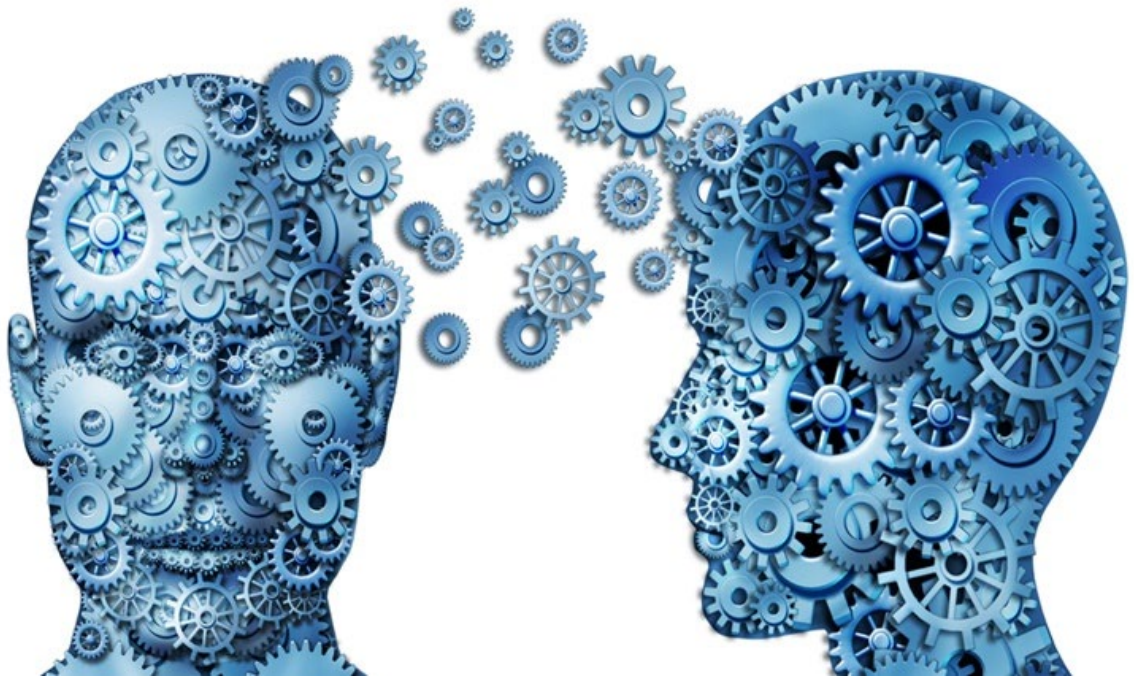


# So you are considering A level Psychology?

This pack contains a programme of activities and resources to prepare you to start A level in Psychology in September. It is aimed to be used after you complete your GCSE throughout the remainder of the Summer term and over the Summer Holidays to ensure you are ready to start your course in September.



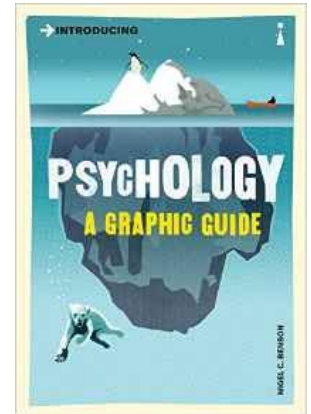
## Book Recommendations

Kick back this summer with a good read. The books below are all popular science books and great for extending your understanding of Psychology.



