**A Level Psychology**



**Transition Pack**

**2024**

**Psychology:** *The scientific study of the human mind and behaviour*

You are required to complete **ALL** of the activities in this transition pack for submission in the first week of the new academic year. It will develop your thinking skills and vastly expand your knowledge of human behaviour.

*Dear Psychology Student*

*Psychology is an exciting, diverse and challenging course and we hope you are looking forward to finding out more! There are 5 tasks I want you to complete, which will benefit you when you start the course. You also have a maths skills course to complete. If you have any questions, please feel free to email me:* *ramzana1@guiseleyschool.org.uk/ haiderz1@guiseleyschool.org.uk.*

***Deadline - All work should be completed in your booklet where possible or on lined paper/Word document and should be brought with you to your first lesson of Psychology in the new school year.******Do not rush it****. I advise that you complete various parts of the transition pack at different points in the summer holiday, rather than leaving it all until the final week of your break.*

**Task 1 Induction Questionnaire**

 1. Give three reasons why you have chosen to take Psychology.

2. What do you think Psychology is?

3. What do you think the study of Psychology will involve?

4. Describe your work ethic (be honest!)

5. What support will you expect to receive from the Psychology department next year?

**Task 2: Maths assessment** (*You may use a calculator)*

1. The following data is from an experiment on reaction times, and represents the number of times a button was pressed within half a second of being shown an object on the screen:

5, 3, 6, 7, 7, 4, 8, 5, 4, 4, 5, 3, 4, 8, 17

Calculate the:

1. Mean: (1 mark)
2. Median: (1 mark)
3. Mode: (1 mark)
4. Range: (1 mark)

2.The following numbers are individual participant’s scores on a memory test:

14, 8, 12, 10, 8, 8, 7, 6, 13, 11, 6, 6, 6, 14, 15, 13, 8, 14, 8, 11

Calculate the:

1. Mean: (1 mark)
2. Median: (1 mark)
3. Mode: (1 mark)
4. Range: (1 mark)
5. An experiment into memory was carried out. 24 participants were given a list of 20 words to remember. The number of words each participant was able to remember is:

5, 8, 18, 15, 3, 9, 20, 4, 15, 17, 16, 10, 11, 8, 3, 2, 2, 8, 9, 6, 16, 17, 15, 11

Calculate the:

1. Mean: (1 mark)
2. Median: (1 mark)
3. Mode: (1 mark)
4. Range: (1 mark)



1. Simplify \_\_\_\_\_\_(1 mark)
2. Simplify \_\_\_\_\_\_(1 mark)
3. What’s 3/4 of 72? \_\_\_\_\_\_(1 mark)
4. Express 0.02 as a fraction \_\_\_\_\_\_(1 mark)
5. Write 40% as a fraction \_\_\_\_\_\_(1 mark)
6. What is 7.994 to 2 significant figures? \_\_\_\_\_\_(1 mark)
7. The table below shows the results of an obedience study. What percentage of the participants who obeyed were boys? \_\_\_\_\_\_(1 mark)



1. Draw a bar chart showing the percentage obedience for boys and girls from the table above. Use the graph paper below. You get marks for a title, labelling the axes and accurate plotting. (4 marks)

Self-assess your answers and write down your total mark.

TOTAL = \_\_\_\_\_

**Task 3: Origins of Psychology**

* Using the video: <https://www.youtube.com/watch?v=CsxKcY94EB4> create a timeline for psychology
* What were the names of the key psychologists?
* What did they do/create?
* You could also add further information from the following link: <https://allpsych.com/timeline/>.

**Task 4 – Approaches in Psychology**

There are some core approaches to Psychology that you need to know for your A level – they are different ways of explaining human behaviours. Some of these are listed below: your job is to do some research on them using the internet (Wikipedia, while sometimes untrustworthy, is very good for this! There are also plenty of great videos on YouTube you can watch) and use this research to complete the pages that follow on the different approaches listed below:

The Behaviourist Approach

The Social Learning Theory Approach

The Cognitive Approach

The Biological Approach

The Psychodynamic Approach

**Psychodynamic Approach**

The Psychodynamic approach is most associated with Sigmund Freud (though several post-Freudians were influenced by and expanded upon many of Freud’s ideas). Freud emphasized the idea of the unconscious mind on behaviour, alongside development of his person-centered therapy psychoanalysis. He argued that physical problems could be explained in terms of conflict with the mind.

