

# Introduction to Psychology

## Progression Booklet

Use the following links to read the studies, most of which you will be learning about in your course (some are exam board specific).

For each of the five studies listed below summarise the following in 100-150 words:

- Background and Aim(s)
- Method (procedure and details of the sample)
- Results (this could be written or included on a graph – as long as you explain your graph)
- Conclusion(s)

This information is called 'A01'. It is all about describing or outlining something. This may be describing a study, an explanation or a model.

This element of the question will begin.... AO1 = Describe, Identify, Outline etc.

1) <https://simplypsychology.org/milgram.html> - Milgram

2) <https://www.simplypsychology.org/zimbardo.html> - Zimbardo

3) [https://www.canonsociaalwerk.eu/1971\\_stigma/1973%20Rosenhan%20Being%20sane%20in%20insane%20places%20OCR.pdf](https://www.canonsociaalwerk.eu/1971_stigma/1973%20Rosenhan%20Being%20sane%20in%20insane%20places%20OCR.pdf) – Rosenhan

4) <https://www.simplypsychology.org/loftus-palmer.html> - Loftus and Palmer

5) <https://www.simplypsychology.org/mary-ainsworth.html> - Ainsworth

6) <http://www.holah.karoo.net/rainestudy.htm> - Raine

## QUICK QUIZ

1) How many participants were there in Milgram's study?

- a) 20
- b) 40
- c) 50
- d) 60

2) How long (range and mean) were pseudo patients admitted to the hospitals for in Rosenhan's study?

- a) 7-52 (19 day mean)
- b) 8-52 (18 day mean)
- c) 9-48 (19 day mean)
- d) 7-53 (19 day mean)

3) What was the speed estimate when the verb 'smashed' was used in Loftus & Palmer's study?

- a) 40.6mph
- b) 48.1mph
- c) 40.8mph
- d) 41.8mph

4) What role did Zimbardo play in the Stamford prison experiment?

- a) A guard
- b) A prisoner
- c) A warden
- d) The chief superintendent

5) How were the prisoners for Zimbardo's study 'collected'?

- a) Arrested at home and handcuffed by police officer
- b) Arrested at home by Zimbardo
- c) They made their own way to Stamford University for the experiment
- d) Arrested at home by the guards in the study

## Reading List

The following books relate closely to the study of Psychology. Using the internet read a selection of books/articles listed below.

You may wish to choose to read one-two books or several articles. Summarise your findings in 50-100 words and suggest ways in which your chosen books/articles relate to the field of Psychology.

### Books:

- *Friend Request*, 2018 by Laura Marshall
- *Born Evil*, 2018 by Julia Derek
- *Lies*, 2017 by T.M. Logan
- *Reaching Down the Rabbit Hole*, 2016 by Allan Ropper and Brian David Burrell
- *Good Me Bad Me*, 2017 by Ali Land
- *Selfie: How the West Became Self-Obsessed*, 2018 by Will Storr
- *The Lucifer Effect: How Good People Turn Evil*, 2008 by Philip Zimbardo
- *How to Survive the End of the World*, 2018 by Aaron Gillies

### Articles:

- <https://www.psychologytoday.com/gb/blog/finding-new-home/201806/why-do-some-songs-become-popular>
- <https://www.psychologytoday.com/gb/blog/finding-new-home/201805/narcissistic-eyebrows>
- <https://www.psychologytoday.com/gb/blog/talking-apes/201805/are-you-morning-lark-or-night-owl>
- <https://www.psychologytoday.com/gb/blog/modern-mentality/201806/sadness-does-not-discriminate-reflecting-kate-spade>
- <https://www.psychologytoday.com/gb/blog/when-your-adult-child-breaks-your-heart/201805/are-children-overprescribed-psychiatric>
- <https://www.psychologytoday.com/gb/blog/finding-new-home/201805/new-research-does-watching-tv-make-us-unhappy>

## **Ted Talks/Documentaries/You Tube Clips**

Watch at least five of the video clips below and summarise the findings of each in 50-100 words.

