



# Progression into Applied Psychology

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## **I. Reflection**

Now that they are over let's think about what you have learnt from your GCSEs:

- How did you learn most effectively in your lessons?
  
  
  
  
  
  
  
  
  
  
- Do you think that you improved from the beginning of Y10 to the end of Y11? If so, how?
  
  
  
  
  
  
  
  
  
  
- What was good about your personal organisation? Any lessons to be learnt that you can take into your sixth form studies?
  
  
  
  
  
  
  
  
  
  
- How well did you cope with the exam period? Consider what worked for you and what you could change.



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### II. Your Future Self

Write a letter to your future self with advice on what you wish you had done differently in Year 11. What would you like to hear when you open the letter in 18 months' time?

Write it in a separate Word document and save it with the title, 'Dear Future Me'.

Use the link below to automatically send yourself in the future. You can copy + paste your letter in there.

Set the date to send on Monday 18<sup>th</sup> July 2022.

[https://www.futureme.org/?utm\\_expid=.xfbSI\\_PQSt6vPqe1K8Bug.0&utm\\_referrer=](https://www.futureme.org/?utm_expid=.xfbSI_PQSt6vPqe1K8Bug.0&utm_referrer=)



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### III. Key Psychological Studies

Use the following links to read the studies, most of which you will be learning about in your course (some are exam board specific).

For each of the five studies listed below summarise the following in 100-150 words:

- Background and Aim(s)
- Method (procedure and details of the sample)
- Results (this could be written or included on a graph – as long as you explain your graph)
- Conclusion(s)

This information is called 'AO1'. It is all about describing or outlining something. This may be describing a study, an explanation or a model.

This element of the question will begin.... AO1 = Describe, Identify, Outline etc.

- 1) <https://simplypsychology.org/milgram.html> - Milgram
- 2) <https://www.simplypsychology.org/zimbardo.html> - Zimbardo
- 3) [https://www.canonsocialwerk.eu/1971\\_stigma/1973%20Rosenhan%20Being%20sane%20in%20insane%20places%20OCR.pdf](https://www.canonsocialwerk.eu/1971_stigma/1973%20Rosenhan%20Being%20sane%20in%20insane%20places%20OCR.pdf) - Rosenhan
- 4) <https://www.simplypsychology.org/loftus-palmer.html> - Loftus and Palmer
- 5) <https://www.simplypsychology.org/mary-ainsworth.html> - Ainsworth
- 6) <http://www.holah.karoo.net/rainestudy.htm> - Raine



#### IV. Key Research Quiz

- 1) How many participants were there in Milgram's study?
  - a) 20
  - b) 40
  - c) 50
  - d) 60
  
- 2) How long (range and mean) were pseudo patients admitted to the hospitals for?
  - a) 7-52 (19 day mean)
  - b) 8-52 (18 day mean)
  - c) 9-48 (19 day mean)
  - d) 7-53 (19 day mean)
  
- 3) What was the speed estimate when the verb 'smashed' was used?
  - a) 40.6mph
  - b) 48.1mph
  - c) 40.8mph
  - d) 41.8mph
  
- 4) What role did Zimbardo play in the Stamford prison experiment?
  - a) A guard
  - b) A prisoner
  - c) A warden
  - d) The chief superintendent
  
- 5) How were the prisoners for Zimbardo's study 'collected'?
  - a) Arrested at home and handcuffed by police officer
  - b) Arrested at home by Zimbardo
  - c) They made their own way to Stamford University for the experiment
  - d) Arrested at home by the guards in the study



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### V. Reading List

The following books relate closely to the study of Psychology. Using the internet, your local library and school or college library read a selection of books/articles listed below.

This task should take you ten hours. Therefore, you may wish to choose to read one-two books within that time or several articles. Summarise your findings in 50-100 words and suggest ways in which your chosen books/articles relate to the field of Psychology.

#### Books:

- *Friend Request*, 2018 by Laura Marshall
- *Born Evil*, 2018 by Julia Derek
- *Lies*, 2017 by T.M. Logan
- *Reaching Down the Rabbit Hole*, 2016 by Allan Ropper and Brian David Burrell
- *Good Me Bad Me*, 2017 by Ali Land
- *Selfie: How the West Became Self-Obsessed*, 2018 by Will Storr
- *The Lucifer Effect: How Good People Turn Evil*, 2008 by Philip Zimbardo
- *How to Survive the End of the World*, 2018 by Aaron Gillies

