



Psychology

Key skills developed in this work:

Key Skills

Knowledge and understanding

Students will develop their background knowledge regarding the subject by reading the recommended books.

Students will develop an awareness of psychological concepts and ideas.

Students will have a general understanding of the range of psychological approaches, including ones that are not on the AS course.

Application of knowledge.

Students will answer the questions provided and by doing this they will apply knowledge gained from research and reading.

Analyse, interpret and evaluate

Asking students to evaluate why certain jokes are funny encourages higher order thinking and evaluation. Students will have to do research and apply the knowledge they gained to understand the memes and explain the humour. Students should be able to develop analytical skills.

Research work:

Research the following and make notes on your findings

What are flashbulb memories? Is memory reliable?

Why do people turn to crime? Try find some common features of criminals.

Crime rates in the UK and the USA.

What is 'normal' and how has it changed over 50 years?

Social Psychology: Any 5 Classic studies except Milgram

Developmental Psychology: Humans - From birth to two years old

Website links:

<https://www.youtube.com/>

<https://digest.bps.org.uk/>

<https://www.scientificamerican.com/mind/>

<https://www.psychologicalscience.org/topics/research-topics>

<https://www.psychologytoday.com/>

Reading material online:



Follet Lightbox - For a Non-Fiction Multi-Media Experience!

• **Follett** is offering Lightbox and AV2 World Languages interactive books for free through June 30, 2020

- **Lightbox**
 - a multimedia educational space that encourages students to see learning in a whole new light.
 - incorporates audio, video, interactive activities, and more across a variety of professionally developed curriculum.
- **Lightbox is organized by series which include:**
 - The Solar System (6-8)
 - World Cultures (6-8)
 - World Geography (9-12)

To Register:

1. Complete and submit:

<https://cloud.k12edu.follett.com/lightbox-av2-offer>

2. Follet will email you login instructions.



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Enjoy! 😊

Appropriate additional reading:

The history of Psychology by Helen Dwyer

I am a Digital Addict, now what? by Barbara Gottfried Hollander

Abnormal Psychology by Helen Dwyer

Biology: Hormones. Attraction. Aggression.

Behaviourism: How people get addicted to gambling

Background

Getting serious about funny

Humour is observed in all cultures and at all ages. But only in recent decades has experimental psychology respected it as an essential, fundamental human behaviour.

Historically, psychologists framed humour negatively, suggesting it demonstrated superiority, vulgarity, Freudian id conflict or a defence mechanism to hide one's true feelings. In this view, an individual used humour to demean or disparage others, or to inflate one's own self-worth. As such, it was treated as an undesirable behaviour to be avoided. And psychologists tended to ignore it as worthy of study.

But research on humour has come into the sunlight of late, with humour now viewed as a character strength. Positive psychology, a field that examines what people do well, notes that humour can be used to make others feel good, to gain intimacy or to help buffer stress. Along with gratitude, hope and spirituality, a sense of humour belongs to the set of strengths positive psychologists call transcendence; together they help us forge connections to the world and provide meaning to life. Appreciation of humour correlates with other strengths, too, such as wisdom and love of learning. And humour activities or exercises result in increased feelings of emotional well-being and optimism.

For all these reasons, humour is now welcomed into mainstream experimental psychology as a desirable behaviour or skill researchers want to understand. How do we comprehend, appreciate and produce humour?

<https://theconversation.com/getting-serious-about-funny-psychologists-see-humor-as-a-character-strength-61552>

So, what is this subject called psychology?

Psychology is the science of human nature and experience. You will have studied science at GCSE, and so you will know that scientists use scientific methodology in their investigations. They will conduct experiments and other types of studies, with the aim of finding out about the cause of things. Likewise in psychology, experiments are carried out to find out the cause of human behaviour. During a typical psychology class, you will be given a theory, examine the evidence which supports or contradicts the theory, and then evaluate both the theory and the evidence to come to a conclusion.

Although people have always been interested in human behaviour, psychology as a discipline is relatively new when compared against the more established sciences of physics, chemistry, biology etc. The birth of psychology is often traced back to 1879 when Wilhelm Wundt set up the first psychology laboratory in Germany. Since then, psychology has grown massively. However, unlike other sciences, in psychology there is still a great deal of things that are unknown. The more we learn about the brain and behaviour, the more we realise we don't know! This is why in psychology there are often many competing theories to explain the same thing. Part of your job as budding psychologists is to compare these theories, look for evidence, and come to your own conclusions.