**Part 1: The structure of personality:** Summarise each key term in a sentence.

 ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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EGO: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SUPEREGO: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Apply it:

You need to get your psychology homework done tonight but your friends have just invited you to a party. What would ID, EGO and SUPEREGO suggest you do in the following situation:

ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EGO: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SUPEREGO: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Defence Mechanisms: How we balance the conflict between the id and superego.



Apply it: Match each example below to a defence mechanism listed in the table above.

1. Continuing to turn up to work even though you have been sacked
2. An individual forgetting the trauma of their favourite pet dying
3. Slamming the door after a row with your parents.

**Part 2: Psychosexual stages**

 Summarise the Psychosexual stages:



Apply it: Briefly summarise the study of Little Hans and explain how this is linked to the Oedipus complex.

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**Behaviourist Approach**

The behaviourist approach emerged at the beginning of the 20th century and became the dominant approach in Psychology for half of that century. It is also credited as being the driving force in the development of psychology as a scientific discipline.

Classical conditioning – Summarise in a sentence what this is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Operant conditioning Explain the difference between positive and negative reinforcement. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The Skinner Box:

1. Skinner conducted experiments with rats and sometimes pigeons, in specifically designed cages called Skinner Boxes. Every time the rat activated a lever within the box it was rewarded with a food pellet. After many repetitions the animal would continue to perform the behaviour.

2. Skinner also showed how rats and pigeons could be conditioned to perform the same behaviour to avoid an unpleasant stimulus, for example an electric shock.

Apply it:

Which aspect of operant conditioning does paragraph 1 illustrate?

Which aspect of operant conditioning does paragraph 2 illustrate?

**Cognitive approach**

The cognitive revolution came with the introduction of the digital computer gave psychologists a metaphor for the operations of the human mind.

 **Define the terms:**

 Inference: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Schema: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Apply it: Explain the role of the schema in helping you make sense of the information below.



**Social Learning Theory**

 Around the time of cognitive revolution, Albert Bandura proposes the Social Learning Theory as a development of the behaviourist approach. He argues that classical and operant conditioning could not account for all human learning there are important mental processes that bridge between stimulus and response.



Apply it:

Mrs Hill is a secondary school teacher. She notices that some of the students in her class constantly call out answers without raising their hands, which ruins the learning for other students. How might Mrs Hill use vicarious reinforcement to change the behaviour of these students?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Biological Approach**

In the 1980’s the Biological Approach begins to establish itself as the dominant scientific perspective in psychology. The is due to advances in the technology that have led to increased understanding of the brain and biological processes.

**Part 1: Genetics**



Apply it:

Sam and Dan are identical twins who were separated at birth. When they met each other at the age of 18 they are surprised by their slight differences in looks and huge differences in personality. Sam is much more outgoing than Dan who has always been rather shy. Using your knowledge of genotype and phenotype to explain the differences in their personality.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Part 2: Neurochemistry

 Describe the difference between excitatory and inhibitory neurotransmitters.

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Apply it: Are the following neurotransmitters excitatory or inhibitory?

1. Serotonin
2. Adrenaline
3. Dopamine

**Task Five – Researching Psychological Disorders**

Your final task is to explore some psychology in the real world by looking at two of the following disorders. For each, you should create a short fact file: what is the disorder? What are the psychological causes? How do psychologists treat this disorder? Choose two to complete, but if you like you can complete more! The disorders are:

Depression

Obsessive-Compulsive Disorder (OCD)

Dissociative Identity Disorder (DID)

Anorexia Nervosa

Schizophrenia

Agoraphobia

Antisocial Personality Disorder (APD)

Obesity

**Task Six – Maths Skills Course**

This course helps you nail percentages, ratios, fractions, decimals and the other mathematical skills that you will need on your A-Level Psychology course and beyond. Work through it at your own pace, practice difficult skills and reduce your anxiety around maths with our support and worked examples.

**You must complete this work using the worksheet provided by the course, please print this and ensure you self-assess your answers using green pen and include a printed screenshot once 100% of the course has been completed.**

Link to enrol here: <https://ondemand.tutor2u.net/students/maths-in-psychology-psychology-skills>

Deadline for this work is our 1st lesson back in September.