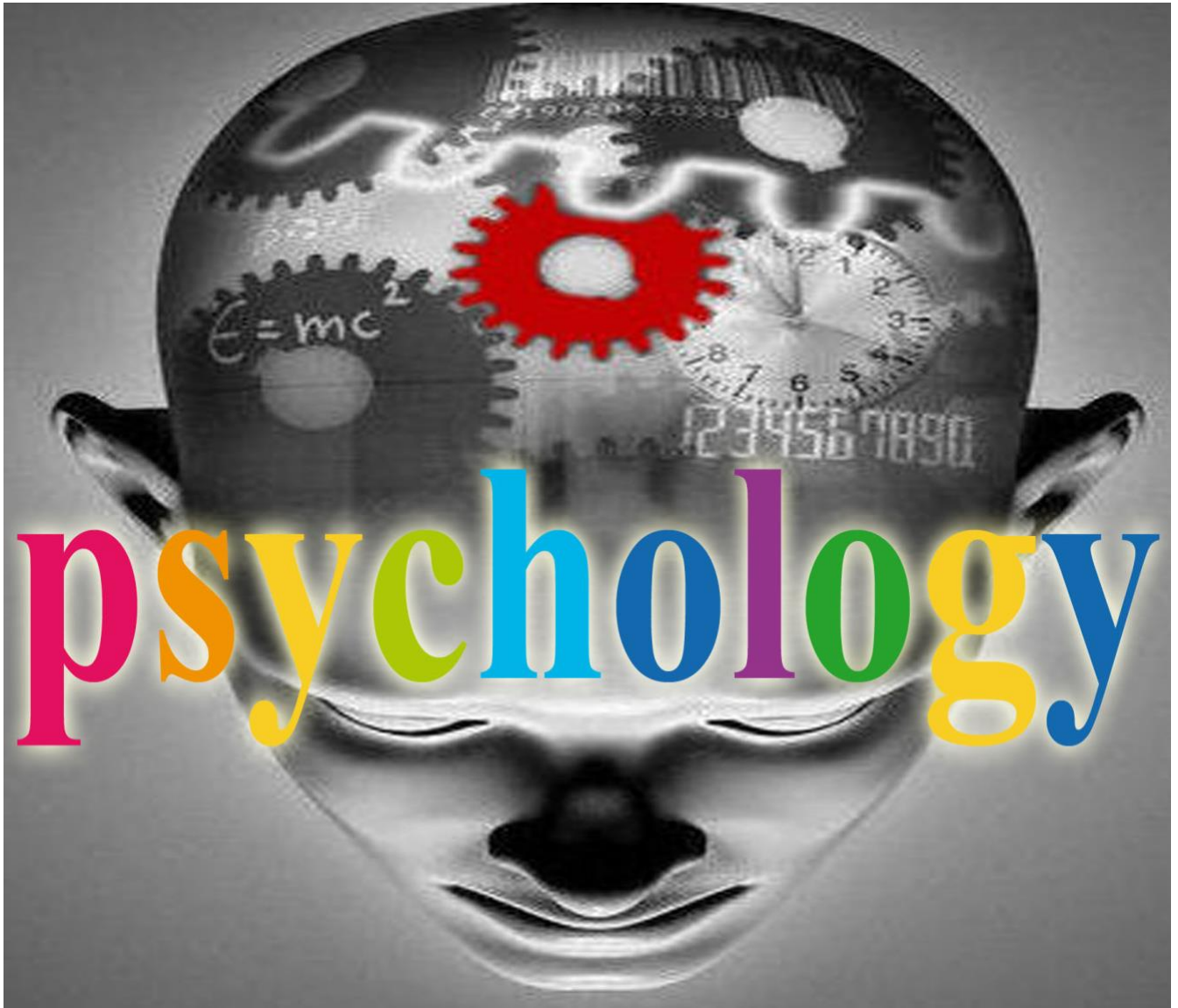




Introduction to Psychology



Name: _____



Arms Grammar Sixth Form – Transition Work

Psychology Department

Hello & welcome to A Level Psychology! Unlike many of your other subjects, Psychology will probably be completely new to you and you may have a number of misconceptions about it; this booklet aims then, to give you an introduction that will let you see the kind of things that psychologists study & some of the techniques they use. Hopefully, this will give you a more accurate picture of what you will spend the next 2 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 it to this booklet when you have 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. I hope you enjoy it.

