - Confidentiality
 - Right to Withdraw

TASK:

A LEVEL PSYCHOLOGY

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	1	2	3	4	5
Informed consent:					
No deception:					
Debrief:					
Protection from harm:					
Confidentiality:					
Right to withdraw:					

Ethical guidelines



Would any of these studies pass?

So **YES** → A Level Psychology is a challenge.

But look what you get to explore!

- You will leave this course able to answer questions most adults never stop to ask:

- ✓ Why do ordinary people obey harmful orders?
- ✓ Can a childhood shape who you become as an adult?
- ✓ Is your memory actually reliable?
- ✓ What drives someone to commit a crime?

- **The work is hard.**
- **The content is extraordinary.**
- **That is the deal with Psychology.**

What makes a successful Psych student?

- 1) **Organised and determined:** Psychology isn't easy and you will have to get your head around lots of information.
- 2) **An interest in Science:** Psychology is a Science and you will need to get your head around some scientific concepts, as well as conduct your own scientific research and practical investigations.
- 3) **An interest in people:** In Psychology everything can be applied to humans and your own experiences.
- 4) **A love of discussion:** Discussion and debate is always important in Psychology. You must be prepared to contribute.
- 5) **Literacy and numeracy:** You will need to perform lots of statistics and be able to write logical, clear and well explained essays.

Most importantly... **be Independent!** You will be expected to conduct a lot of work and research on your own... so you must be motivated to work outside of the classroom too!

How does “**organised**” look like in Psychology?



To start with you will need TWO ring binders



Get at least TWO packs of dividers → one for each folder



Now look at the back of the class at pink crates – this is how your folders will look like 😊



Summer work ☺

**ANY
QUESTIONS?**