



# Psychology summer taster

# What is Psychology to you?

**Try and come up with a definition of what psychology is**

and

The types of things you think we might learn about in psychology

3 mins

Psychology is....

Psyche

Meaning “human soul, mind or spirit”

and

ology

Meaning “study of”

Psychology is....

The science of the mind and behaviour



# The course at AS & A-level...

Memory  
Attachment  
Clinical Psychology and Mental Health  
Social Influence  
Biopsychology  
Approaches  
Research Methods

Issues and Debates  
Research Methods  
Gender  
Stress  
Aggression

What topic are you most looking forward to studying and why?

# How Will You Be Assessed?

- Two written exams at the end of Year 12
- Each paper is 1.5 hours long
- Combination of multiple choice, short answer and extended writing questions

# Skills You'll Develop

- Psychology helps build:
- Critical thinking
- Data interpretation
- Understanding of human behaviour
- Analytical writing
- Research planning

What is a good psych student?

Do you '

I can e

PERFECT!



!

ments!

I hav

see things in a new way!



to work hard!



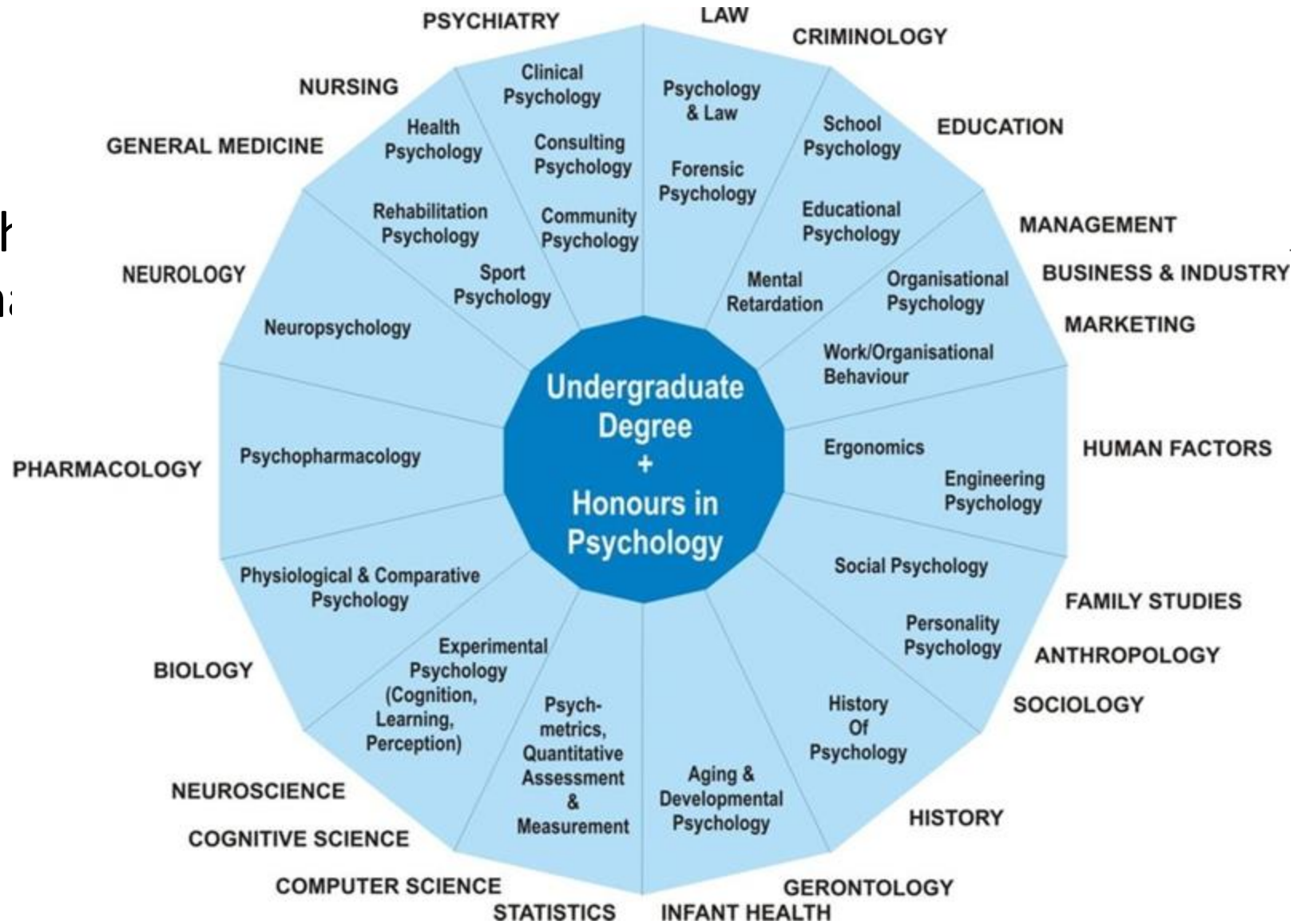


# Expectations of the course

- Academic rigour
- Attendance
- Assessment procedures- course content
- Time commitments for additional study, background reading – journals, documentaries, websites etc.

# What

- Other things that might be included



of that

# Book List

## Paperback

AQA Psychology for A  
Level : Year 1 and AS Third  
edition

**Published:** 20th June  
2025

**ISBN:** 9781036011970

**Pages:** 224 pages

## Paperback

**£35.00** (ex VAT)\*





# Summer work

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**Booklet to work through- 3 tasks must do & optional extra**

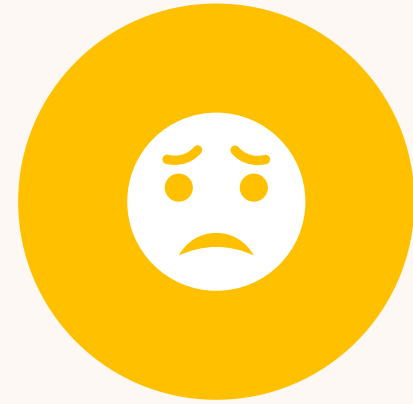
# Task 1- Discussion



WHY HAVE YOU  
CHOSEN PSYCHOLOGY?



WHAT DO YOU WANT  
TO KNOW ABOUT?



WHAT ARE YOU  
WORRIED ABOUT?



# Task 2- Not up **MY** Street



# Activity

- Get into groups.
- You have to pretend you are all people living on the same street and a house has become empty.
- The local council has decided that you all get to decide who moves into the empty house.

