

Course  
Transition



**Bridging the Gap**  
*from School to College*













**Warlingham**  
Sixth Form College

**Year 11 > Year 12 Transition**  
**Summer Term**  
**A Level Psychology**



# TABLE OF CONTENTS

		Page No
	Course Overview	1-2
	Our Expectations	3-4
	Using Cornell Notes	5
	Review / Revise	6
	Watch	7
	Listen to	8
	Read	9
	Research	10
	Complete	11
	Appendices / Resources	12



# COURSE OVERVIEW

Title of Course: AQA Level 3 Advanced GCE in Psychology (7182)

## Why should I study A Level Psychology ?

Psychology is a diverse, intriguing and fascinating subject. It relates to every aspect of our daily lives, as it helps us to understand the world we live in and predict the behaviour of those around us. Psychology is also an exciting and ever advancing science – it seeks to answer questions about why people behave in the way that they do and how they can be helped to manage their behaviour. Psychology goes beyond cultivating investigative and critical thinking skills, it teaches mathematical and statistical skills, helps with essay writing, fosters ethical thinking, and enhances problem-solving skills. It complements many subjects such as Human Biology, Law, Sociology, History and Philosophy and Ethics – to name but a few.

The Psychology department employs a range of different teaching and learning methods to promote engagement and increase motivation including, practical experiments, independent research tasks, oracy strategies, group work and flipped learning strategies. When studying Psychology students have the opportunity to visit the Body Worlds exhibition as well as the Bethlem Museum of the Mind.

## Course Overview

The aims of the course are:

- To investigate psychological approaches, issues, debates, theories and studies which can help to explain human behaviour.
- To support you in the application of these to a range of human behaviours.
- To develop critical thinking skills, mathematical and statistical skills, investigative skills as well as, essay writing skills.

## Paper 1: Introductory Topics in Psychology

- Social influence
- Memory
- Attachment
- Psychopathology

## Paper 2: Psychology in Context

- Approaches in Psychology
- Biopsychology
- Research methods

## Paper 3: Issues and Options in Psychology

- Issues and debates in Psychology
- Relationships
- Schizophrenia
- Forensic Psychology



# COURSE OVERVIEW

## **Course Entry Requirements:**

This course requires a Grade 6 or above in GCSE English, GCSE Mathematics and a Grade 6-6 or above in GCSE Science. A grade 5-5 in GCSE Science will be considered on an exceptional basis but, only if taken at the Higher Tier.

## **Assessment Format:**

There are three examinations which are two hours each in duration and are worth 96 marks each. These examinations will involve multiple-choice, short answer and extended writing questions.

## **Further Education and Possible Careers:**

Students can go on to study a variety of courses at university and enter a range of careers. Possible degrees include: Psychology, Criminology, other Social Sciences, Business Studies, Human Biology, Advertising and Marketing, Law, Sports Science and Forensic Science.

Possible careers include - Clinical Psychology, Occupational Psychology, Teaching, Health Service, Social Work, Business, Media, Human Resources and Physiotherapy.



# OUR EXPECTATIONS

## College Expectations for Academic Success

The College will work closely with all students and parents to create a purposeful, creative and stimulating environment in which students are encouraged to fully develop - both academically and personally.

We will expect you to take responsibility for your own behaviour and learning. The current College Committee along with the student body have discussed and agreed that students should commit to:

- Ensuring academic success through regular attendance and punctuality at all required registrations, lessons, supervised study lessons and Inspire Periods. Attendance which drops below 95% reduces Key Stage 5 performance by at least one grade, so it is taken very seriously.
- Completing all set tasks on time to the best of your ability, making full use of study periods and homework to enable you to meet all deadlines.
- Using study time effectively by bringing all required equipment and resources with you and making full and regular use of the College study rooms and LRC, respecting the need for silent studying conditions.
- Working closely with all your teachers to develop an effective working relationship based on mutual respect and discussing your work with them on a regular basis and meeting targets set.
- Developing your skills as an independent, self-evaluative learner and work closely with your tutor in monitoring and discussing your academic progress. As an independent learner, if you miss a lesson, it is your own responsibility to find the teacher and catch up with the work missed.
- Organising your work efficiently and effectively into folders for each subject, making full use of individual subject expectations and using Cornell Notes daily to ensure work in your folders is relevant and meaningful.
- Keeping mobile phones out-of-sight in all classrooms and during assemblies so that lessons are not disturbed and/or important information is missed.
- Attending all parents' evenings and arrange appointments with your teachers to discuss your progress and work.