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' and begin the course.
3. You need to print off this booklet, or if printing is a problem make your own booklet by hand.
 4. 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.
 5. Enjoyed it? The Open university offer other free Psychology courses including Forensic Psychology (which we study in year 13) and Developmental Psychology (which we study in year 12 as part of the topic: Attachment).
 6. WHAT YOU NEED TO SUBMIT FIRST LESSON IN SEPTEMBER:
 1. **The completed booklet**
 2. **Your certificate of participation from OU.**



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Week no	Sections of booklet to complete	Completed	Films to watch books to read, Netflix etc.
1	Section 1 Studying People		
	Section 2 A Brain of Two Halves 2.1 Introduction 2.2 The story of Split Brain patients.		See video clips in this work booklet.
2	Section 3 IT'S THE THOUGHT THAT COUNTS 3.1 Organisation and Improved recall 3.2 Using mental images		Sherlock- BBC IPlayer Memento- film 50 first dates
2	3.3 Forming concepts 3.4 Schemas		
3	Section 4 ADULT & INTIMATE RELATIONSHIPS 4.1 Introduction. 4.2 Attraction 4.6 Staying together or falling apart		Atypical -netfix When Harry Met Sally -film
4	Section 5: Group pressure 5.1 introduction.		12 Angry Men -film
4	5.2 In-groups & out-groups		Lord of the flies by W. Golding- book
4	5.3 Groups and conformity		Mean Girls- film Legally Blonde- film
5	Section 6: What makes us who we are 6.1 introduction 6.2 Multiple influences		Eleanor Oliphant is Completely Fine by Gail Honeyman -book The Perks of Being a Wall Flower -book & film The Truman Show – film
6	6.3 The Zidane head-but 6.4 Zidane's background		See video link in work booklet
6	Key term list compilation		



Section 1: Studying People.

Q1. How does the British Psychological Society define psychology?

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?

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

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 something like '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, that's why it's important to get your name as lead author.

Watch this clip of the Big bang theory
<https://www.youtube.com/watch?v=Cb0t-347OIE>

Activity 2a & 2b

Did you get the answers right?

If not don't be put off, these are very difficult studies to follow.

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?

3.2 Using mental images

1.How do adults think?

2.How can memory be improved?

3.Describe Raugh & Atkinson (1975) study

4.Explain what an independent variable is in an experiment

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 (I told you this is a science!)

Write down your answers here

The
IV _____

The
DV _____

A variable that should be controlled-

If you got it right give yourself a treat. if you got it wrong make your corrections and then give yourself a

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



3.3 FORMING CONCEPTS

1. What is concept formation?

.....
.....

2. Give an example

.....
.....

Activity 5; Defining a simple concept

Write down the defining features of a table

4. Describe how children overgeneralise when they're learning concepts?

.....
.....

Activity 6- 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?



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

Identify the IV & the DV in the Mandler experiment

Independent variable (IV)

Dependent variable (DV)

Got it right? Whoop! Whoop!

Got it wrong, make your corrections then have a mini whoop because you keep trying, it will be easier when I'm able to help you in person.

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)

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

IV=

DV=

Section 4 ADULT & INTIMATE RELATIONSHIPS

4.1 Introduction.

1. Who has most relationship research focussed on?

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

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

4.2 Attraction

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

- ♥ _____
- ♥ _____
- ♥ _____

a. Proximity & Familiarity

1. 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

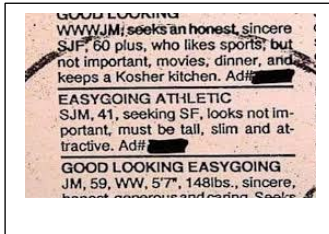
1. What physical attributes are considered attractive in:

Females

Males

Both sexes

2. Which is the celebrity you find most attractive?..... Do they fit the pattern identified above?



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

Activity 8 Testing Cameron's Research

Do you know what 'personal adverts' as mentioned in Cameron's study are? Well in the days before **Tinder** and the like, if you were looking for romance you would put an advert in the personal column of a local paper

Find the personal ads section in a local newspaper (they still have them in the free local newspapers & the Manchester Evening News & The Guardian (at the weekend)	
How do females describe themselves?	How do males describe themselves?

