



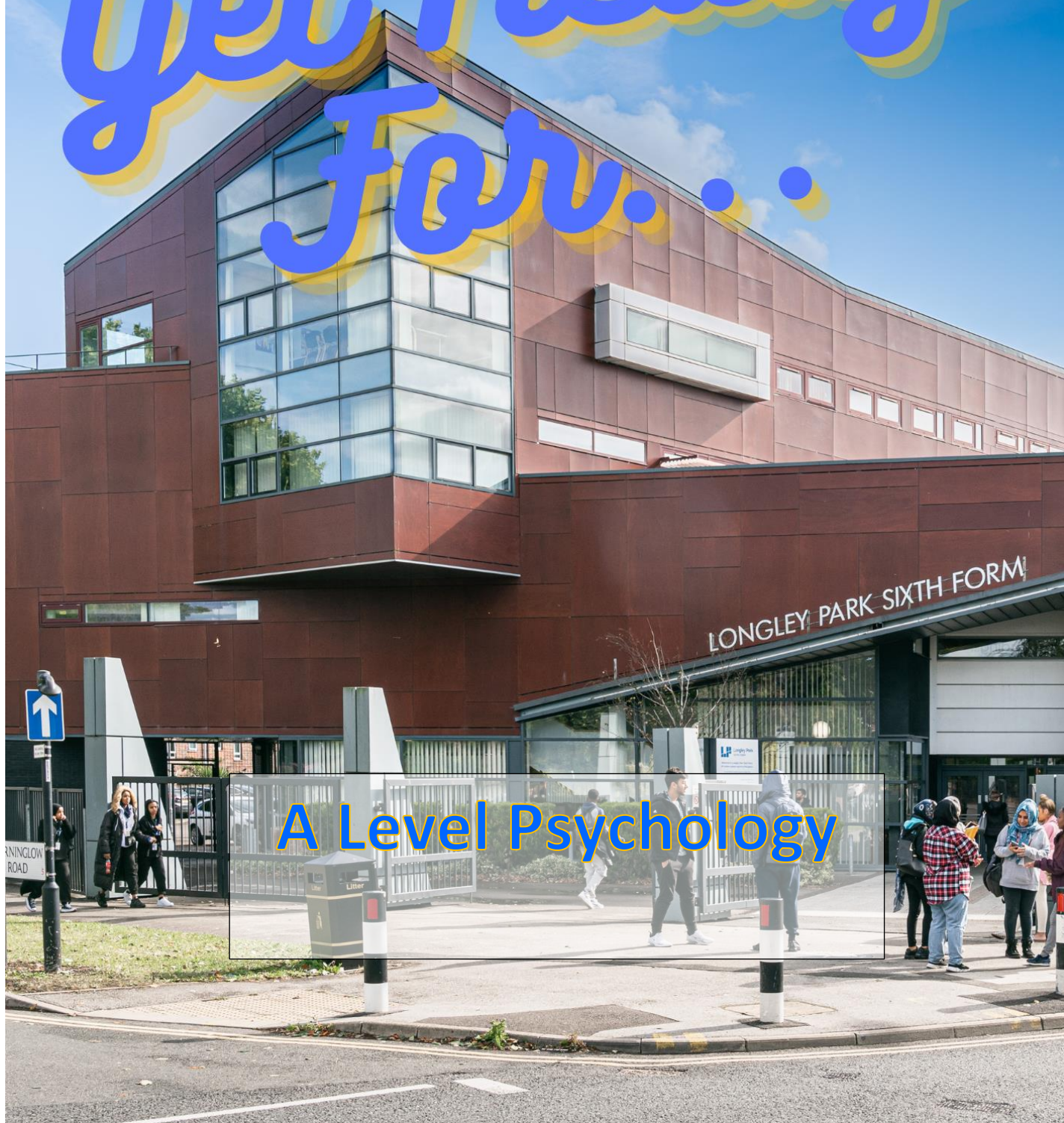
Longley Park

SIXTH FORM ACADEMY

Creating Excellence Together,
through a culture of care

Get Ready For...

A Level Psychology



What will I study?