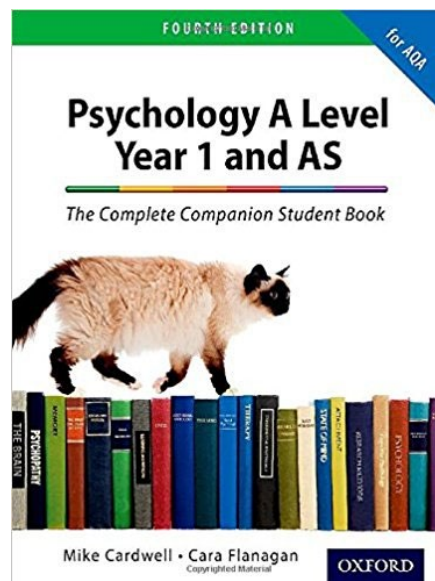
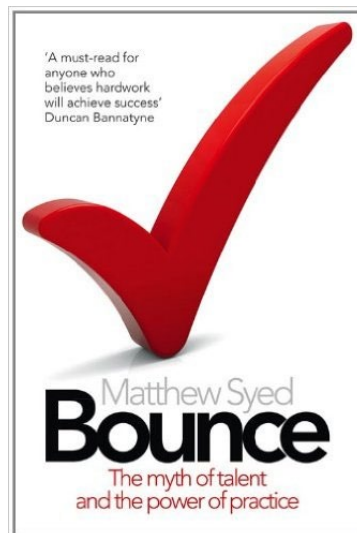
The Man Who Mistook His Wife for a Hat and Other Clinical Tales is a 1985 book by neurologist Oliver Sacks describing the case histories of some of his patients. The title of the book comes from the case study of a man with visual agnosia

What is psychology? When did it begin? Where did it come from? How does psychology compare with related subjects such as psychiatry and psychotherapy? To what extent is it scientific? "Introducing Psychology" answers all these questions and more, explaining what the subject has been in the past and what it is now.

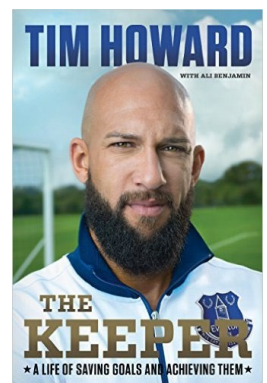


### Bounce

What are the real secrets of sporting success, and what lessons do they offer about life? Why doesn't Tiger Woods "choke"? Why are the best figure skaters those that have fallen over the most and why has one small street in Reading produced more top table tennis players than the rest of the country put together.



Psychology A Level Year 1 and AS. Core textbook. Cardwell and Flanagan. Ensure you get this addition and not an older copy.



Tim Howard. Not only a professional goalkeeper but also a sufferer of OCD.

## Movie Recommendations

Hollywood doesn't always get the details of Psychology correct however there have been some great movies based on psychological theory.

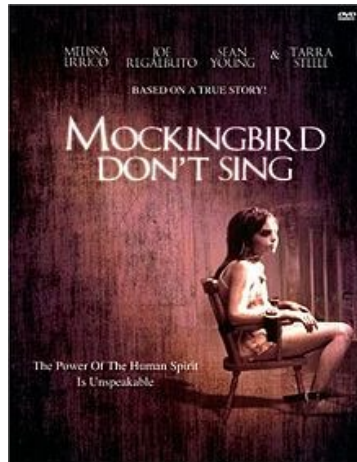


### Memento

Ok, so the Psychology in this is rather basic but a great movie about short term memory loss.

### One flew over the cuckoo's nest.

Set in a psychiatric ward, the movie examines the way society looks at mental health issues and questions what does it mean to be "sane".



### Mockingbird Don't Sing.

Based on the real life events of Genie, a young girl who was kept in her basement until she was rescued aged 13. The movie explored the impact this has on her attachment to others and how she tries to communicate with the rest of the world.

### The Experiment.

Students taking part in a psychological experiment are put into a fake prison and given the role as either guards or prisoners. Based on a real life study this gives a insight into how quickly humans can change once given a new role in life.



### Shutter Island.

Ok, again not the most indepth film but it is set in a psychiatric hospital and has Leo in it!

If you have 30 minutes to spare, here are some great presentations (and free!) from world leading scientists and researchers on a variety of topics. They provide some interesting answers and ask some thought-provoking questions.

