



Psychology: Year 12 Summer work

Psychology is a very popular but relatively new field of study. Although psychologists have probably existed since humans were decorating the walls of their caves, it wasn't until the second half of the nineteenth century that Wilhelm Wundt and a few others started to study human behaviour and the workings of the mind in a serious manner.

Being so new, there is no ONE recognised way of explaining human behaviour, there are just lots of different ideas we call perspectives or approaches.

As psychologists we, and soon you, will be considering a range of theoretical ways in which psychologists have attempted to explain the complexities of the human mind and of human behaviour. This task will introduce you to two approaches, and a third idea. Hopefully you will find them interesting and start to understand the very different explanations for the same behaviours.

Learning Objectives (what you are expected to learn)

- Explain how psychodynamic psychologists try to explain human behaviour
- Explain Freud's stages of psychosexual development and his components of personality
- Explain how Freud believed that Little Hans developed his fear of horses.
- Explain how behaviourists try to explain human behaviour
- Explain the processes of learning by classical and operant conditioning
- Explain how Watson taught Little Albert to be afraid of white rats.
- Explain Bandura's theory and key study using the Bobo doll
- Read/watch/listen to something that inspires you to study psychology

Resources : Use the following websites: Avoid using Wiki!

- Tutor2u.net
- [Psych boost on YouTube](https://www.youtube.com/channel/UCv3R0D0p0l0p0l0p0l0p0l0)
- SimplyPsychology.org (click on 'Perspectives')

TASK 1: Find the answer to the following questions. **Then summarise your findings into a poster or booklet (using headings).** Leave room for additions when we review this work

The Psychodynamic Approach

- Briefly explain Freud's three components of personality
- What are the five stages (with ages) of psychosexual development and what happens during each?
- Freud believed we had 'ego defence mechanisms' that protect the conscious mind. Explain what Freud meant by 'displacement' and then choose two other defence mechanisms and explain how they work.
- Freud was an interesting and complex character. Find five interesting facts about him or his life including his years of birth and death.
- What were Freud's key beliefs about factors affecting the development of personality?
- Outline the case study of Little Hans – age, events, and his fears. Then identify how Freud explained Hans' development of his fear of horses. Use technical terms such as 'displacement,' 'Oedipus Complex' and perhaps even 'unconscious'.

Little Hans Often Played "Horses" With His Dad



TASK 2: Find the answer to the following questions. **Then summarise your findings into a poster or booklet.** Leave room for additions when we review this work

The Behaviourist Approach

- What do all behavioursits believe about behaviour?
- What is classical conditioning?
- Explain/draw how Pavlov taught his dogs to salivate to the sound of a bell. Use terminology such as 'conditioned' and 'unconditioned' 'stimulus' and 'response.'
- Explain how Watson taught little Albert to be afraid of white rats.
- What is operant conditioning?
- Can you think of any real-life applications of this type of learning, e.g. with animals?



TASK 3: Find the answer to the following questions. **Then summarise your findings into a poster or booklet.** Leave room for additions when we review this work **The Social Learning Theory (SLT)**

- Make clear notes on the Bobo Doll study and its findings (Search 'Bandura and the Bobo Doll' on YouTube). Use the headings 'Aim' 'Method' 'Results' 'Conclusion'
- Suggest what impact this study had on society.

TASK 4: Read a chapter from a book from the selection below and write a small (paragraph or two) 'book review' about it. Clearly label what your choice is, include any questions it raises for you.

Psychology Reading list

<u>Title</u>	<u>Author</u>
The idiot brain	Dean Burnett
The Happy Brain	Dean Burnett
The man who mistook his wife for a hat	Oliver Sacks
Why we sleep	Matthew Walker
The Curious incident of the dog in the night time	Mark Haddon
Thinking in Pictures	Temple Grandin
The brain, the story of you	David Eagleman
Incognito	David Eagleman
Thinking Fast and Slow	Daniel Kahneman

TED talks that might interest you:

Introduction to course and specification. Introduction to basic research methods.

https://www.ted.com/talks/ben_ambridge_10_myths_about_psychology_debunked

SOCIAL INFLUENCE - Conformity to social roles as investigated by Zimbardo. Explanations for obedience: agentic state and legitimacy of authority, and situational variables affecting obedience including proximity and location, as investigated by Milgram, and uniform.

https://www.ted.com/talks/philip_zimbardo_on_the_psychology_of_evil

MEMORY - The multi-store model of memory: sensory register, short-term memory and long-term memory. Features of each store: coding, capacity and duration. Types of long-term memory: episodic, semantic, procedural.

https://www.ted.com/talks/joshua_foer_feats_of_memory_anyone_can_do

PSYCHOPATHOLOGY - The behavioural approach to explaining and treating phobias: the two-process model, including classical and operant conditioning; systematic desensitisation, including relaxation and use of hierarchy; flooding.

https://www.ted.com/talks/kashfia_rahman_how_risk_taking_changes_a_teenager_s_brain

APPROACHES - Origins of Psychology: Wundt, introspection and the emergence of Psychology as a science. Learning approaches: i) the behaviourist approach, including classical conditioning and Pavlov's research, operant conditioning, types of reinforcement and Skinner's research; ii) social learning theory including imitation, identification, modelling, vicarious reinforcement, the role of mediational processes and Bandura's research.

https://www.ted.com/talks/peggy_andover_the_difference_between_classical_and_operant_conditioning?language=en#t-242042

BIOPSYCHOLOGY - Biological rhythms: circadian, infradian and ultradian and the difference between these rhythm exogenous zeitgebers on the sleep/ wake cycle.

https://www.ted.com/talks/matt_walker_sleep_is_your_superpower

