

Yr11 Psychology Transition Workbook



This booklet is designed to give you an idea of what A Level Psychology is like. It takes elements from several of the topics you may study in your first year, depending on the course you have chosen.

Research and complete the tasks independently over the summer to get a head start and prepare.

Good Luck, Stay Safe and Enjoy!

Name

Area 1: Memory



Find out the answers to the following questions...

1) What is memory? Does it have different types? If so, explain them...

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2) What is the capacity and duration of the average memory in humans?

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3) What did George Miller do in 1956? What did he discover about memory?

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Mini Experiment:

Procedure:

In this experiment you can test as many or as few people as you like. As the experimenter you should read out one number list at a time, then after a few seconds your participants are allowed to write the numbers down. They must be in the correct order. Any participants who get all the numbers correct can move on to the next list. The point at which the participant is no longer able to remember the numbers is their digit span limit (digit means number, and span means length).

Results:

Once you have finished you can work out an average for all your participants by adding up all the scores and dividing by the total number of participants (mean average)



Number Lists:

a) 8 5 3 1 4

b) 5 8 6 7 1

c) 4 9 2 7 6 1 3

d) 5 2 6 1 7 8 3

e) 9 2 4 3 1 8 5 6 4

f) 8 5 1 7 3 6 9 5 1

g) 7 8 4 1 6 9 3 7 2 5 8

h) 4 6 1 9 7 3 4 6 4 9 7

i) 1 6 4 9 3 5 8 2 4 7 6 9 1

j) 8 6 1 9 4 3 5 7 1 5 9 4 2

k) 2 8 6 5 9 4 3 7 1 5 9 7 5 1 2

l) 9 4 3 8 1 6 7 5 8 2 3 4 1 5 2

Why do you think psychologists like to use an average score?

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What do your results suggest about memory?

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How does this tie in with the Miller research mentioned earlier?

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Area 2: Attachment



Use the internet (and any textbooks you can access) along with the attached web link to answer the following questions:

http://www.babycenter.com/2_creating-an-attachment-with-your-baby_10350318.bc

Why do babies cry all the time?

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What is a good definition of attachment?

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John Bowlby talked about babies as having 'social releasers' which help them attach. List some of them and explain why they might aid attachment.

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Do you think it's possible for a child to survive without having formed an attachment? Explain your answer.

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In the space below draw a diagram/picture to show some of the different social releasers you've mentioned earlier.

Area 3: Abnormality

Answer the following about being normal/abnormal...

Is there such a thing as normal and abnormal?

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How could we define normal and abnormal behaviour?

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How do Psychologists decide what is abnormal?

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In the space below create a mind map about what you already know about abnormality. This can include conditions, causes/explanations, treatments, symptoms....