# OUR EXPECTATIONS

## Course-specific Expectations for Academic Success

### Lesson Expectations:

- To be punctual to all lessons and be ready to work. If you arrive late an explanation will be expected – if you are regularly late then you will be expected to make up the time after school or during a free period.
- If you are absent from lessons, you will be expected to inform your teacher and ensure that you obtain the work and the tasks set for the lesson. You will also be expected to check your work plan which is emailed to you on a fortnightly basis.
- Apply all written/verbal feedback that is given to you by your teacher— immediately - in order to improve the grade that you receive.
- You must bring textbooks with you to every lesson as well as all your notes for the topic you are currently studying.
- Respect others at all times and listen to others when they are speaking.

### Home Learning Expectations:

- Check the work plan for homework tasks set and ensure that these are completed before the following lesson as these will be needed in order to complete the tasks set in the following lesson.
- Re-do any essay or task that does not meet your target grade and submit this to your teacher for assessment.
- Submit all work on time and complete it to the best of your ability. If you fail to submit work by the deadline date, you will be asked to complete this either in a free period or after school.
- If you are experiencing difficulties with class/homework you must seek help - do not struggle with it.

### Independent Learning Expectations:

- Keep an up-to-date and organised folder of notes – these will be checked on a regular basis.
- Read psychological articles, watch psychology related documentaries, listen to podcasts etc. Links to these can be found on the Twitter page for Warlingham School's Psychological Society.



# USING CORNELL NOTES

The Cornell Notes system is a note-taking system devised by Walter Pauk, an education professor at Cornell University. It is a proven method that establishes a more effective learning process.

It is designed to help the user think and reflect upon the notes they have made as well as making them more useful for revision purposes.

Please [click here](#) to watch a video that explains how to take Cornell Notes properly.

## HOW TO TAKE NOTES

## THE CORNELL METHOD

### ABOUT

The **Cornell** note-taking method was devised in the 1940's by Dr Walter Pauk, at Cornell University.

- ✓ Efficient method of taking notes
- ✓ Encourages reflection
- ✓ Makes an effective study guide for revision and exam preparation

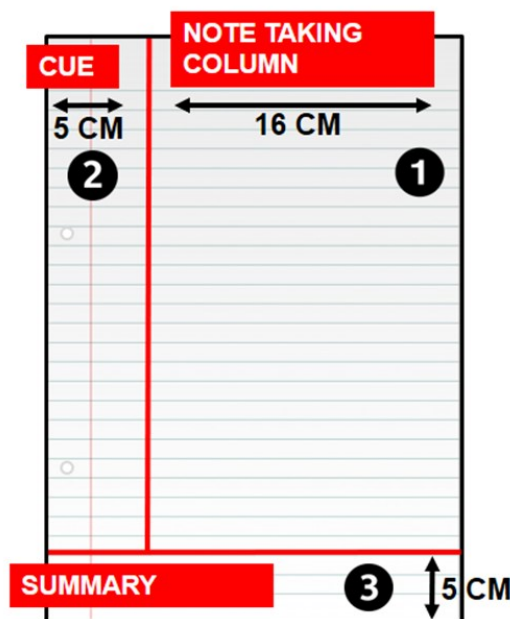
### HOW

Divide an A4 page into the three sections as shown.