## The psychology of evil

Available at :

[https://www.ted.com/talks/philip\\_zimbardo\\_on\\_the\\_psychology\\_of\\_evil](https://www.ted.com/talks/philip_zimbardo_on_the_psychology_of_evil)

Philip Zimbardo knows how easy it is for nice people to turn bad. In this talk, he shares insights and graphic unseen photos from the Abu Ghraib trials. Then he talks about the flip side: how easy it is to be a hero, and how we can rise to the



## The Power of believing that you can improve

Available at :

[https://www.ted.com/talks/carol\\_dweck\\_the\\_power\\_of\\_believing\\_that\\_you\\_can\\_improve](https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve)

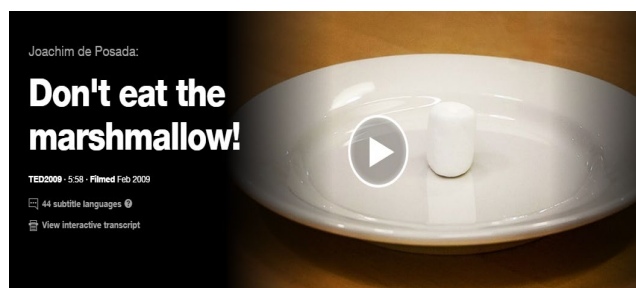
Carol Dweck researches “growth mindset” — the idea that we can grow our brain’s capacity to learn and to solve problems. In this talk, she describes two ways to think about a problem that’s slightly too hard for you to solve. Are you not smart enough to solve it ... or have you just not solved it yet?

## Don't eat the marshmallow!

Available at :

[https://www.ted.com/talks/joachim\\_de\\_posada\\_says\\_don\\_t\\_eat\\_the\\_marshmallow\\_yet](https://www.ted.com/talks/joachim_de_posada_says_don_t_eat_the_marshmallow_yet)

In this short talk from TED U, Joachim de Posada shares a landmark experiment on delayed gratification — and how it can predict future success. With priceless video of kids trying their hardest not to eat the marshmallow.

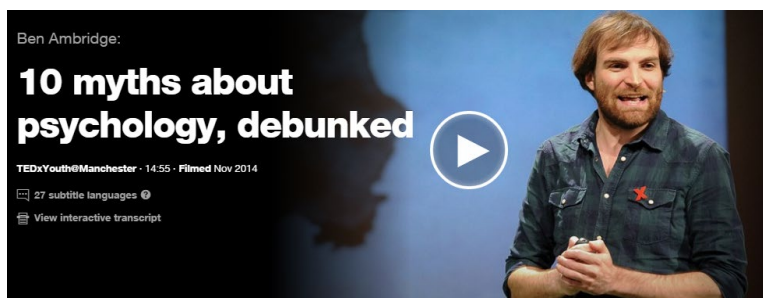


## G10 myths about psychology, debunked

Available at :

[https://www.ted.com/talks/ben\\_ambridge\\_10\\_myths\\_about\\_psychology\\_debunked](https://www.ted.com/talks/ben_ambridge_10_myths_about_psychology_debunked)

How much of what you think about your brain is actually wrong? In this whistlestop tour of disproved science, Ben Ambridge walks through 10 popular ideas about psychology that have been proven wrong — and uncovers a few surprising truths about how our brains really work.



## Ideas for Day Trips

If you are on holiday in the UK, or on a staycation at home, why not plan a day trip to one of these :

