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|  | **Support Materials** |  |  | **Psychology** |
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Below are a series of tasks for you to complete. They will help you to gain an understanding of what psychology is and the different ways in which psychologists might go about exploring human behaviour. How you decide to format your work is up to you. You should however have something that can be shared with your psychology subject teachers at the start of the A level course.

Underneath each task are the suggested sources of information for you to complete the tasks.

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| 1. **What is psychology – Write a brief description of what you think psychology is from your research. Max 100 words.**
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| Useful resources: <https://www.bps.org.uk/public/what-is-psychology> , <https://www.bbc.co.uk/science/humanbody/mind/articles/psychology/what_is_psychology.shtml> , <https://www.youtube.com/watch?v=vo4pMVb0R6M> , <https://www.simplypsychology.org/whatispsychology.html>  |
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| **2. The following are some of the key approaches you will consider during the A level course. Psychologists are not all the same and will often come from one of these approaches. This will influence the type of behaviour they are interested in, the theories that they produce and the research studies they will conduct. Research each approach and write a brief description of it (up to a maximum of 200 words), include any names of key psychologists, what those from this approach believe about human behaviour, how they research behaviour and what type of behaviours they are interested in.** 1. **Psychodynamic approach**
2. **Behaviourist approach (sometimes referred to as the learning approach)**
3. **Social learning theory**
4. **Cognitive approach**
5. **Biological approach**
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| Useful resources: <https://www.tutor2u.net/psychology/collections/a-level-psychology-study-notes-approaches-and-biological-psychology><https://www.simplypsychology.org/perspective.html>  |
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| **3. Classic studies in psychology. Psychology is a relatively new discipline, but there have been some key researchers and studies that have shaped psychological understanding and are very important in the history of psychology. Find out about one of these by looking at the BBCs Mind Changers website. You should browse the available episodes, choose one that interests you and listen to it. Then write a brief description of why you selected that episode, what you learnt about that psychologist and why you think their work is important.** [**https://www.bbc.co.uk/programmes/b008cy1j/episodes/player**](https://www.bbc.co.uk/programmes/b008cy1j/episodes/player) |
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| **4. Contemporary studies in psychology. Psychological research is being conducted all of the time and our understanding of human behaviour therefore continues to develop. Read an article from the BPS research digest about a new piece of research – select anything of interest to you. Write a brief description of what you selected that article, what you learnt from reading it and why you think the topic covered is important.** [**https://digest.bps.org.uk/**](https://digest.bps.org.uk/) |
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