

Sixth Form Preparation for Success

Welcome to Applied Psychology

[Pearson BTEC Level 3 Nationals in Applied Psychology]

Introduction

Psychology is the scientific study of the mind and behaviour. The work we are setting for you will give you an understanding of what the Applied Psychology course is all about and give you the skills you need to do well on the course. Applied Psychology is a challenging course but you will be rewarded for your hard work by developing a huge amount of knowledge and skills that will be useful throughout your life.



The British
Psychological Society

The British Psychological Society is the representative body for psychology and psychologists in the UK.

It is made up of members from all walks of life whose primary interest is in the development and application of psychology for the greater public good.

The Society comprises several divisions, each dedicated to a specific specialty, and is responsible for the promotion of excellence and ethical practice in the science, education, and practical applications of psychology. Have a look at their website.

Part I – Applied Psychology Specific Bridging Work

To be completed May – Sept

Remember that prizes will be awarded for 'exceptional' work that demonstrates effort
above expected!

a) Investigate places of interest

If travel is possible, there are a number of places you can visit to widen your knowledge of Psychology, for example:

- Yorkshire Wildlife Park – go and observe the behaviour of some of the animals. You can learn a lot about non-verbal communication by studying the actions of non-human animals <https://www.yorkshirewildlifepark.com/>

- The Freud Museum in London looks at the life and work of Sigmund Freud, arguably one of the most famous psychologists to date <https://www.freud.org.uk/>
- The Science Museum in London often has exhibits on psychology, and they also house models of brain scanning equipment and other relevant medical techniques <https://www.sciencemuseum.org.uk/>
- Bethlam Museum of the Mind in Kent is a museum based in the grounds of Bethlam Royal Hospital and follows the history of treatment for people with mental health problems <https://museumofthemind.org.uk/>

If travel restrictions remain in place, or you are unable to physically go to any of the suggested places above, there are lots of online resources you can visit to learn more about psychology. For example:

- <http://psychmuseum.uwgb.org/> This is a virtual psychology museum designed by psychologists at a US University. It aims to give you an opportunity to 'walk' around a virtual space and watch videos, play games and read about famous psychologists and their work
- Bethlam Museum of the Mind have some online resources to learn about the patients who once stayed in the hospital <https://museumofthemind.org.uk/learning/explore-bethlem>
- Places like the Freud museum and Yorkshire Wildlife park are using their social media pages to post content, interactive sessions and video feeds of some of their exhibits so why not follow these and take advantage of some of these activities.

b) Wider reading

Blog

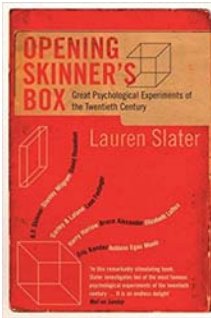
One of the best resources for wider reading in Psychology is the BPS Research Digest <https://digest.bps.org.uk/>. We encourage all our students to sign up to receive the weekly updates and regularly read the articles. Each week it is updated with a brief summary of new and interesting pieces of research from the world of psychology.

Podcast

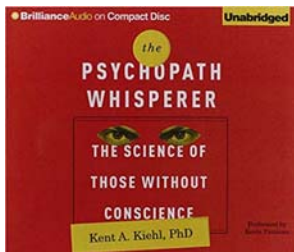
The BPS PsychCrunch Podcast has short summaries of psychology relevant to different areas of everyday life, such as pain management, gift giving and how to be funnier <https://digest.bps.org.uk/podcast/>

Books

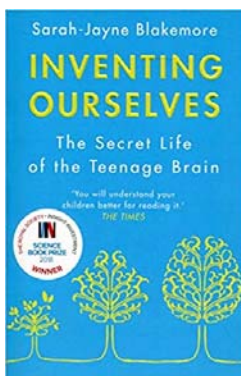
These books are all popular books about psychology, and great for broadening your knowledge and understanding.



<https://www.amazon.co.uk/Opening-Skinners-Box-Psychological-Experiments/dp/074756860X> In *Opening Skinner's Box*, Lauren Slater sets out to investigate the twentieth century through a series of ten fascinating, witty and sometimes shocking accounts of its key psychological experiments. Starting with the founder of modern scientific experimentation, B.F. Skinner, Slater traces the evolution of the last hundred years' most pressing concerns - free will, authoritarianism, violence, conformity and morality.