# Information



- You have been given a list of eight people who want to move in.
- You need to number them 1 – 8 on who you want to live in the house.
- **Number 1** being your favourite 😊
- **Number 8** being you least favourite ☹️



**A lady with 20  
cats**

**An old man**

**A head teacher**

**An unemployed  
teenager**

**An ex-bank  
manager**

**A homeless  
woman**

**A murderer who  
has been released  
from prison**

**A thief**

**A lady with 20  
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woman**

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has been released  
from prison**

**A thief**

# Are you sure?

- It is a few weeks before your new neighbour is due to move in and you are about to hand your list in to the council.
- You now receive some new information!

# The lady with 20 cats

- Sarah is 45 years old and helps out at the local primary school once a week.
- She is very friendly and the year 5's love her!



# Head Teacher

- The Head Teacher is undergoing investigation for physically assaulting many of his teaching staff.



# Old man

- Has spent time in prison for drug offenses and many violent crimes



# Thief



- Janet has been caught by the police on several occasions for stealing bread and milk to feed her children.
- She is single mum who cant always afford to feed her family, so when they get home from school they are sometimes very hungry.
- Janet is looking for a new job to pay her more money so she doesn't have to steal any more.

# A teenager with out a job

- Gary is aged 19, and recently lost his job
- He wishes to move to your town as he thinks he will be able to get a new job there.
- He also feels he might be able to help his neighbours out by doing a few odd jobs.





# Ex-Bank Manager

- Fred was fired from the bank as he was stealing the customers money.



# Homeless woman



- Jane is 25 and sadly her parents passed away when she was younger.
- She dropped out of school at an early age so has little qualifications, so is finding it hard to find a job to give her money to pay for a house.
- The local council want to help her by letting her stay in the house so she can find a job.

