

## Year 11-12 Transition Work

### **Subject:** Psychology



We're looking forward to welcoming you in September!

Please note that this document has been created by staff to help you prepare to start your studies at sixth form. The work you produce from this will form the basis of a discussion in your first lessons with your teachers.

At the end of this document, there is a review grid for you to complete every time you engage with some preparatory reading this summer.

### **List of key topics you will study in Year 12:**

Social influence	Biopsychology
Memory	Clinical Psychology and mental health
Attachment	Research methods
Approaches in Psychology	(not necessarily in this order)

### **Tasks**

#### **If nothing else – come organised! You will need:**

- At least 1 lever arch A4 file with at least 3 sections (Ideally 11) which are labelled in order based on the specification. You could choose to have 3 folders – one for each paper.
- All the stationary you may need such as
  - A4 lined refill pad/exercise book/laptop as you will be responsible for making and organising your own work in and out of lesson
  - Writing Pens
  - Highlighters
  - Post-its
  - Calculator
  - Ruler
  - Drawing pencil
  - Rubber

In addition, you could complete one or more of the following tasks to help prepare you for the A Level. You could do any or all of them. Or do bits of a few. Up to you.

**Task 1:** Enrol and complete this free on demand tutorial aimed at setting you up for year 12 psychology. This has been created by Tutor2u, a really useful company aimed at supporting students and teachers with a variety of subjects including psychology. I would advise you also explore this site further, so you know what they have to offer.

<https://ondemand.tutor2u.net/students/transition-to-aqa-alevel-psychology-skills-booster>

#### **Task 2: Read, watch, listen.**

In preparation for beginning the course and learning about the reach of psychological theory, take some time to read and/or watch and/or listen to something relating to psychology. Below are some suggestions, this is not an exhaustive list. For each source that you read/watch/listen to complete the reflection at the end of this section.

**Things to read:**

Book	Author	Description
Why we sleep	Matthew Walker	Exploring 20 yrs of research: why sleep matters. Looks at everything from what really happens during REM sleep to how caffeine and alcohol affect sleep and why our sleep patterns change across a lifetime.
Breathe: the new science of a lost art	James Nestor	A revelatory account of how making minor alterations to the way we breathe could have profound benefits for health and wellbeing, Nestor's clear, accessible volume combines science with ancient custom to develop a unified theory of breathing.
Unthinkable	Helen Thompson	Stories of nine extraordinary people with rare brain disorders. Explores the very latest research & cutting-edge medical techniques; explains the workings of our consciousness, emotions, creativity and the mechanisms that allow us to understand our own existence.
The wild remedy	Emma Mitchell	In Emma's hand-illustrated diary, she takes us with her as she follows the local paths and trails, sharing her nature finds over the course of a year. Reflecting on how these encounters impact her mood & experience of depression, Emma's candid account of her own struggles is a powerful testament to how reconnecting with nature may offer some answers to today's mental health epidemic.
7 and a half lessons about the brain	Lisa Feldman Barrett	In seven short chapters (plus a brief history of how brains evolved), this slim, entertaining, and accessible book reveals mind-expanding lessons from the front lines of neuroscience research. You'll learn where brains came from, how they're structured (and why it matters), and how yours works in tandem with other brains to create everything you experience. Along the way, you'll also learn to dismiss popular myths such as the idea of a 'lizard brain' and the alleged battle between thoughts and emotions, or even between nature and nurture, to determine your behaviour.

**Things to watch (do not pay for anything!) This is not an exhaustive list**

<p><b>TED Talks:</b> <a href="https://www.ted.com/">https://www.ted.com/</a> Just search the title.</p> <ul style="list-style-type: none"> <li>• 10 myths about psychology debunked.</li> <li>• The benefits of a good nights sleep</li> <li>• The brain-changing benefits of exercise</li> <li>• You can grow new brain cells. Here's how.</li> <li>• What happens when you remove the hippocampus?</li> <li>• Why sleep matters now more than ever</li> <li>• Why we need darkness</li> <li>• How your working memory makes sense of the world</li> <li>• The surprising link between stress and memory</li> <li>• How sound can hack your memory while you sleep</li> <li>• How memories form and how we lose them</li> </ul>	<p><b>BBC iPlayer:</b> Louis Theroux –</p> <ul style="list-style-type: none"> <li>• Transgender Kids</li> <li>• A different brain</li> </ul> <p>James Arthur: out of our minds Joey Essex: Grief and me Jesy Nelson: Odd one out Roman Kemp: out silent emergency Daisy Maskell: Insomnia and me</p>	<p><b>YouTube:</b> Crash Course Psychology: Introduction to Psychology (plus any of the others)</p> <p><a href="https://www.youtube.com/watch?v=fNlpOUMqUtM">https://www.youtube.com/watch?v=fNlpOUMqUtM</a></p> <p><a href="https://www.youtube.com/watch?v=W4N-7AlzK7s&amp;t=142s">https://www.youtube.com/watch?v=W4N-7AlzK7s&amp;t=142s</a></p> <p><a href="https://www.youtube.com/watch?v=rMHus-0wFSo&amp;t=108s">https://www.youtube.com/watch?v=rMHus-0wFSo&amp;t=108s</a></p> <p><a href="https://www.youtube.com/playlist?list=PL8dPuualJxtOAKed_MxxWBNaPno5h3Zs8">https://www.youtube.com/playlist?list=PL8dPuualJxtOAKed_MxxWBNaPno5h3Zs8</a> This is a whole playlist. The videos on the nervous system and the endocrine system are particularly helpful.</p>
<p><b>Netflix:</b> The mind explained 100 Humans Babies The social dilemma The push</p>		