You can use different dimensions for each section if you prefer

Each section has a specific purpose:

-  RECORD
-  QUESTIONS
-  REVIEW



- 1** Write your notes in this section **during the lesson**
  - Use **any format** you like to record these notes (for example, mind-mapping)
  - Record only the **important information** (don't write in full sentences)
  - Focus on **ideas** rather than the actual words

- 2** This section is for **recall**.
  - Do not write** in this section **during the lesson**
  - The cue section is created **when you review your notes**.
  - Do this **as soon as possible** after the lesson
  - Cues are **in the form of questions** that you can use the notes to answer.

- 3** A **summary** of the notes taken
  - It should be **concise** focusing on **key ideas** only
  - Written in **your own words**
  - NOTES + CUES + SUMMARY** should show how all ideas fit together



## REVIEW / REVISE

Most students will not have studied Psychology before choosing to study it at A Level. Below are some GCSE Psychology resources which - when accessed - will act as an introduction to the more complex theories, research studies & concepts that you will be exposed to when studying A Level Psychology.

Click on each of the links below to learn or review some of the AQA GCSE Psychology topics that you will meet again when studying the A Level Psychology course - please note your knowledge & understanding of these topics will be assessed once you join the course in September 2024 via participation in class discussion, direct questioning & quizzes.

- [Social influence](#)—Asch's research into conformity; explanations of conformity—informational social influence and normative social influence; Milgram's research into obedience, explanations of obedience (legitimacy of authority and agentic state) & Zimbardo's Stanford Prison Experiment.
- [Memory](#)—Multi-store model of memory; the working memory model and eyewitness testimony (EWT) and the factors that affect EWT such as misleading information and anxiety.
- [Attachment](#)—explanations of attachment—the learning theory and Bowlby's Monotropic theory.
- [Psychopathology](#)—definitions of attachment—statistical infrequency, deviation from ideal mental health, failure to function adequately and deviation from ideal mental health.
- [Research methods](#)— Types of experiments and non-experimental methods such as questionnaires, interviews and observations.
- [Issues & Debates](#) - gender bias, cultural bias, freewill and determinism, nomothetic and idiographic approaches and nature-nurture.





# WATCH

## BBC Stanford Prison Experiment Documentary

<https://www.youtube.com/watch?v=F4txhN13y6A>

A fascinating documentary about the very famous Stanford Prison Experiment carried out by Zimbardo in 1973, which continues to shock society today. This documentary examines how humans can conform to social roles which in turn can lead them to produce atypical behaviours. Many psychologists argue that this study can help us to understand the abuse that occurred in Abu Ghraib prison.



## From Romania With Love



<https://www.youtube.com/watch?v=EU7vC3wUtMo>

A moving documentary which tells the stories of three young adults who were born in Romania and who had spent their early years in large-scale institutions. These young adults were later adopted by families in the UK. The documentary explores the impact of their early experiences as well as documenting their journey to find their birth families in Romania.

## Scott Fraser—The Problem with Eyewitness Testimony

[https://www.ted.com/talks/scott\\_fraser\\_why\\_eyewitnesses\\_get\\_it\\_wrong](https://www.ted.com/talks/scott_fraser_why_eyewitnesses_get_it_wrong)

Scott Fraser investigates how humans remember crimes and bear witness to them. In this powerful talk, which focuses on a deadly shooting at sunset, he suggests that even close-up eyewitnesses to a crime can create "memories" they could not have seen. Why? Because the brain abhors a vacuum .



## BBC Extreme OCD Camp Documentary



[https://www.youtube.com/watch?v=-wirZbc\\_imA](https://www.youtube.com/watch?v=-wirZbc_imA)

This documentary follows six British teens and young adults living with obsessive-compulsive disorder as they embark on a unique, life-changing week-long treatment course in the USA.