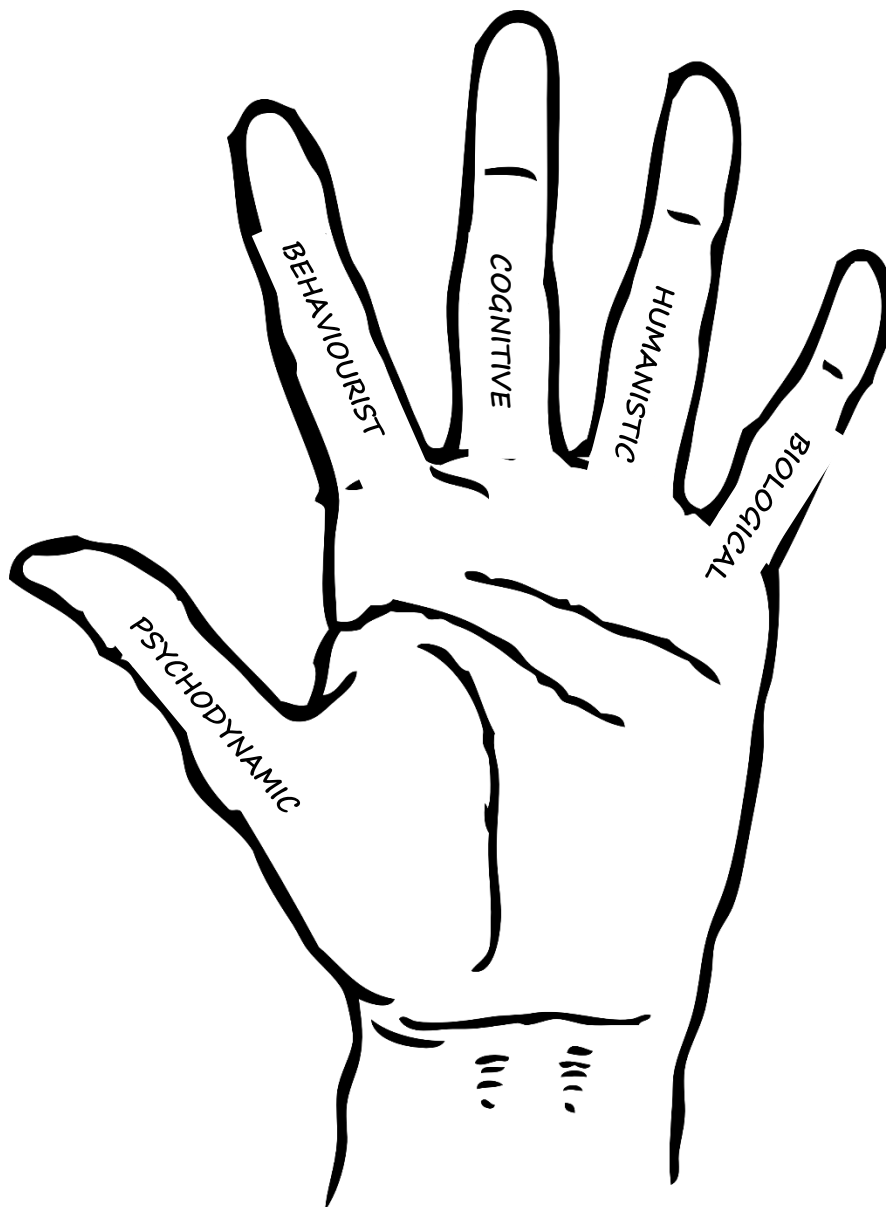


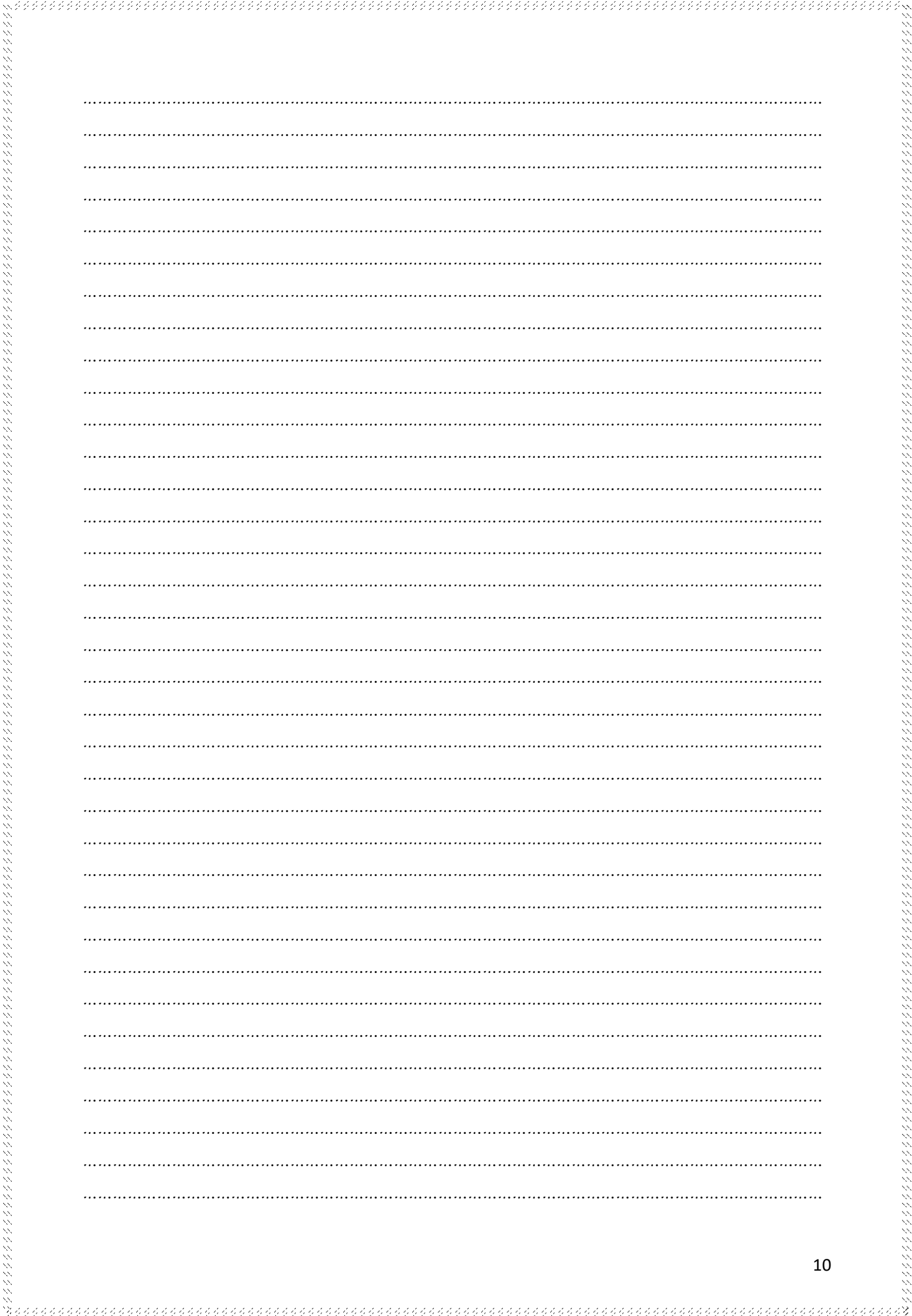
Now chose from the following conditions: Phobias, OCD, Depression and produce a leaflet/factsheet on one of them. Include *symptoms, potential causes and treatments*.

Either write/draw it straight onto this page or stick it in the space below:

Area 4: Approaches

There are five main Psychological approaches or perspectives. Research them and explain the key terms, assumptions and psychologists which fit into each one.





Handwriting practice lines consisting of 25 horizontal dotted lines spaced evenly down the page.

Area 5: Famous Psychologists

Pick from the following famous psychologists. Research your chosen theorist (just one!) and produce an overview of who they were, what they thought and why they are important for psychology.

- B.F. Skinner
- Abraham Maslow
- Albert Bandura
- Elizabeth Loftus

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A series of 18 horizontal dotted lines for writing.

Drawings/diagrams to illustrate your theorist's contribution to psychology