Things to listen to (podcasts)	Description
The Psychology Podcast	In each episode, we talk with inspiring scientists, thinkers, and other self-actualized individuals who will give you a greater understanding of yourself, others, and the world we live in. Scott Barry Kaufman explores the depths of human potential and tries to get a glimpse into human possibility in every episode.
Wellness with Ella	In Wellness with Ella, entrepreneur Ella Mills and her guests candidly reveal their personal journeys of transforming times of great difficulty into times of enormous personal growth. How did they get to where they are today? What were the biggest challenges they faced? What wellness practices and habits really moved the needle for them? How do they keep moving forward? Wellness with Ella has the simple mission of giving you un-filtered and empowering conversations that give you the tools, knowledge, and inspiration to transform your life and your health. New episodes drop every Wednesday.
Happy place with Fearné Cotton	Fearné talks personal, spiritual and the big picture with her amazing guests as she reveals what happiness means to them. We've engaged in chat with some of the funniest, wisest and forward-thinking minds out there, bringing you wit and wisdom, since 2018. We plan to keep the conversation going. Happy listening.

Ten Percent Happier with Dan Harris	<a href="https://www.tenpercent.com/all-podcasts">https://www.tenpercent.com/all-podcasts</a>
PsychCrunch	PsychCrunch is the podcast from the British Psychological Society's Research Digest, currently featuring presenters Ginny Smith, Ella Rhodes, Emily Reynolds, Jon Sutton and Matthew Warren, with past episodes presented by Dr Christian Jarrett. Each episode we explore whether the findings from psychological science can make a difference in real life. Just how should we live, according to psychology? We speak to psychologists about their research and whether they apply what they've discovered in their own lives.
<a href="https://digest.bps.org.uk/2007/03/11/psychology-podcasts-a-clickable-list/">https://digest.bps.org.uk/2007/03/11/psychology-podcasts-a-clickable-list/</a>	

Title of book/talk/podcast:	Why did you choose this?
<p><b>Review summary:</b> briefly explain a maximum of 5 key points you learnt/found interesting from this source.</p> <p>In a <u>second colour</u>: highlight/star the point you found most interesting + annotate why this particularly interesting to you + any questions you have from this + any criticisms you have of what you read/watched + anything you had to look up to understand.</p>	<p><b>Links:</b> where/how does this link to the A-Level course? I appreciate this may be challenge, so use the specification as a guide and just try your best – e.g., as an alternative treatment method for depression; this can be used an example of a homework activity. The research can be used to support this effectiveness of this treatment method.</p>
<p><b>New language</b> with definitions</p>	<p><b>Anything you want to find out more about?</b></p>

### Task 3: what will we do in psychology?

Use the A-Level Psychology Handbook (this is digital) to help you answer the following questions:

1. Which exam board do we follow?
2. How many exams will you sit at the end of year 13?
3. Complete this table to summarise the format of these exams:

	7182/1: introductory topics in psychology	7182/2: Psychology in context	7182/3: Issues and options in psychology
Topics assessed			
Total marks available			
Exam time allocation			

4. What are the 3 assessment objectives? In your own words (do not copy)

AO1	
AO2	
AO3	

5. What % of your marks will come from mathematical skills?
6. Looking at the command words: what is the difference between discuss and evaluate?

7. How much of the paper 2 content is concerned with:

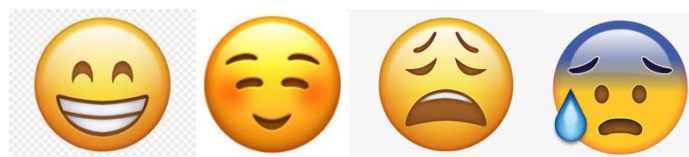
Biology:

Research methods:

- NB<sub>1</sub>: This can be expressed as a percentage, ratio or fraction of the bullet points
- NB<sub>2</sub>: You will have to look at each of the topics to work this out

Looking at paper 2 Biopsychology specifically ...

8. Use two colours to identify: Which elements are you familiar with? Which are new?
9. How do you feel about covering biological content? Circle ... (if you want to add one that is fine)



10. How does paper 3 work when it comes to the exam? How is this different to the other papers?
11. What are the 3 chosen topics in this paper?

Grade descriptors:

12. What is the difference in the knowledge requirements between an A and a C grade?
13. What type of terms are not used in an A grade response?

Essay writing and discussion skills:

14. What do RAID and WWWH stand for?
15. What do they help you to do?
16. And finally, identify one place you can go for additional reading and/or support.