



# A-Level Psychology

## *Year 12 induction*

MISS BIRD, MRS LIVINGS, & MS RAWDIN

2020-2022

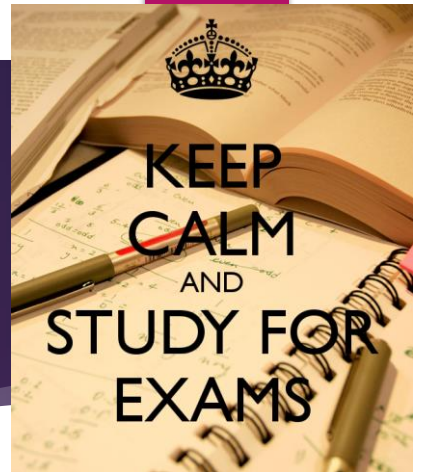


# Course information



- ▶ Exam board: **AQA**
- ▶ Psychology is a **science**.
- ▶ **25%** of the course consists of **Research Methods**, plus **10% Maths**.
- ▶ There is no coursework.
- ▶ 3 teachers: Miss Bird, Mrs Livings, and Ms Rawdin.
- ▶ You will have 8/9 x hour lessons every fortnight.
- ▶ Internal assessments and mock exams over the 2 year course.
- ▶ 3 A-Level exams in May/June 2022.

# The final A-Level exams



- ▶ Two-year (linear) A-Level course
  - ▶ 3 exams at the end of two years of study (May/June 2022).
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1. Paper 1 – 2 hours – Social influence, Memory, Attachment, and Psychopathology.
  2. Paper 2 – 2 hours - Approaches, Biopsychology and Research Methods.
  3. Paper 3 – 2 hours - Issues, debates and approaches; plus 3 topic options = Gender, Schizophrenia, and Aggression.

*If you want to resit any of the 3 exam papers you have to resit **ALL** 3 of them the following year and you do not keep the 'best' mark.*

# Exam Qs?

- ▶ Multiple choice.
- ▶ Short answer.
- ▶ Item questions.
- ▶ Essay questions (*maximum 16 marks*).

1. A01 – description
2. A02 – application
3. A03 – evaluation



**Don't worry – we do lots of practice!**

# Our expectations



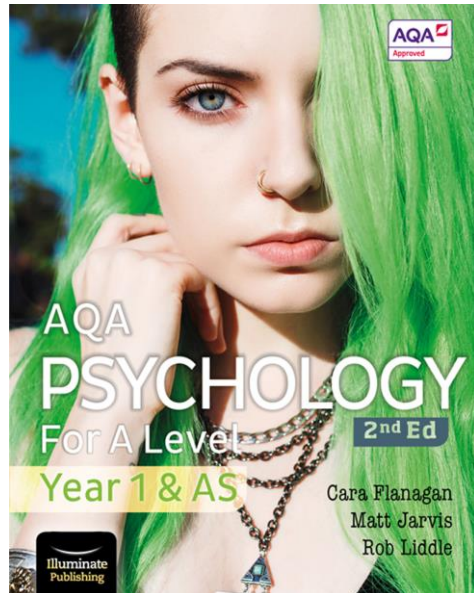
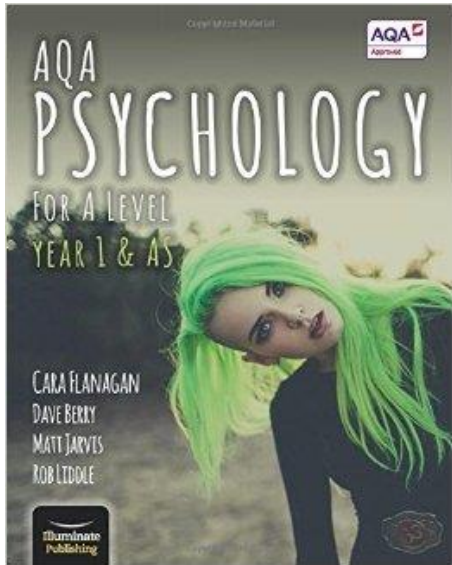
- ▶ We, as your teachers, are 100% committed to helping you achieve your full academic potential – we expect you to show this same level of dedication too.
- ▶ You should come prepared to lessons having done the set prep notes/ homework/ wider reading, AND have all of the necessary equipment.
- ▶ **PREP NOTES: we expect you to read and make notes on each spread of the topic before we teach it in lesson. The notes are done in exercise books provided by us 😊**
- ▶ Open door policy – we are here to help and support you as and when you need it. Extra 1:1 support and small group revision sessions will be available all year round at lunchtime/after-school.
- ▶ Be punctual, polite, kind, respectful, and enthusiastic.
- ▶ At times, this can be a sensitive subject – please be mindful of others around you and respectful of different views/opinions. **Be kind.**

# What will you need?

- ▶ AQA textbook
- ▶ A4 folder with dividers and plastic wallets
- ▶ Calculator
- ▶ Pens, pencil, ruler, rubber, sharpener, highlighters.
- ▶ An interest in the subject.