# Murderer who has been released from prison

- Sam is 41 and has been released from prison for serving 20 years for murder.
- When Sam was younger his friend was being attacked for no reason.
- Sam tried to help his friend but in the process wounded the attacker over who later died of his injuries.
- Sam is a loving person, who is very friendly and kind who wants a fresh start.



# Re-group

- A new meeting has been planned for next week where you have agreed to look at changing your list
- In your groups rank from 1-8 the people you feel should be given the house now that you have detailed information on each person.

5 mins

# Did your list change?

- Why did your list change?
- What have you learnt from this?
- Psychology: Why do we stereotype?

Schemas – cluster of information, makes it easier for our brains to take in and store information.

What's your schema?

Holidays



Task 3- memory experiment  
You have 2 minutes to study this list of words

Nine	Swap	Cell	Ring	Lust
Plugs	Lamp	Apple	Table	Sway
Army	Bank	Fire	Hold	Worm
Clock	Horse	Color	Baby	Sword
Desk	Grab	Find	Bird	Rock

# Results

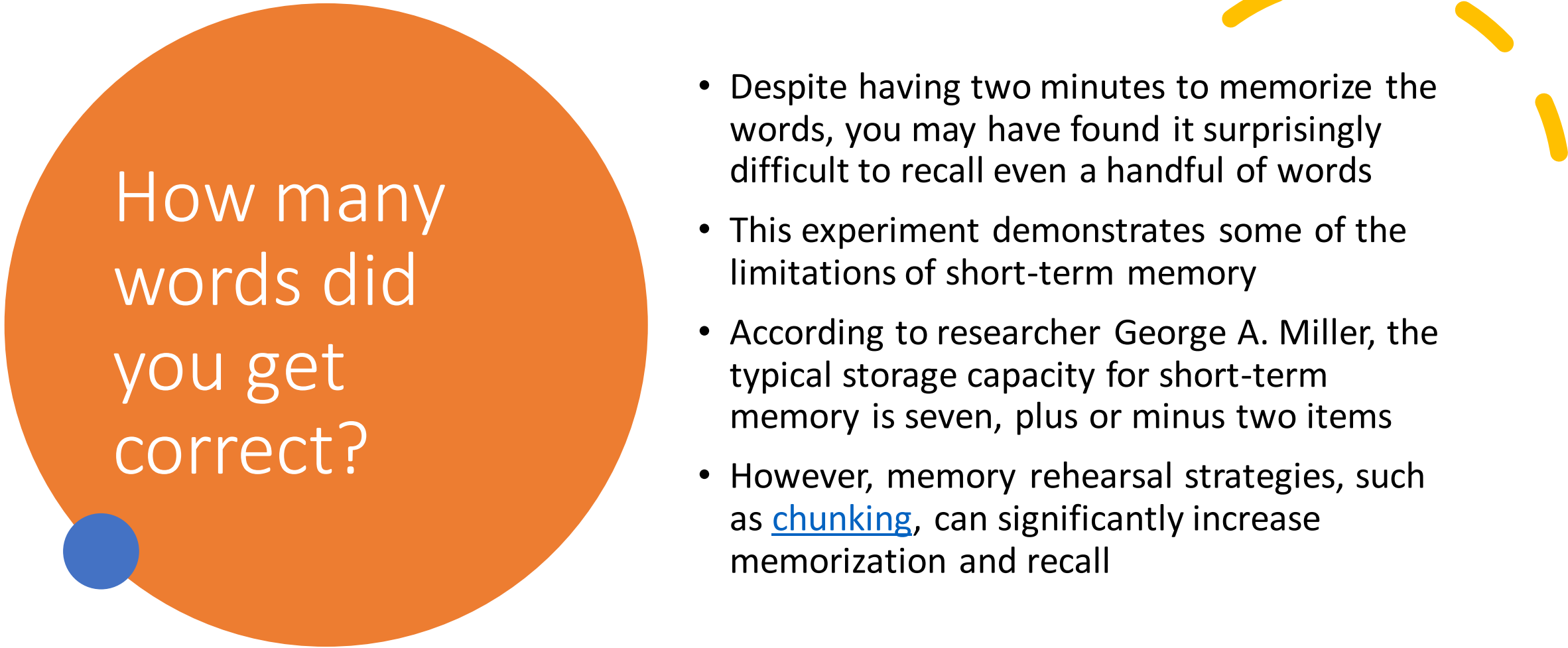


Write down as many words as  
you can remember



You have 2 minutes





How many  
words did  
you get  
correct?