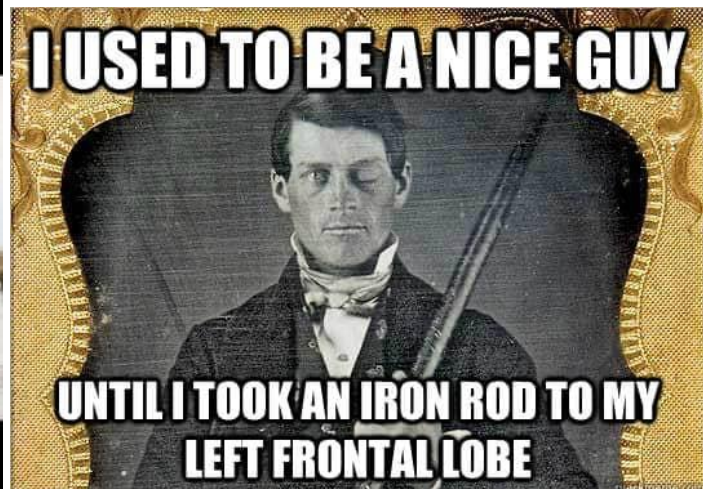
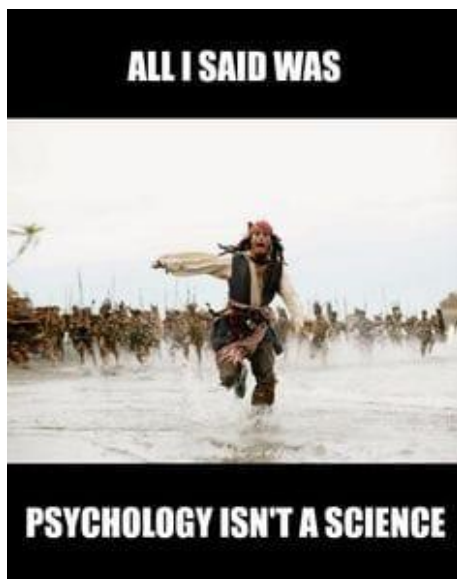
In psychology there are even competing arguments as to how human behaviour should be investigated. We will be looking at 5 approaches to the study of psychology. Each approach has its own set of assumptions of how best to explain human behaviour.

- The **biological** approaches argue that the best way to understand human behaviour is by looking at biological factors, such as genes, brain structures, neurochemistry and hormones.
- The **cognitive** approach on the other hand states that we should focus on the way a person thinks, and the thought processes they have.

- The **behaviourist** approach argues that people's thinking is immeasurable and therefore irrelevant. Psychology is best investigated through a person's behaviour.
- The **psychodynamic** approach argues that events in childhood, and unconscious thoughts and feelings that people are unaware of are the cause of nearly all behaviour.
- The **positive** approach takes less of a scientific approach to behaviour and is focused on the belief that all humans strive for betterment and leading fulfilled lives.

Tasks to complete:

Look at the following psychology jokes. Explain why people could consider it to be funny. Research if you do not 'get it'.



Why was Pavlov's hair so soft?
Because he conditioned it.



**MOST EMINENT PSYCHOLOGIST
OF THE 20TH CENTURY**



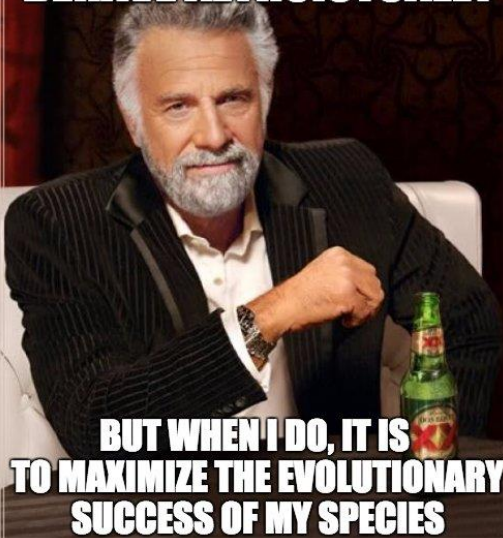
SKINNER!!!

