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Year 12 Psychology

Summer Bridging Work 2023-24



Introduction to Psychology

1. In 50-100 words, summarise what you believe Psychology to be.
2. Now watch the following video clips and add to your notes, summarising what you believe psychology to be:
 - <https://www.simplypsychology.org/whatispsychology.html>
 - <https://www.bps.org.uk/public/what-is-psychology> (visit the BPS website for further information)

A brief history of Psychology

The origins of psychology

Although the term psychology meaning “study of the soul” had been in use since the 16th century, its modern use arose in the 19th century when philosophers, physiologists and physicians applied the scientific method to studying the mind.

The key step in this was the acceptance that **conscious mental life was linked to biological processes in the body** - a consequence of Darwin’s theory of evolution.

This implied that the same methods used in the natural sciences could be used to study mental phenomena.

By the end of the 19th century:

- Psychology acquired a new definition: “**the science of mental life, both of its phenomena and their conditions**” (James, 1890)
- **Introspection** was developed to expose the mind to scientific research
- The first experimental psychology laboratories began to appear in universities

Wundt

Wilhelm Wundt (1832-1920) is generally considered the father of experimental psychology.

After studying medicine, he worked as a physiologist at Heidelberg University and later at Leipzig University. While at Heidelberg, he delivered the first university course on scientific psychology and went on to write the first textbook on psychology, “Principles of Physiological Psychology” (Wundt, 1873-4). In 1879, at Leipzig University, he set up the first laboratory dedicated to experimental psychology.

In doing so, he separated psychology from philosophy and biology and became the first person to be called a psychologist.

Wundt’s approach became known as **structuralism** because he used experimental methods to find the basic building blocks (structures) of thought and investigate how they interacted. To do this, he studied sensation and perception, breaking participants’ observations of objects, images and events down into constituent parts in the same way that an anatomist would study a body trying to find its constituent parts and how they interact.

At first he did this by studying reaction time - systematically changing the stimuli he presented to participants and measuring how long it took them to respond - inferring that the longer it took to respond, the more mental processes must be involved.

Later, he adapted and developed a process called **introspection** to infer more about the nature of the processes involved.

Wundt’s contribution to Psychology:

- Wrote first textbook of psychology (Principles of Physiological Psychology, 1873-4)
- Set up first laboratory of experimental psychology (1879)
- Used the scientific method to study the structure of sensation and perception
- Showed that introspection could be used to study mental states in replicable laboratory experiments.

Emergence of Psychology as a Science: the Laboratory Experiment

Psychology had its roots in philosophy and biology, but when German doctor and psychologist [William Wundt](#) opened the world's first experimental laboratory at the university of Leipzig in 1879, it marked a turning point: psychology's emergence as a separate and distinct scientific discipline.

Wundt showed that empirical methods could be applied to the study of mental processes.

Empirical methods of research are based on actual experience rather than on theory or belief. It involves gathering data in an objective way so that researchers’ preconceptions cannot influence the data. It also measures quantitative details so that patterns can be examined and inferences from the result are credible.

The laboratory experiment

The laboratory experiment is the most important empirical method used in science.

Laboratory experiments allow complete control of **variables** that might affect the results. Therefore, the researcher can be confident it's only changes in the one variable they manipulate that cause the effect on what they measure.

The control means that methods can be **standardised** and experiments **replicated** by other researchers to test they are reliable.

By making **inferences** from differences (caused by the specific changes he made to the stimuli he presented to them in controlled environments) in his participants' introspections, Wundt showed that the scientific approach could be applied to the study of some aspects of psychology.

Should psychology be a science?