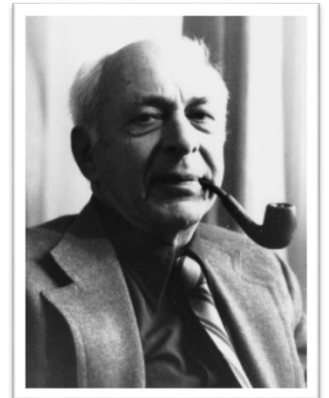
# LISTEN TO

Listen to the podcasts below and make Cornell notes on at least two of the podcasts.

## Mind Changers Radio 4: Julia Rotter and Locus of Control

<https://www.bbc.co.uk/sounds/play/b01gf5sr>

An interesting podcast about Julian Rotter who developed the IE scale which measures the Internal Locus of Control - the belief you could affect the course of their life by making choices. This has been applied to many areas of Psychology including social influence where the concept of LOC can be used to explain both social influence as well as the ability to resist social influence from others.



## Mind Changers Radio 4: HM The Man Who Could Not Remember



<https://www.bbc.co.uk/programmes/b00t6zqv>

When a 27 year old man known in text books simply as HM underwent brain surgery for intractable epilepsy in 1953, no one could have known that the outcome would provide the key to unravelling one of the greatest mysteries of the human mind - how we form new memories.

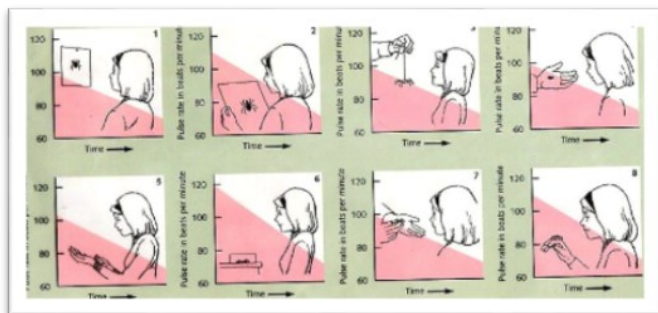
## Mind Changers Radio 4: Harlow's Monkeys

<https://www.bbc.co.uk/programmes/b00ly7lp>

When psychologist Harry Harlow decided to look at how baby rhesus monkeys learned to recognise their mothers, he didn't know that he would revolutionise parenting.



## Mind Changers Radio 4: Joseph Wolpe and Systematic Desensitisation



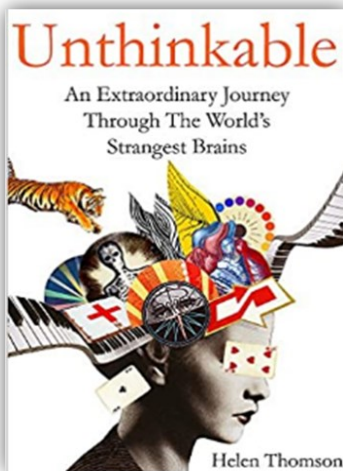
<https://www.bbc.co.uk/programmes/b01g5yy1>

Joseph Wolpe systematic desensitisation as a treatment for patients with phobias. Systematic Desensitization involved a lengthy process of relaxation and gradual exposure to the object of the phobia. He brought about a sea change, which sees him regularly listed as one of the top twenty most influential psychologists of the 20th century.



# READ

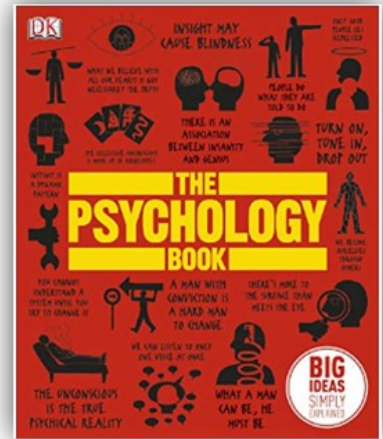
Read at least one of the books below before joining the College in September