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



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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 prize in the box below, don't worry about being shallow, I'm not judging you.

4.3 Staying together or falling apart

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

- ♥ _____
- ♥ _____
- ♥ _____

Notes here

Reveal discussion to find the key to successful relationships.

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

3. What characteristics did successful couples have?



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
You could also watch 'Mean girls' and 'West side story' go ahead, its official homework!

5.2 In-groups & Out-groups

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

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'

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

5. How are his findings different to Sheriff'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?

7. Tajfel & Turner developed SOCIAL IDENTITY THEORY (1979) they proposed 3 stages name each a draw them in the boxes below. Draw them! Mean trick I know, but a different format will make you recall them better, but you know that from section 3, right!

1.

2.

3.

How does Social Identity Theory (SIT) explain racist attacks?

9. What is a stereotype?

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

Watch this: The fake link between race and IQ, this is brilliant!

<https://www.youtube.com/watch?v=m5aOnGdWr78>

5.3 Groups and conformity

Activity 11: group pressure

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



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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, (I suspect he dyes his hair what do you think?!) responsible for the infamous **Stanford Prison Study**, a study so famous they have made at least two films about it. Both are R rated so check with a parent or guardian before you watch, even better watch together and discuss the themes. Remember they are for entertainment, so do not provide an accurate representation of the study.

IMDB 'The Stanford Prison Experiment' <https://www.imdb.com/title/tt0420293/>

IMDB 'The Experiment' (2010) https://www.imdb.com/title/tt0997152/?ref_=tt_sims_tt

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

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

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.

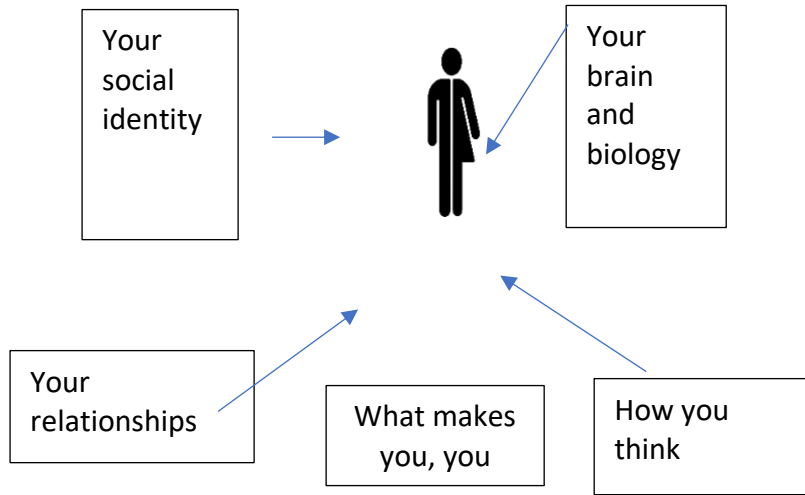
5. What is a collectivist culture? give an example

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

7. Why is conformity a good thing?



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? Add them to the picture.

You could think about Harry Potter and Voldemort, both orphans, raised without love, actually, Voldemort gets a better start than Harry, no one is actually horrible to him! One becomes the evil Dark Lord and one the boy who saves the wizarding world, why?

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 Zindane Head-Butt



Activity 12: the incident

Read the description and make notes on what you think may have happened. Zidane head-butted 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 man.

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



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Finally,

Write a paragraph explaining how the three approaches interact to explain Zidane's behaviour.
Almost done you just need a list of key terms from each section.

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Section 1 Studying People

Key term	Definition

Section 2 The Study of Split Brain Patients

Key Term	Definition

Section 3 It's the Thought That Counts

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Key Term	Definition

Section 4 Adult & Intimate Relationships

Key Term	Definition

Section 5 Groups & Conformity

Key Term	Definition

Section 6 What makes us Who We Are?

Key Term	Definition



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Any extras you want to include	

I Hope that you have enjoyed this introductory course to psychology and that its given you a realistic idea of what the course involves. I look forward to meeting you in September.

Mrs Dooley

Head of Social Sciences