

**Psychology**

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| **Key skills developed in this work:****Key Skills****Knowledge and understanding**Students will develop their background knowledge regarding the subject by accessing the recommended websites.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 any aspects of human behaviour, based on articles they read over the summer. Ideally, they should be able to do this from the different perspectives of the main approaches. |

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| **Research work:****Research the following and make notes on your findings**Research the following and make notes on your findingsWhat 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 MilgramDevelopmental Psychology: Humans - From birth to two years old |

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| **Website links:** <https://digest.bps.org.uk/><https://www.scientificamerican.com/mind/><https://www.psychologytoday.com/>**Reading material online:** |

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| **Appropriate additional reading:**The history of Psychology by Helen DwyerI am a Digital Addict, now what? by Barbara Gottfried HollanderAbnormal Psychology by Helen DwyerBiology: 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](https://www.psychologytoday.com/blog/the-humor-code/201109/the-importance-humor-research). But only in recent decades has experimental psychology respected it as an essential, fundamental human behaviour.[Historically](https://www.degruyter.com/viewbooktoc/product/5472), psychologists [framed humour negatively](http://www.springer.com/us/book/9780306464072), 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](http://doi.org/10.1037/0003-066X.60.5.410), a field that examines what people do well, notes that humour can be used to [make others feel good](http://dx.doi.org/10.1037/tps0000063), to [gain intimacy](http://doi.org/10.1002/ejsp.1962) or to [help buffer stress](http://dx.doi.org/10.1080/15332985.2014.884519). Along with gratitude, hope and spirituality, a sense of humour belongs to the [set of strengths](http://psychcentral.com/blog/archives/2011/01/05/measuring-your-character-strengths/) positive psychologists call [transcendence](http://dx.doi.org/10.1080/17439760.2011.592508); together they help us forge connections to the world and provide meaning to life. [Appreciation of humour correlates with other strengths](http://dx.doi.org/10.1080/17439760701228938), too, such as [wisdom and love of learning](http://doi.org/10.1037/0003-066X.60.5.410). And humour activities or exercises [result in increased feelings of emotional well-being and optimism](http://doi.org/10.1080/17439760.2011.577087).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 of contradicts the theory, and then evaluate both the theory and the evidence to come to a conclusion. http://upload.wikimedia.org/wikipedia/commons/thumb/a/a3/Wundt-research-group.jpg/350px-Wundt-research-group.jpgAlthough 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.
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| **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'.**

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| Image may contain: one or more people, people riding horses and outdoor, possible text that says 'ALL I SAID WAS PSYCHOLOGY ISN'T A SCIENCE' |
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| Image may contain: 1 person, meme, possible text that says 'I USED TO BE A NICE GUY UNTIL I TOOK AN IRON ROD TO MY LEFT FRONTAL LOBE'Image result for psychology meme jokesImage result for psychology meme jokes |
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| Psych Memes (@Psych_Memes) | Twitterpsychology student problems | Tumblr |
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**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?

1. **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?
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| **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
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