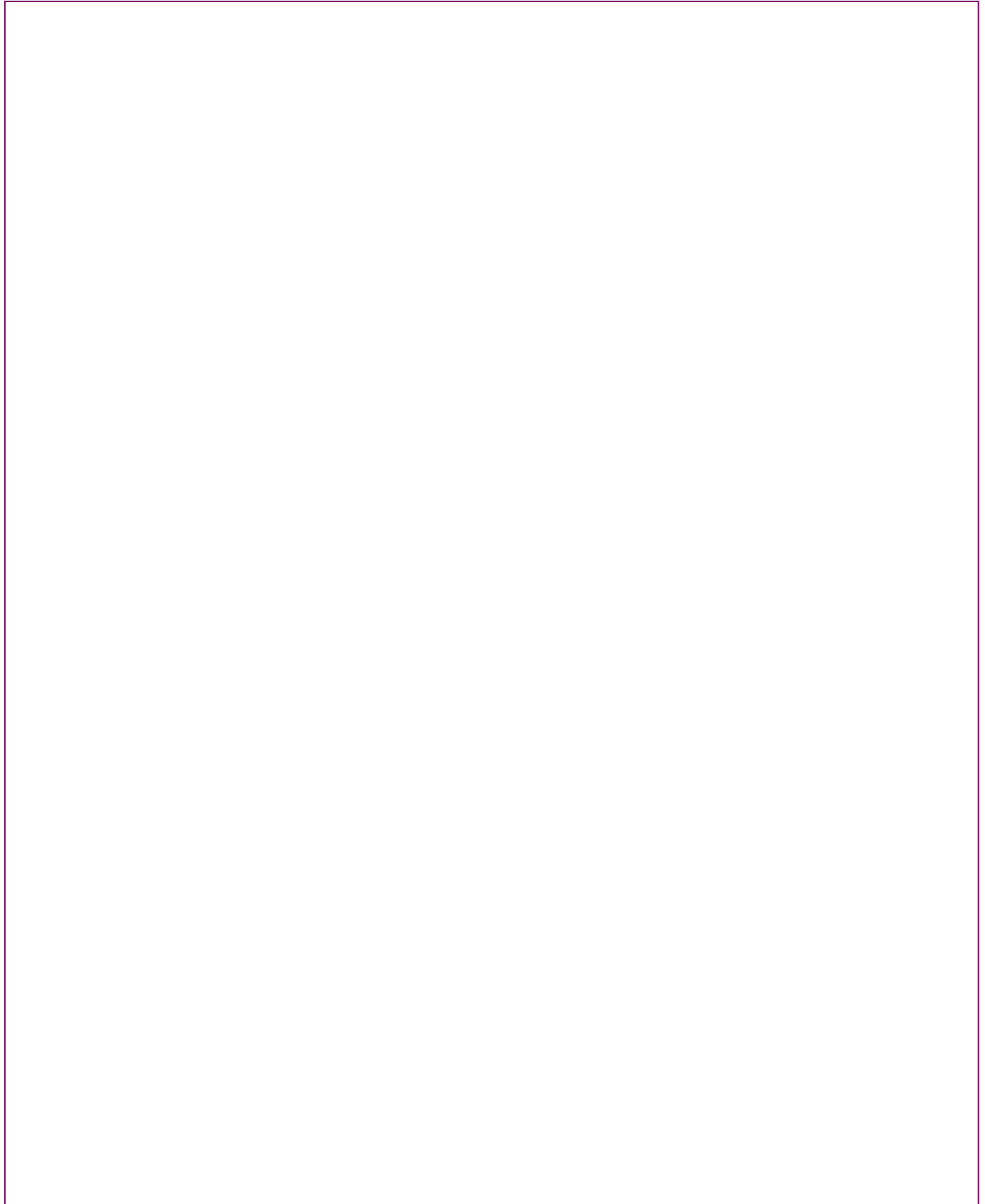
As you learn about the different methods and approaches used by psychologists, you should consider the degree to which they can be considered scientific.

Later in your A-level psychology studies, you will be expected to construct arguments about the strengths and limitations of adopting a scientific approach in psychology.

Task 1: What makes science science?

Based on your experience throughout GCSE Science and what you have read further afield, consider what factors determine a discipline to be a science. Psychology has continually been challenged over time as to whether it is regarded as a pure science.

Consider the question: Should Psychology be considered a Science, provide your reasons?



Approaches in Psychology

Your learning will focus on the key Approaches within psychology that each take a different perspective to explaining behaviour. Find out the key underlying assumptions for each of the following Approaches using the table below:

Challenge: To include an example of behaviour from each perspective.

Approach	What are the key assumptions of the Approach (assumes where behaviour comes from?) Briefly explain for each.
Social Learning Approach	
Cognitive Approach	
Biological Approach	
Behaviourists Approach	

Task 2: Social Psychology

What is Social Psychology?

Provide a definition

Find the definitions for the following concepts:

- Conformity
- Compliance
- Internalisation
- Identification
- Normative Social Influence
- Informational Social Influence
- Obedience

The first topic we shall investigate under Social Psychology will be conformity and obedience. The topic considers the reasons why people conform and obey and what factors determine behaviour.

Challenge: Using the definitions above now complete the following glossary by adding an example that is meaningful to you:

Conformity	
Compliance	
Internalisation	
Identification	
Normative Social Influence	
Informational Social Influence	
Obedience	

Task: Consider the work of Asch on Conformity

Watch the film and note down the set up of the experiment. Consider the number of participants, the arrangement of the room and the task.