- Despite having two minutes to memorize the words, you may have found it surprisingly difficult to recall even a handful of words
- This experiment demonstrates some of the limitations of short-term memory
- According to researcher George A. Miller, the typical storage capacity for short-term memory is seven, plus or minus two items
- However, memory rehearsal strategies, such as [chunking](#), can significantly increase memorization and recall

You have 2mins to memorise these words

Horse	Cat	Dog	Fish	Bird
Orange	Yellow	Blue	Green	Black
Table	Chair	Desk	Bookcase	Bed
Teacher	School	Student	Homework	Class
Apple	Banana	Kiwi	Grape	Mango



# You have 2mins to recall the words

Because these items can be easily grouped based on category, you can probably remember far more of these words

Clustering can be a useful memorization strategy that can improve the retention and recall of information

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# Results

- Draw a results table for the class
- Work out the mean & range for each condition
- What graph could be drawn?
- What is our conclusion about memory?

<b>Participant</b>	<b>Condition 1- unorganised list</b>	<b>Condition 2- organised list</b>
1		
2		
3		
4		

# Task 4- Health Psychology

- How can psychologists work with health professionals, architects, designers etc to make people more healthy?
- In Stockholm psychologists were asked about ways to make behaviour more healthy
- How could we get people off the escalator encourage them to choose the stairs instead?

<https://www.youtube.com/watch?v=2lXh2n0aPyw>



# The results

- Most people used the stairs when they were fun!
- Fun Theory – People will do things more often if they are fun
- Britain now has the “nudge team” a team of psychologists who find ways to “nudge” people (using psychology) to make better decisions!

# Task 5- Child Psychology

- How do children think differently from adults?
- Can we learn things about people as children that will tell us how they will grow up?
  
- The Stanford marshmallow experiment
- What do you expect the children to do and why?



[https://www.youtube.com/watch?v=QX\\_oy9614HQ](https://www.youtube.com/watch?v=QX_oy9614HQ)



# What did you observe?

- Body language and facial expressions
  - Distraction techniques
  - Restraint behaviours
  - Emotional conflict
- 
- Delayed Gratification – The ability to resist a small reward for a more significant reward later

# Why do we care about delayed gratification?

- Delayed Gratification – The ability to resist a small reward for a more significant reward later
- Can you relate this to being in school studying for exams while the sun is shining outside?
- Longitudinal research into delayed gratification showed us something amazing!

# Why do we care about delayed gratification?

The children who were willing to delay gratification and waited to receive the second marshmallow ended up having higher SAT scores, lower levels of substance abuse, lower likelihood of obesity, better responses to stress, better social skills as reported by their parents, and generally better scores in a range of other life measures.

Task 6- Attachment – a strong emotional bond with another person that lasts over time

- What types of attachment are there?
- Does this affect a persons adult relationships?
- What happens when a person doesn't form an attachment?



# Case Study 1 - Genie

- Locked in the basement by her father until age 12
- Unable to walk or talk and had very limited social skills
- She was passed around many foster homes where she experienced further abuse
- She never learned to speak, never formed an attachment and now lives in an institution
- <https://www.youtube.com/watch?v=gvSMgi23F3o>



# Case Study 2 – The Czech Twins

- Locked in the cellar by their step mother until age 7
- They were physically underdeveloped and could not understand the meaning of pictures
- They were adopted later by two loving sisters
- When they were assessed later they were found to have normal intelligence and no signs of long-lasting psychological damage



So what do these cases tell us about the following...

The importance of attachment?

Critical periods for development?

Chances of recovery?

Research methods – case study?

Ethics?



# Task 7- Cognitive Psychology

- How can we understand how your brain “thinks”?
- By understanding things like attention and memory we can make brains work better
- or sometimes we can make “magic” happen!

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



# The results

- Most people miss most (or all) of the changes
- How can knowing this help us with things like:
  - Advertising?
  - Teaching?
  - Driving safely?
  - Preventing crime?
- Your attention is about the size of your thumbnail! – use it wisely!