- 1) <https://www.youtube.com/watch?v=O3cOvLrixhY> – Trial of O.J. Simpson – BBC documentary. The collection of forensic evidence and investigation, including court cases.
- 2) [https://www.ted.com/talks/petter\\_johansson\\_do\\_you\\_really\\_know\\_why\\_you\\_do\\_what\\_you\\_do](https://www.ted.com/talks/petter_johansson_do_you_really_know_why_you_do_what_you_do)
- 3) [https://www.ted.com/talks/laurel\\_braitman\\_depressed\\_dogs\\_cats\\_with\\_ OCD\\_what\\_animal\\_madness\\_means\\_for\\_us\\_humans](https://www.ted.com/talks/laurel_braitman_depressed_dogs_cats_with OCD_what_animal_madness_means_for_us_humans)
- 4) [https://www.ted.com/talks/elizabeth\\_loftus\\_the\\_fiction\\_of\\_memory](https://www.ted.com/talks/elizabeth_loftus_the_fiction_of_memory)
- 5) [https://www.ted.com/talks/scott\\_fraser\\_the\\_problem\\_with\\_eyewitness\\_testimony](https://www.ted.com/talks/scott_fraser_the_problem_with_eyewitness_testimony)
- 6) [https://www.ted.com/talks/steven\\_pinker\\_chalks\\_it\\_up\\_to\\_the\\_blank\\_slate](https://www.ted.com/talks/steven_pinker_chalks_it_up_to_the_blank_slate)
- 7) [https://www.ted.com/talks/philip\\_zimbardo\\_on\\_the\\_psychology\\_of\\_evil](https://www.ted.com/talks/philip_zimbardo_on_the_psychology_of_evil)
- 8) [https://www.ted.com/talks/ben\\_ambridge\\_10\\_myths\\_about\\_psychology\\_debunked](https://www.ted.com/talks/ben_ambridge_10_myths_about_psychology_debunked)
- 9) [https://www.youtube.com/watch?v=\\_yT\\_F0dMZRU](https://www.youtube.com/watch?v=_yT_F0dMZRU) (Part 1)  
<https://www.youtube.com/watch?v=B3rHTm1YLxA> (part 2) – Stephen Fry - The Secret Life Of The Manic Depressive. BBC
- 10) <https://www.youtube.com/watch?v=jhLuEKZj1oo> – The Fritzl affair. Real crime documentary.
- 11) <https://www.youtube.com/watch?v=nJm7AhdGbDk> – Freud documentary (short)
- 12) <https://www.youtube.com/watch?v=5XFjLdNO4FU> – The Nurture room – child psychology
- 13) <https://www.youtube.com/watch?v=OON81IJ9yos> – Charles Whitman documentary
- 14) <https://www.youtube.com/watch?v=L-DgV2vixSo> – Motivation and rewards in learning (Rats)

## **Research – 5 Things to Find out Ready for September**

- 1) Find out which exam board your school or college follows for Psychology.
- 2) Download and print off the specification for the exam board. Read the specification, highlight it (especially details of the exams - content and length etc.) and if you have any questions about the course make a note and ask your teacher on day one. In your second year you will learn 'option' topics. Your college or school will have decided which of these options you will learn about. Find out which options you will cover and read the specification requirements on those topics – ignore the options that you will not be learning about.

3) Look on the exam board's website for past papers and mark schemes. Get familiar with the exam papers and the types of questions you are likely to be asked. Look at the mark schemes, especially the 'generic' mark schemes, for longer questions. These 'generic' mark schemes can be found in the appendices or appear like a large table in the mark scheme booklet. This means that for longer questions, such as 15 marks for A Level OCR or 16 marks for AQA, you will be marked in a similar way for skill, organisation and Assessment Objectives. The content will obviously be dependent upon the exam question given.

4) Download the command words from your exam board website. What does the word 'discuss' mean (for example)? This will give you an insight into how you need to structure your answers and the type of language you need to use.

Some suggested links are provided below:

**AQA -**

**<http://www.aqa.org.uk/resources/psychology/as-and-a-level/psychology/teach/command-words>**

OCR – <http://www.ocr.org.uk/images/16206-a-parent-s-guide-to-understanding-exam-techniques.pdf>

Edexcel -

<https://qualifications.pearson.com/content/dam/pdf/A%20Level/Psychology/2015/specification-and-sample-assessments/AL-Specification-Psychology.pdf> (pages 79-80)

5) Download the key terms provided by your exam board.

### **Exam Style Questions**

This activity is designed to recap on what you have learnt throughout this booklet. Now that you have downloaded the past exam papers and mark schemes you should have a vague idea of how to structure answers in the exam. Consider each of the following a 'four mark' question and aim to write 50-100 words for each answer.

1) Outline the nature/nurture debate

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2) Describe Milgram's research

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3) Outline two findings from Zimbardo's research

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4) Describe one strength and one weakness of Rosenhan's research

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5) Outline two ethical issues from Loftus and Palmer's research

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