

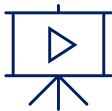


A level summer transition work

Subject: **A Level Psychology**

Exam board: **AQA**

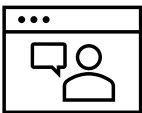
Expectation is you will complete at least one task from each category and come to your first lesson in September prepared to discuss this work. You must bring your 'Independent learning log' and any completed work in September.



Video Clips

Each of these short video clips introduces an idea or theme that is relevant to this A level course. In your 'independent learning log' note down any questions the clip raises.

- What is Psychology? <https://youtu.be/f69yXoKvntY>
- The psychology of evil | Philip Zimbardo: <https://youtu.be/OsFEV35tWsg>



TV programmes, films, and documentaries

These programmes will get you thinking even more deeply about this A level course. In your 'independent learning log' write down anything you will explore further following your viewing

- **Select one or more to watch.**

MOVIE:

A Beautiful Mind



Starring:	Russell Crowe
What's it about?	True story of mathematician John Nash and his struggle with schizophrenia
What topics is it useful for?	Psychopathology, Schizophrenia
Age rating:	12
Realism rating:	*****
Rating:	*****

NETFLIX SERIES: BABIES

NETFLIX SHOWS

5. *Babies* is a docuseries that explores how infants discover life using some groundbreaking scientific techniques. There are two series, twelve episodes in total, covering all aspects of development.



THE MIND EXPLAINED SEASON 2:

Netflix's *The Mind Explained* season 2 continues the journey of educating people about the capabilities of our mind that can help us stand out but, also undermine our intentions.

TV SHOW: <https://www.bbc.co.uk/programmes/p01xkr8n>: BBC TV clips



Recommended Documentary to watch: The Making Of David Harewood: Psychosis and Me (BBC2)

<https://www.youtube.com/watch?v=jZhxCCV4B4M>



Radio programmes and podcast

These programmes are great ways to get you thinking about your A level. Pick some to listen to over the summer.

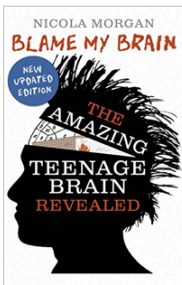
- ❖ <https://soundcloud.com/psychologyin10minutes>
- ❖ <https://www.npr.org/series/423302056/hidden-brain>
- ❖ <https://podcasts.apple.com/us/podcast/speaking-of-psychology/id705934263>
- ❖



Books

These books are excellent introductions to A level. Write a small summary or review of the book or sections of the book you have read.

Blame my brain



Author:	Nicola Morgan
What's it about?	humorous examination of the ups and downs of the teenage brain
What topics is it useful for?	Biopsychology, Developmental Psychology,
Difficulty level:	***
Rating:	*****

The Man Who Mistook His Wife for a Hat



Author:	Oliver Sacks
What's it about?	Interesting case studies of brain-damaged patients
What topics is it useful for?	Approaches, Issues and debates, Biopsychology
Difficulty level:	*****
Rating:	***

The Psychopath Test



Author:	Jon Ronson
What's it about?	A journalist's investigation into what makes someone a psychopath
What topics is it useful for?	Psychopathology, Research Methods, Issues and debates
Difficulty level:	***
Rating:	*****

The chimp paradox



Author:	Steve Peters
What's it about?	Recognise how your mind is working - Understand and manage your emotions and thoughts - Manage yourself and become the person you would like to be
What topics is it useful for?	Psychopathology, Issues and debates, memory, Bio-psychology
Difficulty level:	***
Rating:	*****



Questions to discuss

These are questions you could discuss with family and friends over the summer. Try to write a summary of your discussion and the different viewpoints that emerged.

This is a compulsory task:

KEY QUESTION: Why do we behave the way we do?

RESEARCH THE FOLLOWING TYPES OF PSYCHOLOGY and find out What they are and how they explain human behaviour.

- This website will be useful for this task. Don't forget to use other websites too!

<https://www.all-about-psychology.com/types-of-psychology.html>

Make notes on each of the following: **How do they explain human behaviour and the reasons for our behaviour?**

1. **COGNITIVE PSYCHOLOGY**
2. **DEVELOPMENTAL PSYCHOLOGY**
3. **SOCIAL PSYCHOLOGY**
4. **BIOLOGICAL PSYCHOLOGY**
5. **INDIVIDUAL DIFFERENCES/ABNORMAL PSYCHOLOGY**
6. **APPROACHES IN PSYCHOLOGY: Explore: Behaviourism, Psychodynamic, Cognitive, Biological, Social Learning Theory & Humanistic (briefly jot down their assumptions on human behaviour)**



Independent learning log

Use the table below to keep a record of your preparation work. Bring this to your first lesson back in September.

Date completed	Title	Type of task	Questions/resources you produced (summer notes, book review etc)