In year one of your studies, you will study:

- Social Influence: Studying how social forces affect how people act, such as social roles, conformity, and obedience.
- Attachment theory looks at how babies and their carers bond, exploring theories by Bowlby and Ainsworth and how attachment affects development and relationships.
- Approaches in psychology: Biological, cognitive, psychodynamics, behavioural, and humanistic psychology are studied in relation to how they affect human behaviour.
- Research methods: Ethics, experimental designs, observations, and other research methods are all parts of psychological research.
- Memory research focuses on understanding how information is encoded, stored, and retrieved in short-term and long-term memory.

Other topics include Forensic Psychology; Schizophrenia; Psychopathology; Gender; Biopsychology; and Issues and Debates.

What can I do next?

Psychology students are prepared for careers in counselling and therapy. Students can continue their education and training to become psychologists, counsellors, or therapists. They can operate in a range of settings, including private practices, schools, hospitals, and community centres, providing support, guidance, and therapy to people suffering from mental illnesses.

Psychology can lead to a career in educational psychology, which focuses on the cognitive, emotional, and social aspects of learning and development. They collaborate with students, teachers, and parents to address academic, behavioural, and emotional issues, with the goal of improving educational experiences and outcomes.

Previous students have moved on to careers in healthcare, social work, research, teaching, and law.

For more information on career pathways, you can visit the [British Psychology Society's](#) careers information.

What additional opportunities will I have on my course?

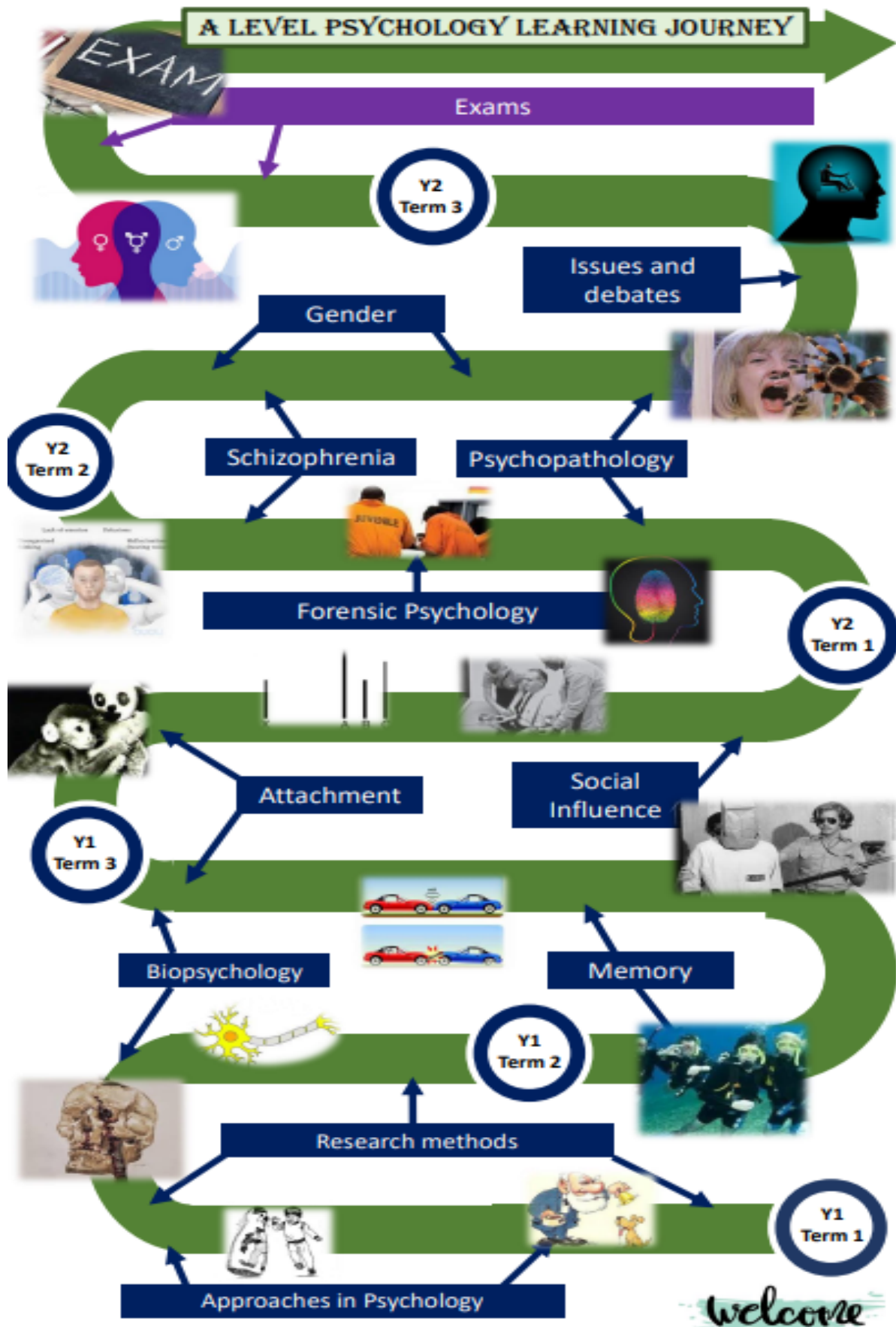
Students studying A Level Psychology benefit from university taster days and guest speakers from professionals who use different aspects of psychology in their career paths.

