



RSA Sixth Form

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 and gets you to think.

Resources : Use the following websites: Avoid using Wiki!

- [Psych Boost on YouTube](#) - paper 2 approaches
- [Tutor2u.net](#)
- [SimplyPsychology.org](#) (click on 'Perspectives')

For each TASK 1-3 please summarise your notes into a poster/booklet using headings. You will make 3 posters/booklets, one for Psychodynamic, one for Behaviourist and one for SLT

**Please leave room/gaps to add information to
develop your notes in the first lessons**

TASK 1: Find the answer to the following questions.

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.

The Behaviourist Approach

- What do all behaviourists 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.

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 summarise it either in a diagram/notes/spider diagram/flowchart. Clearly label what the book is. Then write a paragraph about what you learnt from it, any questions you have about it and how it all relates to the world. Let me know if you enjoyed it or not and why.

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
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

MEMORY - The multi-store model of memory: sensory register, short-term memory and long-term memory. Features of each store: coding, capacity and duration.
https://www.ted.com/talks/joshua_foer_feats_of_memory_anyone_can_do

CLINICAL PSYCHOLOGY AND MENTAL HEALTH - 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 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, 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