[Asch Conformity Experiment](#)

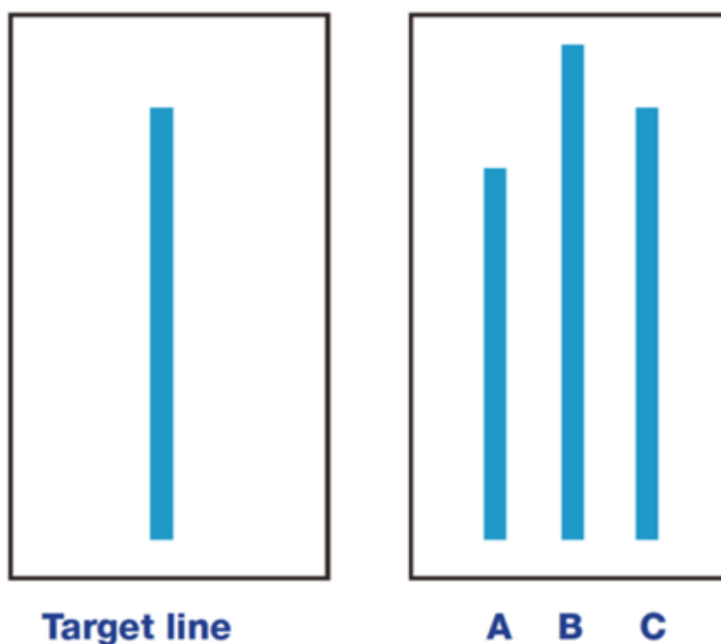


Further Reading:

Asch (1951) conducted one of the most famous laboratory experiments examining conformity. He wanted to examine the extent to which social pressure from a majority, could affect a person to conform.

Asch's sample consisted of 50 male students from Swarthmore College in America, who believed they were taking part in a vision test. Asch used a line judgement task, where he placed on real naïve participants in a room with seven confederates (actors), who had agreed their answers in advance. The real participant was **deceived** and was led to believe that the other seven people were also real participants. The real participant always sat second to last.

In turn, each person had to say out loud which line (A, B or C) was most like the target line in length.



Challenge: How scientific is this study? Explain your reasons.

Question: What are the strengths of this study?

Question: Asch was trying to measure conforming, the majority influence over a minority – what problems can you see with this study? List as many ideas as possible below:

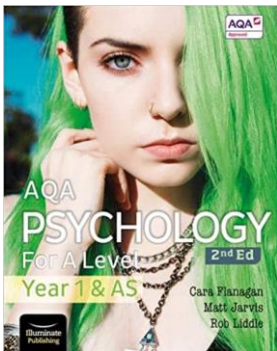
Task: Can you provide a real-life example of conformity – where have you conformed to the majority recently?

A Level Psychology Textbook Suggestions:

AQA Psychology for A Level Year 1 & AS Student Book: 2nd Edition Paperback – 7 May 2020

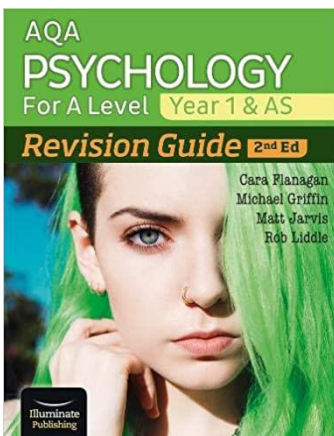
by [Cara Flanagan](#) (Author), [Matt Jarvis](#) (Author), [Rob Liddle](#) (Author)

ISBN-10 1912820420



AQA Psychology for A Level Year 1 & AS Revision Guide: 2nd Edition Paperback – 7 May 2020

by [Cara Flanagan](#) (Author), [Michael Griffin](#) (Author), [Matt Jarvis](#) (Author), [Rob Liddle](#) (Author)



Pre-course Wider Reading Suggestions for Psychology A Level: Non-Fiction

<https://www.topuniversities.com/courses/psychology/8-books-read-if-youre-psychology-student>

The Ultimate Psychology Reading List

<https://thepsychologist.bps.org.uk/ultimate-psychology-reading-list>

Some suggestions:

The Man Who Mistook His Wife for a Hat and Other Clinical Tales by Oliver W Sacks (Author) ISBN 978-0684853949

Review: Sacks, the world's most famous practising psychiatrist, explores case studies of sufferers with brain disorders where people are unaware of their disorder – you will find out why they are unaware when you read the book! One case involves a man who cannot 'see' people when they stand still, mistaking his wife for a hat stand: hence the book's title. This is an easy, informative book, which is why so many have read it. Not a book to take you off the beaten track but a great read all the same.