In previous years, students have also visited a wildlife park to explore wider psychological links, such as animal and business psychology and to make links to attachment research in animals.

Students will take part in practical activities, such as mini experiments that relate to the lesson content.

Lessons make frequent links to the application of psychology in different real-world contexts, such as psychopathology, forensics and healthcare.

Your Learning Journey



Please complete the following tasks as an introduction to psychology. You can complete these on separate paper to bring with you when you start.

Task 1: The Bystander Effect

Please watch the following video on the bystander effect which links to the social influence topic: [The Bystander Effect | The Science of Empathy](#). As you watch the video, work on answering the following questions on separate paper.

Q1: What is the bystander effect?

Q2: Can you summarise the key findings of the experiment in a table like the one shown here:

Group size	Average time taken to offer help

Q3: What would you conclude based on the results from this experiment?

This is a classic example of carrying out an **experiment** in psychology to investigate human behaviour. Often though, research studies occur after an observation is made of an interesting phenomenon, or a **case study** leads to further research. The following task is an example of a case study in psychology.

Task 2: Real-life Bystander Apathy

Watch the video linked below on the murder of Kitty Genovese and how the bystander effect was reported in newspapers at the time. This is a very significant case that resulted in years of psychological research on the bystander effect such as the experiment explored in Task 1.

In psychology, it is important that we look at supporting evidence and cases and consider any challenges to theories and research.

While watching the video which you can access by [clicking here](#), consider how the case supports and challenges the idea that people will stand by in real life in situations like these. You may wish to set your response out like this:

EVIDENCE TO SUPPORT THE BYSTANDER EFFECT	EVIDENCE THAT CHALLENGES THE BYSTANDER EFFECT

Task 3: Approaches in psychology:

Development of Psychology Over Time

Psychology hasn't always been the same, it has developed over time due to new findings and in an attempt to become more scientific. This has now been acknowledged, with psychology now being offered as a BSc (Bachelor of Science) by most universities, rather than a BA (Bachelor of Arts).

The timeline provided in the image shows the main approaches that we study in psychology.



For each of the approaches listed in the **table provided below**, conduct your own research and use it to complete the information on:

- Key psychologists
- Assumptions of the approach (what it suggests about behaviour)
- How it is different to approaches that preceded (came before) it
- What do you think are the approach's strengths/weaknesses

Approach	Key psychologists	Assumptions of the approach	How it is different to approaches that preceded it	Strengths of the approach?	Weaknesses of the approach?
Psychodynamic					
Behaviourist					
Humanistic					
Cognitive					
Biological					

You can complete this in any way that you want to. For example, you could keep to the table format as above, create your own timeline with images, create a poster or write this in notes/paragraphs. The choice is completely yours.

You may find this mini-course useful tool as an additional support for this section: [Tutor2u Psychology Course](https://www.tutor2u.net/psychology).

This task helps set the groundwork for the fundamental knowledge and skills for your first topic when you start the course.

Task 4: Case studies

A case study is an in-depth study of an individual or a small group of people with a particular set of circumstances. We use case studies to gather information about something that we wouldn't **ethically** be able to research otherwise.