<https://www.amazon.co.uk/Psychopath-Whisperer-Science-Without-Conscience/dp/1491531169> We know of psychopaths from chilling headlines and stories in the news and movies from Ted Bundy and John Wayne Gacy, to Hannibal Lecter and Dexter Morgan. As Dr Kent Kiehl shows, psychopaths can be identified by a checklist of symptoms that includes pathological lying; lack of empathy, guilt, and remorse; grandiose sense of self-worth; manipulation; and failure to accept ones actions. But why do psychopaths behave the way they do? Is it the result of their environment how they were raised or is there a genetic component to their lack of conscience?



Drawing upon her cutting-edge research Professor Blakemore explores: What makes the adolescent brain different? Why does an easy child become a challenging teenager? What drives the excessive risk-taking and the need for intense friendships common to teenagers? Why it is that many mental illnesses – depression, addiction, schizophrenia – begin during these formative years. And she shows that while

adolescence is a period of vulnerability, it is also a time of enormous creativity and opportunity. https://www.amazon.co.uk/Inventing-Ourselves-Secret-Teenage-Brain/dp/1784161349/ref=sr_1_1?dchild=1&keywords=inventing+ourselves&qid=1622100331&sr=8-1

Videos

You might also be interested in watching a few TED Talks on different areas of Psychology. There are so many different topic areas to explore, from the Psychology of Happiness, to understanding the effect of climate change on mental health – there is bound to be something to suit everyone's interests.

<https://www.ted.com/topics/psychology>

c) Compulsory task

Task 1



the british
psychological society

- As part of the course you will conduct your own psychological research gathering information from participants, your research must therefore follow guidelines that protect the rights of your participants. Follow the link and read up on the 6 guidelines all psychological research must adhere to: <https://www.simplypsychology.org/Ethics.html>
- Read the information in the following link: <https://www.online-psychology-degrees.org/study/top-unethical-experiments-psychology/> 10 of the most unethical studies are outlined here, select two and research these studies in more detail and summarise both in terms of the aim, procedure, results and conclusion. Apply the ethical guidelines outlined by the BPS and explain at least 3 ethical guidelines that were broken.

Optional task: As an A Level student you can join the BPS as an "e-subscriber" and access the magazine 'The Psychologist' for a cost of £12 per year. See <https://www.bps.org.uk/join-us/subscribe-bps>

Task 2

Ted talk and Cornell note taking

The Cornell note taking system is an effective method for note-taking. To prepare you for your BTEC studies and beyond (the work place or University!) watch one of the following videos to show you how to use this system.

<https://www.youtube.com/watch?v=ErSjc1PEGKE>

<https://www.youtube.com/watch?v=WtW9IyE04OQ>

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

You then need to practice using it so you are ready to start learning efficiently in September. Watch at least one of the following TED Talks videos (on the next page) and use the Cornell Method to take notes on the video. Bring these notes to your first lesson of Psychology.

Practice taking your own Cornell notes:

1. <https://www.youtube.com/watch?v=GOCUH7TxHRI> How we read each other's minds, Rebecca Saxe According to Saxe, a professor of neuroscience at MIT, you don't need tarot cards or ESP to read people's minds. A functioning right temporo-parietal junction will do just fine. In her talk, Saxe explains how this brain region allows humans to be uncannily good at sensing other people's feelings, thoughts, and motivations.
2. https://www.youtube.com/watch?v=XgRlrBl-7Yg&disable_polymer=true The riddle of experience vs. memory, Daniel Kahneman If you're looking for highly credentialed TED speakers, Kahneman's résumé won't fail to impress. A Nobel Prize-winning psychologist and bestselling author, Kahneman uses his 20 minutes on the TED stage to explain that there are actually two flavours of happiness: the kind we experience in the moment and the kind we experience in our memories. Maximizing your own well-being in life means keeping both in mind.
3. <https://www.youtube.com/watch?v=VO6XEQIsCoMThe> paradox of choice, Barry Schwartz More choice is always better, right? Not according to Schwartz, a psychologist who argues that having to decide which of approximately 6,000 brands of similar toothpaste to buy "has made us not freer but more paralyzed, not happier but more dissatisfied.
4. <https://www.youtube.com/watch?v=9X68dm92HVIAre> we in control of our own decisions?, Dan Ariely This talk "uses classic visual illusions and Ariely's own counterintuitive (and sometimes shocking) research findings to show how we're not as rational as we think when we make decisions.
5. <https://www.youtube.com/watch?v=fXleFJCqsPsFlow>, the secret to happiness, Mihaly Csikszentmihalyi In this talk, legendary psychologist Csikszentmihalyi dares to ask one of life's biggest questions: What makes us happy? The answer isn't fame or money, he insists, but flow -- that lost-in-time feeling you get when you focus intensely on work you're good at.

