

Introduction and preparation

Before you start in September, you will need:

- At least one large lever arch file to keep your work in at home - please keep this organised with dividers - you will be asked to bring it in for occasional folder checks. There are 11 topics across the course for you to keep organised.
- A smaller A4 file to bring into school - you will be expected to have the last two lessons' work with you to refer back to, as well as your homework.

This summer work is designed to introduce you to the basics of psychology. It will also give you a historical overview of psychology as a science.

Please bring Tasks 1 and 2 to your first lesson in September.

Task 1	P.3	A brief history of psychology
Task 2	P.4	Introductory course to complete
Task 3	P.5	Wider reading and watching (Optional)

Task 1

A brief history of psychology

Read through the timeline on this page and answer the questions below.

<https://www.learner.org/series/discovering-psychology/explorations/history-of-psychology-contemporary-foundations/>

1. In which year, and where, did Wilhelm Wundt open the first psychology laboratory?
2. Who, and when, first introduced the term 'psychoanalysis'?
3. When was the first general intelligence scale developed - and who did so?
4. Which approach did John B. Watson introduce in 1913?
5. What was the electroencephalogram, and when was it invented?
6. When were drugs first used to treat depression?
7. When were the APA ethical standards first introduced?
8. Who were the two key psychologists associated with the humanistic approach?
9. Which book is mentioned as an early example of the cognitive approach?
10. When was the human genome sequenced - and why do you think this might be relevant to psychology?

Task 2

Introductory course

This is a free introductory course run by the Open University. Complete this over the summer. It should take you about five hours to complete.

You should be provided with a free certificate when you have finished it - please bring this in to your first lesson in September. Do not pay for this if it asks you, it should be free.

<https://www.open.edu/openlearn/health-sports-psychology/psychology/starting-psychology/content-section-0?active-tab=description-tab>

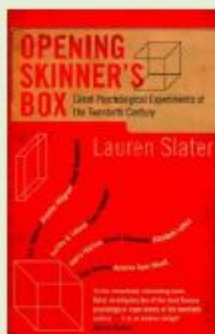
Wider reading/watching/listening

Task 3

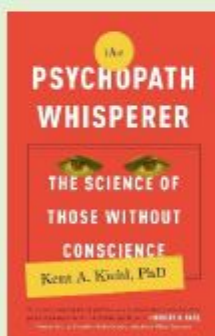
It is important to go beyond your A Level Studies and access extra materials, especially if you think you want to go to university. They want you to show how you have explored your interest in your subjects. The following pages will direct you to resources you might wish to explore. Please bring me a summary of anything you have found interesting!

You could read this

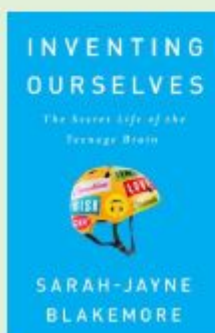
These books are all popular books about psychology, and great for extending your knowledge and understanding.



In *Opening Skinner's Box*, Lauren Slater sets out to investigate the twentieth century through a series of ten fascinating, witty and sometimes shocking accounts of its key psychological experiments. Starting with the founder of modern scientific experimentation, B.F. Skinner, Slater traces the evolution of the last hundred years' most pressing concerns - free will, authoritarianism, violence, conformity and morality.



We know of psychopaths from chilling headlines and stories in the news and movies from Ted Bundy and John Wayne Gacy, to Hannibal Lecter and Dexter Morgan. As Dr Kent Kiehl shows, psychopaths can be identified by a checklist of symptoms that includes pathological lying; lack of empathy, guilt, and remorse; grandiose sense of self-worth; manipulation; and failure to accept ones actions. But why do psychopaths behave the way they do? Is it the result of their environment how they were raised or is there a genetic component to their lack of conscience?