Glasgow Science  
Centre - Glasgow

Dundee Science  
Centre - Dundee

The Lakeland Wildlife  
Oasis - Milnthorpe

Scottish Seabird centre –  
North Berwick

W5 - Belfast

Life – Newcastle-  
upon-Tyne

Anglesey Sea Zoo -  
Anglesey

Cambridge Science  
Centre - Cambridge

Think-tank -  
Birmingham

Herriman  
Museum and  
Gardens -  
London

National Museum -  
Cardiff

London Dungeons -  
London

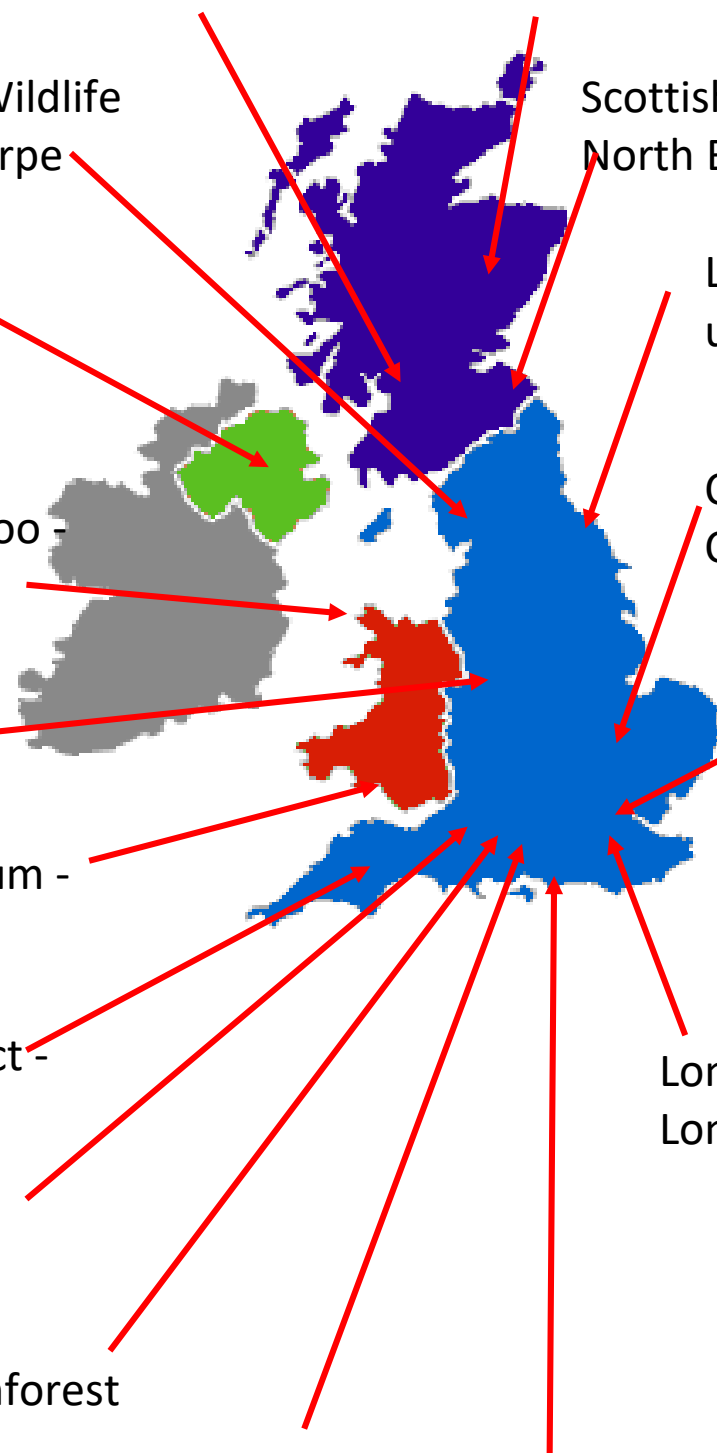
The Eden Project -  
Cornwall

Bristol Science  
Centre - Bristol

The Living Rainforest  
- Newbury

Oxford University  
Museum of Natural  
History - Oxford

National Marine  
Aquarium - Plymouth



# Psychology websites

These websites all offer an amazing collection of resources that you should use again and again through out your course.



**The British Psychological Society**  
Promoting excellence in psychology

Your first port of call- the British Psychology society.

Sign up for their fortnightly newsletter.

<http://www.bps.org.uk/>



Great website for learning more about psychological conditions.

<http://psychcentral.com/>



Maintained by clinical psychologist, Jeremy Dean, a collect of the most interesting psychology blogs.  
<http://www.spring.org.uk/>



Follow on from the very successful book aimed at students.

<http://www.simplypsychology.org/>



<https://www.youtube.com/channel/UCVI7HrA5t1qhBVNVnSk4cDQ>

Flip learning website which will explain some important topics over the upcoming two years.

## Research activities

1. Go to the BPS website and sign up for the research digest.
2. Read some digest articles from there or the other recommended websites.
3. Pick one article from the past 5 years.
4. Write a summary to include:
  - The aim of the study (what did they want to find out?)
  - The procedure (what did they do?)
  - What did they find? (the results)
  - Conclusion (what does this tell us about human behaviour?)
  - Evaluation (was this a scientific study? how can we use this study? what follow up studies should there be?)