THE ONLY THING WE HAVE TO FEAR IS FEAR ITSELF



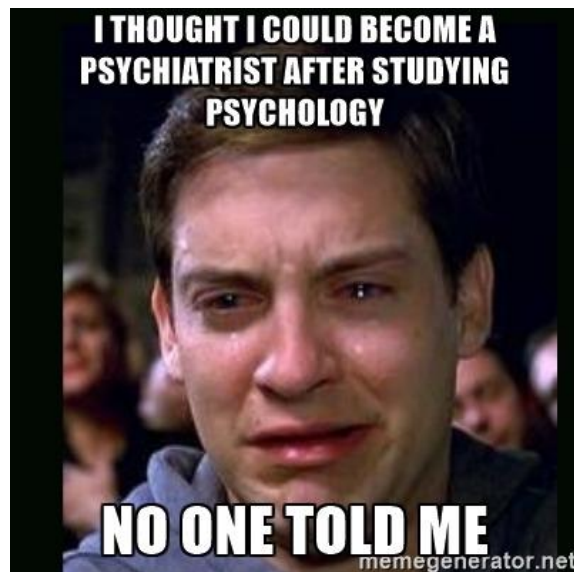
WELL - THAT AND JOHN B. WATSON IN A FREAKIN CLOWN MASK!

**I DON'T ALWAYS
BEHAVE ALTRUISTICALLY**



**BUT WHEN I DO, IT IS
TO MAXIMIZE THE EVOLUTIONARY
SUCCESS OF MY SPECIES**

**I THOUGHT I COULD BECOME A
PSYCHIATRIST AFTER STUDYING
PSYCHOLOGY**



NO ONE TOLD ME

memegenerator.net

Direct task for completion:

Recommended reading for an overview on the history of Psychology:

The history of Psychology by Helen Dwyer- Follett Lightbox

Direct task for completion:

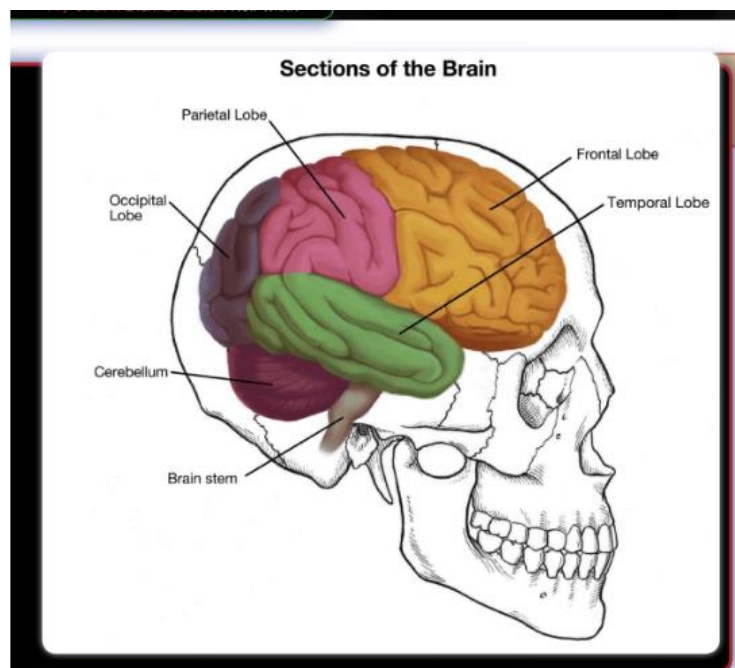
Book: I Am A Digital Addict Now What?

Barbara Gottfried Hollander, 2017

<https://reader.follettsoftware.com/#q?epub=https%3A%2F%2Freader-server.follettsoftware.com%2Fcontent%2Fstream%2F9781508172017&enableco=false&>

Read the book and answer the following questions.

1. What is addiction?
2. In what way does addiction affect the brain?
3. What kind of therapy is suggested to treat Digital addiction?



4. Task

Psychology-Related Careers to Consider

1. Why do you think that having a solid understanding of the human mind and behaviour can be beneficial in a Law career?
2. What does an Aviation Psychologist do?
3. What is the difference between a Psychologists, therapist and Psychiatrist?

Other:

Psychology is the study of human behavior, interaction, and mental processes. Film, in essence, is behavior projected onto a screen. Pick three films and discuss the psychological issues they depict.

Movie recommendation

- A Dangerous Method
- Three Identical Strangers - Netflix
- The Experimenter (Milgram)
- The Stanford Prison Experiment
- Silence of the Lambs
- We need to Talk About Kevin
- Good Will Hunting
- One Flew Over the Cuckoo's Nest
- A Beautiful Mind
- Shutter Island
- Side Effects
- As Good as It Gets

TV Shows

- The Mind Explained - Netflix
- 100 Humans - Netflix
- Brain Games - Disney+
- What Makes a Murderer - Channel 4?
- Mindhunter - Netflix
- 24 hours in Police Custody - Channel 4
- Babies - Netflix
- Child of Our Time - BBC iPlayer
- The Mind Explained: Mindfulness – Netflix