## Unthinkable

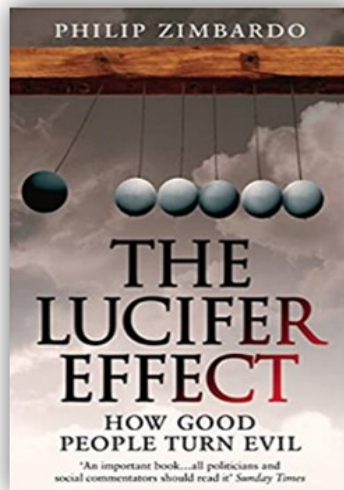
Unthinkable takes us on an unforgettable journey through the human brain. Discover how to forge memories that never disappear, how to grow an alien limb and how to make better decisions. Learn how to hallucinate and how to make yourself happier in a split second. Find out how to avoid getting lost.

Think the unthinkable.



## The Lucifer Effect

Philip Zimbardo examines how the human mind has the capacity to be infinitely caring or selfish, kind or cruel, creative or destructive. He challenges our conceptions of who we think we are, what we believe we will never do - and how and why almost any of us could be initiated into the ranks of evil doers. At the same time he describes the safeguards we can put in place to prevent ourselves from corrupting - or being corrupted by others.



## The Psychology Book

If you're fascinated by the human mind, The Psychology Book is both an invaluable reference book and an illuminating read. Discover how we learn, become emotionally bonded with others and develop coping mechanisms to deal with adversity, or conform in a group. Get to know key thinkers, from Freud to Elizabeth Loftus and follow charts and timelines to make sense of it all and see how one theory influenced another.



## Thinking, Fast and Slow

This book reveals how our minds are tripped up by error and prejudice (even when we think we are being logical), and gives you practical techniques for slower, smarter thinking. It will enable to you make better decisions at work, at home and in life.

## The Blank Slate

It has been assumed that we are blank slates shaped by our environment. But this denies the heart of our being - human nature. Violence is not just a product of society; male and female minds are different. To acknowledge our innate abilities, Pinker shows, is not to condone inequality, but to understand the very foundations of humanity.







# RESEARCH

A Level Psychology will require you to learn and understand a range of theories, research studies and psychological concepts - many of which may be entirely new to you. Read the information on the following websites, and watch the videos to help you gain or enhance your knowledge and understanding of the following topics:

## **Social Influence:**

Social psychologists have attempted to answer many questions such as - why do human beings behave differently when in groups than when they are alone? Why do some people conform publicly but, not privately? Why do some people obey orders from authority figures whilst others resist social influence? How does social change occur? To what extent do minority groups influence social change?

<https://www.youtube.com/watch?v=j2BQ5ZAkD9Q>

<https://www.youtube.com/watch?v=Ao5JTMc5GUM>

## **Memory:**

We often take our memory for granted but, how do we actually recall information on a daily basis - when needed - with such little effort? Being aware of how we store and recall memories can help us to improve our recall and potentially help us to revise more effectively for tests and examinations. The final sub-topic within memory is eyewitness testimony (EWT) - this includes the study of factors that may reduce the accuracy of EWT for example, leading questions but, also how EWT can be improved through the use of the cognitive interview.

<https://www.youtube.com/watch?v=rzpgylKBS40>

[https://www.ted.com/playlists/196/the\\_complexity\\_of\\_memory](https://www.ted.com/playlists/196/the_complexity_of_memory)

## **Attachment:**

This topic investigates how we form attachments during infancy to caregivers and how this impacts on later relationships. This topic also investigates the effects of a broken bond and the effects on an infant, when a bond does not form at all. Are humans able to overcome negative attachment experiences?

<https://www.helpguide.org/articles/relationships-communication/attachment-and-adult-relationships.htm>

<https://ed.ted.com/on/3Pg4lwvN>

## **Psychopathology:**

What is abnormal? What is normal? Which behaviours should be medicated and treated? This topic examines the different definitions of abnormality as well as the different approaches to explaining and treating mental illnesses.