Drawing upon her cutting-edge research Professor Blakemore explores: What makes the adolescent brain different? Why does an easy child become a challenging teenager? What drives the excessive risk-taking and the need for intense friendships common to teenagers? Why it is that many mental illnesses – depression, addiction, schizophrenia – begin during these formative years. And she shows that while adolescence is a period of vulnerability, it is also a time of enormous creativity and opportunity.

You could watch this



What happens when you put good people in an evil place? Does humanity win over evil, or does evil triumph? These are some of the questions we posed in this dramatic simulation of prison life. In 1971, Stanford's Professor Philip Zimbardo conducts a controversial psychology experiment. Twenty four male students are selected to take on randomly assigned roles of prisoners and guards in a mock prison situated in the basement of the Stanford psychology building.



McMurphy has a criminal past and has once again got himself into trouble and is sentenced by the court. To escape labour duties in prison, McMurphy pleads insanity and is sent to a ward for the mentally unstable. Once here, McMurphy both endures and stands witness to the abuse and degradation of the oppressive Nurse Ratched, who gains superiority and power through the flaws of the other inmates. McMurphy and the other inmates band together to make a rebellious stance against the atrocious nurse.



Forensics: The Real CSI follows a crack team of forensic specialists from Northumbria Police, this BBC 2 series charts the fascinating journey of individual pieces of evidence from the moment they are discovered at the crime scene, through to microscopic analysis at specialist laboratories - and shows the pivotal role the findings have on each investigation.



The Real Rain Man documents Kim Peek, the genius who inspired Dustin Hoffman's character in Rain Man. Classed as a mega-savant, having memorised 12,000 books, including the entire Bible, he also has autism, finding it hard to do day-to-day tasks.

Best 7 TED talks

1. [How we read each other's minds, Rebecca Saxe](#)

According to Saxe, a professor of neuroscience at MIT, you don't need tarot cards or ESP to read people's minds. A functioning right temporo-parietal junction will do just fine. In her talk, Saxe explains how this brain region allows humans to be uncannily good at sensing other people's feelings, thoughts, and motivations.

2. [The riddle of experience vs. memory, Daniel Kahneman](#)

If you're looking for highly credentialed TED speakers, Kahneman's résumé won't fail to impress. A Nobel Prize-winning psychologist and bestselling author, Kahneman uses his 20 minutes on the TED stage to explain that there are actually two flavours of happiness: the kind we experience in the moment and the kind we experience in our memories. Maximizing your own well-being in life means keeping both in mind.

3. [The paradox of choice, Barry Schwartz](#)

More choice is always better, right? Not according to Schwartz, a psychologist who argues that having to decide which of approximately 6,000 brands of similar toothpaste to buy "has made us not freer but more paralyzed, not happier but more dissatisfied.

4. [Are we in control of our own decisions?, Dan Ariely](#)

This talk "uses classic visual illusions and Ariely's own counterintuitive (and sometimes shocking) research findings to show how we're not as rational as we think when we make decisions.

5. [Flow, the secret to happiness, Mihaly Csikszentmihalyi](#)

In this talk, legendary psychologist Csikszentmihalyi dares to ask one of life's biggest questions: What makes us happy? The answer isn't fame or money, he insists, but flow -- that lost-in-time feeling you get when you focus intensely on work you're good at.

6. [The power of vulnerability, Brené Brown](#)

One of the top-five-most-popular TED Talks of all time, this moving account of Brown's own struggles with shame and control weaves together sometimes hilarious personal anecdotes with hard research to convince viewers that forging real connections requires the bravery to be vulnerable.

7. [The psychology of evil, Philip Zimbardo](#)

Psychology isn't all happiness and flourishing, of course. The discipline also delves into the darker sides of human nature and what drives us toward unethical or even downright evil behaviour. That's the topic of this talk by 'superstar' Zimbardo in which "he shares insights and graphic unseen photos from the Abu Ghraib trials."

But don't worry, it's not all gloom and doom. He also 'talks about the flip side: how easy it is to be a hero, and how we can rise to the challenge.'