Seeing Voices by Oliver Sacks (Author) ISBN 978-0330320900

Another exploration by Sacks but less often read by students. Seeing Voices explores the issue of language and, in particular, sign language. The relationship between thought and language is explored – does limited language indicate limited thought? Interesting case studies are used and the footnotes are an intellectual step up from the main book and therefore worth reading. The first half of the book is the most informative and entertaining, so don't feel you need to read the whole book unless you get the urge!

Genie: A Scientific Tragedy by Russ Rymer (Author) ISBN 978-0060924652

Review: This is a journalistic account of the discovery of a 13 year-old girl kept in solitary confinement since the age of two years old by her abusive father. The scientific community studied and 'looked after' Genie (so named because, like a genie, she appeared to emerge from nowhere). Genie was used to explore whether language has a critical period to develop. A search on You Tube will find clips of Genie. The case study raises issues about the ethics of research you should find this an interesting read if you are keen to know more about cognitive sciences.

Psychology Media

Syllabus	Non-fiction	Fiction	Films
Memory/ Cognitive Psychology	Thinking Fast, and Slow, <i>Daniel Kahneman</i>	Still Alice, <i>Lisa Genova</i>	Inside Out 50 First Dates Memento Regarding Henry On Golden Pond
Attachment	Why Love Matters, <i>Susan Gerhardt</i>	Wild Boy, <i>Jill Dawson</i>	The Batman series Guardians of the Galaxy The Blind Side
Social Influence	The Lucifer Effect, Understanding Why Good People Turn Evil, <i>Philip Zimbardo</i> Behind the Shock Machine, <i>Gina Perry</i> Think Small, <i>Owain Service and Rory Gallagher</i>	Lord of the Flies, <i>William Golding</i>	Suffragettes 12 Angry Men Green Street Cool Hand Luke The Experimenter
Psychopathology	The Horse Boy, <i>Rupert Issacson (Autism)</i>	We need to talk about Kevin, <i>Lional Shriver</i> Case Histories, <i>Kate Atkinson</i> Engleby, <i>Sebastian Faulks</i> Human Traces, <i>Sebastian Faulks</i> The Curious Incident of the Dog in the Night-time, <i>Mark Haddon</i> Poppy Shakespeare, <i>Clare Allan</i> Fly me to the Moon: Bipolar Journey Through Mania and Depression, <i>H E Logue</i> Broken Biscuits, <i>Liz Kettle</i> Regeneration, <i>Pat Barker (Trilogy - PTSD)</i> Toby's Room, <i>Pat Barker</i> Elizabeth is Missing, <i>Emma Healey</i>	Black Swan One Flew Over the Cuckoo's Nest As Good as it Gets American Psycho Girl Interrupted Rain Man A Clockwork Orange A Beautiful Mind Insomnia Shutter Island Single White Female I Am Sam The Aviator The Sixth Sense Reign Over Me Identity Ordinary People Donnie Darko Life of Pi

		<p>All in the Mind, <i>Alistair Campbell</i></p> <p>Eleanor Oliphant is completely fine, <i>Gail Honeyman</i></p> <p>One Flew Over the Cuckoo's Nest, <i>Ken Kesey</i></p> <p>The Shock of the Fall, <i>Nathan Filer</i></p> <p>Life of Pi, <i>Yann Martel</i></p>	
Research Methods			
Biopsychology	<p>A Day in the Life of a Brain, <i>Susan Greenfield</i></p>		Three Identical Strangers
Issues and Debates	<p>Nature vs Nurture, <i>Matt Ridley</i></p>		Gattica
Approaches			A Dangerous Method
Aggression			Fight Club
Relationships			<p>Fatal Attraction</p> <p>28 Days</p> <p>The Notebook</p> <p>Save the Last Dance</p>
Schizophrenia	<p>Uninvited Guest, <i>Jenny Robertson</i></p>	<p>7 Days of Peter Crumb, <i>Jonny Glynn</i></p>	A Beautiful Mind
Other	<p>The Happiness Hypothesis, <i>Jonathan Heidt</i></p> <p>The Science of Persuasion, <i>Robert Cialdini</i></p> <p>Outliers, The Story of Success, <i>Malcolm Gladwell</i></p> <p>Flourish, <i>Martin Seligman</i></p> <p>The Art of Choosing, <i>Sheena Iyengar</i></p> <p>Stumbling on Happiness, <i>Daniel Gilbert</i></p> <p>The Chimp Paradox, <i>Steve Peters</i></p>	<p>Catcher in the Rye, <i>J.D. Sallinger</i></p> <p>Lolita, <i>Vladimir Nabokov</i></p> <p>Of Mice & Men, <i>John Steinback</i></p> <p>The Well Gardened Mind, <i>Sue Stuart-Smith</i></p> <p>The Well Being Garden, <i>Royal Horticultural Society</i></p>	