6. <https://www.youtube.com/watch?v=iCvmsMzIF7o>The power of vulnerability, Brené Brown One of the top-five-most-popular TED Talks of all time, this moving account of Brown's own struggles with shame and control weaves together sometimes hilarious personal anecdotes with hard research to convince viewers that forging real connections requires the bravery to be vulnerable.

Task 3

Those of you that have already studied Psychology at GCSE level will have some knowledge of the topics we will start at A Level, but not everyone will have done GCSE Psychology (and that is OK!).

To introduce the topics we will be starting with in Y12 watch the following 3 video clips for a brief summary of the topic areas. Practise taking some Cornell notes from the clips.

- Learning theories: <https://www.youtube.com/watch?v=128Ts5r9NRE>
- Cognitive psychology: <https://www.youtube.com/watch?v=R-sVnmmw6WY>
- Social influence:
<https://www.youtube.com/watch?v=UGxGDdQnC1Y&list=PL8dPuuaLjXtOPRkzVLY0jJY-uHOH9KVU6&index=39>

d) Stretch!

Try an online course

A Massive Open Online Course (MOOC) is an interactive step-by-step course aimed at reaching an unlimited number of participants worldwide to create a community of lifelong learners. There are many different MOOC providers that cover a huge variety of different subject and topic interests. Typically a MOOC will involve 2-3 hours study per week for 6 weeks or so. MOOCs are free of charge. All required course materials will be provided for you online, which is also 100% free! Each course is open to anyone with internet access across the world and all you need is your wonderful brain! Here are a few that you may wish to try:



Forensic psychology

<https://www.open.edu/openlearn/health-sports-psychology/forensic-psychology/content-section-overview?active-tab=description-tab>



Depression and anxiety

<https://www.open.edu/openlearn/health-sports-psychology/health/understanding-depression-and-anxiety/content-section-0?active-tab=description-tab>



Sports psychology and coaching

<https://www.open.edu/openlearn/health-sports-psychology/exploring-sport-coaching-and-psychology/content-section-overview?active-tab=description-tab>

Download your certificate and bring it in for recognition!

Watch a Psychology-relevant film (suggestions below)



What happens when you put good people in an evil place? Does humanity win over evil, or does evil triumph? These are some of the questions we posed in this dramatic simulation of prison life. In 1971, Stanford's Professor Philip Zimbardo conducts a controversial psychology experiment. Twenty four male students are selected to take on randomly assigned roles of prisoners and guards in a mock prison situated in the basement of the Stanford psychology building.



McMurphy has a criminal past and has once again got himself into trouble and is sentenced by the court. To escape labour duties in prison, McMurphy pleads insanity and is sent to a ward for the mentally unstable. Once here, McMurphy both endures and stands witness to the abuse and degradation of the oppressive Nurse Ratched, who gains superiority and power through the flaws of the other inmates. McMurphy and the other inmates band together to make a rebellious stance against the atrocious nurse.



Forensics: The Real CSI follows a crack team of forensic specialists from Northumbria Police, this BBC 2 series charts the fascinating journey of individual pieces of evidence from the moment they are discovered at the crime scene, through to microscopic analysis at specialist laboratories - and shows the pivotal role the findings have on each investigation.



The Real Rain Man documents Kim Peek, the genius who inspired Dustin Hoffman's character in Rain Man. Classed as a mega-savant, having memorised 12,000 books, including the entire Bible, he also has autism, finding it hard to do day-to-day tasks.

Part II – 'Headstart!' UNDER CONSTRUCTION

To be completed July – Sept

Good luck for the summer holidays and we look forward to meeting you in September.