# AQA Approved Textbook



<https://illuminate.digital/aqapsych1/>  
**Online textbook**

**Student Username: SKIM**

**Student Password: STUDENT**

*You will want to buy one from EBay,  
Amazon, Waterstones, illuminate publishing.  
Approx. £26.*

*If you are studying Sociology too, we provide  
the Sociology textbook so you only have to buy this one 😊*



# What is Psychology?



- ▶ Greek for 'study of the mind.'
- ▶ We are interested in the human brain and behaviour/mental illness.
- ▶ Behaviours e.g. *conformity, obedience, forgetting, attachment, aggression.*
- ▶ Mental illness e.g. *phobias, depression, OCD, schizophrenia.*
- ▶ *Why do people act the way they do? How can we help them? What implications does this have for society?*
- ▶ Everything we learn is based on scientific theory and research.





# What topics do we learn?

- Approaches
- Biopsychology
- Psychopathology
- Research Methods
- Social Influence
- Memory
- Attachment
- Gender
- Schizophrenia
- Aggression
- Issues and Debates



# Psychopathology

*The study of mental illness*

- ▶ How do we define what is 'normal' and what is 'abnormal?'
- ▶ There are 4 definitions that attempt to do this.
- ▶ One of these is by a psychologist called Marie Jahoda (1954) and is called 'Deviation from ideal mental health.'
- ▶ She argued that there are 6 criteria for 'ideal' mental health and therefore if an individual fails to meet any 1 of these then they would be labelled as abnormal under this definition.



# What are the criteria for 'Ideal Mental Health?'

- ▶ **Self-attitudes:** having high self-esteem and a strong sense of identity.
- ▶ **Personal growth (self-actualisation):** striving to achieve our full potential.
- ▶ **Resistance to stress:** the individual's ability to cope with stressful situations.
- ▶ **Autonomy:** degree of independence (making own decisions).
- ▶ **Perception of reality:** having a realistic view of the world and self, not too pessimistic / optimistic. Being rational.
- ▶ **Environmental mastery:** being able to meet the demands of any situation and being able to adapt to changing life circumstances.

# TASK: A02 item question



- ▶ Is Lady Gaga normal or abnormal when applying the definition of 'ideal mental health?'
- ▶ Download the 'Lady Gaga A02 worksheet.'
- ▶ Print this if you can.
- ▶ Read the paragraph of information (item).
- ▶ Highlight/write down any evidence that Lady Gaga is failing to meet **any** of the 6 criteria for 'ideal mental health.'
- ▶ Annotate/label which criteria you have linked to each quote.
- ▶ **5 minutes**

# What did you identify?



## Possible answers?

- **Self-attitudes:** 'has very low self-esteem.'
- **Personal growth (self-actualisation):** 'a lot of time off work and has missed out on career opportunities.'
- **Resistance to stress:** 'extremely difficult to cope with stressful situations, like her recent relationship breakdown.'
- **Autonomy:** 'manager makes decisions for her' and 'relies on her family to look after her.'
- **Perception of reality:** 'negative perception of the world, always expecting the worst.'

# Attachment

*The formation of a bond between infant and caregiver*

- How do infants form attachments with their parents?
- What can happen if they don't?
- How can we assess a child's attachment type?
- **We often look at key studies / theories in Psychology.**
- **Please watch the video below on a key animal study of attachment by Harry Harlow in 1958.**

<https://www.youtube.com/watch?v= O60TYAlgC4>



# Harlow's animal research (1958)

## APFC

- ▶ **A:** To investigate whether food or comfort is more important in the formation of an attachment.
- ▶ **P:** 8 infant rhesus monkeys were separated from their mothers and raised in isolation in cages.
- ▶ In each cage there were two 'surrogate' mothers; one was made of wire mesh and contained a feeding bottle, and the other surrogate mother was made of cloth with no feeding bottle.
- ▶ Harlow observed and measured the amount of time the monkeys spent clinging to each 'surrogate' mother.
- ▶ A noisy toy was also put into the cage at times to frighten the baby monkeys to see which 'mother' they clung to in times of distress.
- ▶ **F:** The baby monkeys spent the majority of the time clinging to the cloth mother (22/24 hours) and only went to the wire mother when hungry.
- ▶ They would also cling to the cloth mother when scared.
- ▶ When they grew up they did not look after their own young.
- ▶ **C:** Comfort is more important than food.





- ▶ As well as studying topics which focus on certain behaviours/mental disorders, you will also learn about how to conduct research e.g. *experiments, observations, questionnaires, interviews, correlations, case studies*.
- ▶ You will consider ethical issues and sampling techniques.
- ▶ There is also some GCSE maths required including graphs.
- ▶ In year 13 we do look at statistical tests – interpretation of results NOT calculation so don't worry 😊

# Summer tasks 😊



## ► Due 1<sup>st</sup> lesson back in September 😊

1. Research and make notes on Phillip Zimbardo's Stanford prison experiment (1970) – what did he do and what did he find?
2. Research and make notes on the symptoms and treatments of depression.
3. Research and make notes on the multi-store model of memory by Atkinson and Shiffrin (1968) – you may want to draw a diagram.

You can find lots of useful information on the internet, the online textbook, and there are plenty of YouTube videos for Zimbardo.