<https://www.simplypsychology.org/a-level-psychopathology.html>

[https://www.ted.com/talks/vikram\\_patel\\_mental\\_health\\_for\\_all\\_by\\_involving\\_all?language=en](https://www.ted.com/talks/vikram_patel_mental_health_for_all_by_involving_all?language=en)



# COMPLETE

To also ensure that you are well prepared when you begin the A Level Psychology course in September, **you must complete the following tasks over the summer holiday period & submit your responses in the first Psychology lesson that you will have in September 2024** —



**It has been claimed by some people that there is a growing trend for “body decoration” in young people in Britain today. Many young men & women now display a wide range of tattoos and have almost every conceivable part of their bodies pierced and adorned with jewellery. How might this be explained?**

- Research and make brief notes on the following four approaches within Psychology (using the internet, A Level Psychology textbooks etc.) the social learning approach, the cognitive approach, the behavioural approach & the psychodynamic approach—how does each approach explain behaviour?
- Research and make brief notes on the strengths and weaknesses of each approach.
- Using each approach, explain the growing trend for body decoration in young people today.
- Which approach or approaches can explain well, the desire for body decoration and why? Explain which approaches do not explain well, the popularity of body decoration.
- How might each approach investigate the desire for body decoration—i.e. identify what research method - laboratory experiment, observation, interview, questionnaire etc. – each approach would use and explain how it could be used to investigate body decoration.
- Evaluate the use of this research method of investigating the desire for body decoration—i.e. why the chosen research method might be good and bad for investigating the desire for body decoration.

In addition to the above you must also complete the following organisational tasks -

- Once you have received your examination results and have met the entry requirements for the A Level Psychology course please ensure that you purchase the course textbook:

### **AQA Psychology for A Level Year 1 and AS**

**Authors:** Cara Flanagan, Matt Jarvis & Rob Liddle

**Publisher:** Illuminate Publishing (7th May 2020) Second Edition

**ISBN:** 978-1-912820-42-9

**Cost:** £28 (Amazon).



- Purchase a lever arch folder and dividers. Label each of the dividers with the main topics that you will be studying on **Paper 1** (social influence, memory, attachment, psychopathology) and **Paper 2** (approaches in Psychology, biopsychology and research methods). Please bring this file with you to the first Psychology lesson. You will also need to purchase a note pad which contains A4, lined paper or alternatively a notebook or exercise book in which you can write notes.



# APPENDICES / RESOURCES

Below are an amazing collection of resources that you will use repeatedly throughout your psychological studies -

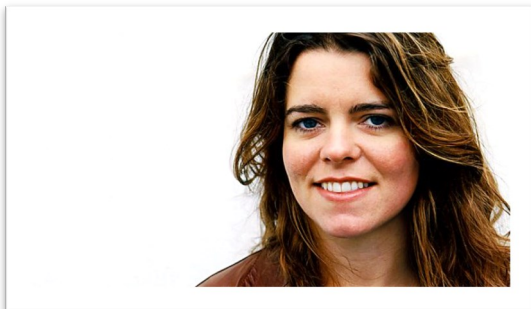


A fantastic website which contains information about current research within the field of Psychology - this can be found in the "research digest round up". This website also contains some fantastic resources about university degrees as well as psychology related careers.



Tutor2U are exam specialists in many subjects - one of which is Psychology.

This website includes useful summaries of all A Level topics, definitions of key terms, exam skills and advice videos as well as, opportunities to buy revision materials such as work booklets, revision guides etc.



Mind Changers—Radio 4— is a series which is presented by Claudia Hammond—a broadcaster and Psychology lecturer. In each 30 minute episode, Claudia explores the development of the science of Psychology during the 20th century.



Simply Psychology is one of the internet's most popular Psychology websites. It is a really useful revision website which now contains notes, exam tips and advice for Year 1 and Year 2 A Level Psychology topics.

Course  
Transition



**Bridging the Gap**  
*from School to College*



**Warlingham**  
Sixth Form College

**Year 11 > Year 12 Transition**  
**Summer Term**  
**A Level Psychology**