For example, we can conduct a case study on someone with memory loss, but we couldn't cause someone to have memory loss just so that we could research it.

Research a famous psychological case study and complete the following. You may wish to create a table, create a mind map, or write the responses as notes. You can choose any method to complete the task.

- What is a case study?
- Make notes on the case
- Anything else you would like to know about the case?
- What would you do to research this further?
- What is good and bad about using case studies?

Here is a link to some case studies that you are likely to explore as part of your studies in psychology: [Psychology's 10 Greatest Case Studies – Digested | BPS](#)

There is also some information on case studies here: [Case Study Research Method in Psychology \(simplypsychology.org\)](#)

There are also good videos on YouTube for many of these case studies once you have chosen which one you would like to research in detail.



Task 5: Psychopathology

Mental illnesses can cause dramatic changes to an individual's behaviour and, as psychologists, we are interested in what these changes could be, as well as trying to understand what could have caused these changes and how we could try to treat them.

Research one mental illness and create a fact file on it.

You should include:

- A description of what the mental illness is
- An outline of possible causes of the disorder
- Possible symptoms of the disorder (ways in which an individual's behaviour could change)
- An outline of different possible treatments
-

Use the **table provided** to guide you on this (although don't feel that you have to complete this in the table – you may want to do this in a different format (poster / information leaflet etc)).

Interesting mental illnesses to investigate could be:

- Schizophrenia
- OCD
- Depression
- Bipolar disorder

Then, consider what might be considered good and bad about diagnosing someone with a mental illness.

Mental illness	
Overview	
Possible causes	
Symptoms (effect on behaviour)	
Possible treatments	
Why is it a good thing for someone to be diagnosed with a mental illness if they have symptoms?	Why might some people think it is a bad thing to be diagnosed with a mental illness?

Some useful websites:

- [Types of mental health problems - Mind](#)
- [Mental health statistics | Mental Health Foundation](#)
- [Health A to Z - NHS \(www.nhs.uk\)](#)
- [Mental health conditions - Mental Health UK \(mentalhealth-uk.org\)](#)

How can I go the extra mile to prepare for my course?

A level psychology is a wide subject area, and the following additional information will help you see how vast this is.

Additional Reading/ Useful Websites:

- **Click here** to look at some of the videos on PsychBoost on YouTube. This will provide an excellent flavour of the learning materials in A level Psychology, and it would be worth looking at the playlist for the paper 2 topics (Approaches, Biopsychology and Research Methods).
- You could complete the short course provided by Tutor2u by **clicking here**. This course provides an opportunity for you to work on additional activities to help prepare you for psychology.
- Maths skills also form part of your psychology skills, and these are similar to GCSE maths skills. However, there is a mini-course that is worth doing to help you understand the requirements and check your confidence: **Maths in A-Level Psychology Mastering / tutor2u**. Please don't worry, we also revisit these skills.
- You can also access the online textbook that we use for the course. You will need to use a computer/laptop though as you need a bigger screen size than a phone to open this.
 - **<http://www.illuminate.digital/aqapsych1/>**
 - **Username:** slongleypark
 - **Password:** student

What else can I do to prepare for starting Sixth Form? What our students say

“Get ready emotionally, it is different from school!”

“Be confident. Put yourself out of your comfort zone and meet new people; you will meet lots of new people when you get here”

“Start looking at Universities/ Careers now! It will give you a focus when you start at Sixth Form”

“You will need to be more independent and be able to manage your time differently to school. Start building those skills now!”



Longley Park
SIXTH FORM ACADEMY
Creating Excellence Together,
through a culture of care

Get Ready For...

Additional Opportunities

We offer a variety of different opportunities to enrich your time with us and support your next steps:

- ~A variety of Clubs and Societies through Project You
- ~Employer immersion visits & Trips to employers
- ~Work Experience & Placement
- ~Trips to Universities
- ~Guest Speakers
- ~Leadership through the Student Ambassador Programme
- ~ Independent Learning Centre with IT, books and journals, quiet and group study + Seminar Rooms
- ~Health and Fitness Activities in our onsite gym
- ~Duke of Edinburgh
- ~Career Ready internship Programme
- ~ Access to wellbeing, academic tutorial, and careers support