#### Articles:

- [Article 1: Why do some songs become popular?](#)
- [Article 2: Narcissistic Eyebrows](#)
- [Article 3: Are you a morning lark or a night owl?](#)
- [Article 4: Sadness does not discriminate](#)
- [Article 5: Are children over-prescribed psychiatric medication?](#)
- [Article 6: Does watching TV make us unhappy?](#)



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### VI. Ted Talks/Documentaries/You Tube Clips

Watch at least five of the video clips below and summarise the findings of each in 50-100 words

- 1) [Trial of O.J. Simpson – BBC documentary. The collection of forensic evidence and investigation, including court cases.](#)
- 2) [Do you really know why you do what you do?](#)
- 3) [What animal madness means for us humans](#)
- 4) [Elizabeth Loftus: The Fiction of Memory](#)
- 5) [Scott Fraser: The problem with Eye-Witness Testimony](#)
- 6) [The Blank Slate](#)
- 7) [Philip Zimbardo: The Psychology of Evil](#)
- 8) [Ben Ambridge: 10 Myths about Psychology](#)
- 9) Stephen Fry - The Secret Life Of The Manic Depressive. BBC [\(Part 1\)](#) [\(part 2\)](#)
- 10) [The Fritzl affair. Real crime documentary.](#)
- 11) [Freud documentary](#) (short)
- 12) [The Nurture room – child psychology](#)
- 13) [Charles Whitman documentary](#)
- 14) [Motivation and rewards in learning \(Rats\)](#)



## VII. The Big Topics

There are constant debates within Psychology that cause a lot of controversy between psychologists.

There are also a lot of advancements within various fields of psychology that have completely changed how we look at certain behaviours over the last few decades.

**TASK:** Your task is to pick one of the following areas and create a short presentation on it. Your presentation should be no longer than 4 minutes.

You should include:

- A description of the debate/issue/topic
- Any previous research in this area
- Any new research in this area
- Short summary on how our view on it has changed over time
- How it effects our society (or any groups of people in particular)
- Any future plans or research needed in this area.

### The Issues

1. Gender Identity
2. Eating + Image Disorders
3. Mental Health Awareness + Provision/services for this
4. The Nature vs Nurture Debate
5. The Criminal Gene

**We need to be able to listen as well as speak.**

**Taking effective notes in class and being able to reference back to those notes is often a new skill in Sixth Form.**

**Take notes from any websites you visit, and watch [this TED talk](#) for tips on how to present it with confidence!**





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### VIII. Your Mindset

There are A LOT of new things to get used to when you first start Sixth Form: new timetables, new independence, new freedom ("free" lessons woo!), new people, new rules, new classes, new subjects... the list goes on.

It's therefore very common to feel overwhelmed, and feel like this soon after starting in September. However, you are most definitely not alone, even though it might feel like it at times.

There are a few simple things you can do now to prepare yourself for when you come back to us.

Watch [this short video](#), [then this video](#), and [finally this video](#), about how your brain *really* works and why it's important to have a Growth Mindset.

Write down 3 things you can do, or tell yourself, in order for you to start the year strong:

1.

2.

3.



## IX. Good relationships

It's important that you start to focus on building good relationships with your teachers. The first things to remember are:

- that Sixth Form is something that you have chosen to do (usually over going to college).
- It's a great opportunity to develop those skills that will take you through to university / apprenticeship / career.
- When things feel difficult, or challenging just think about your ultimate goal and go to your teachers for support!

Teachers want to treat you like adults so we can prepare you for life after school, but you also need to show that you are capable of the maturity and respect that enables this.

**TASK:** Watch these two videos: [Video 1](#) + [Video 2](#).

- As you watch the second video note down Rita's comments about teacher / student relationships.
- How do the approaches of these two teachers differ?
- Let's flip things around: what can **students** learn from this video about working with their teachers?



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### **Practical things you can do.**

Use your teachers to help you make progress

In lessons:

- I. Ask questions: if you don't understand something simply ask. If you don't yet feel confident to ask in class, ask at the end or e-mail them.
- II. When work is returned, you should reflect on it and feel good about what you've done well. You should then search the things that you haven't nailed yet and find ways to fix them.
- III. Use your specifications/teaching content and any checklists you are given at the start of the units to tick the content once you have covered it in class or have revised it. Start the process of being responsible for your own learning. Don't be a passive learner!

### **Reviews with your teachers/form tutors.**

Now you're in sixth form you are likely to have reviews with your teachers about your progress.

- Use these! Come to the meetings prepared!
- What concerns do you have? What are you stuck on?
- Be honest – no excuses, just look for solutions.
- Ask what **you** can do to improve your grade in the next half term.

### **FINAL TASK:**

For the next half term focus on developing these attributes; think about your subject and decide what 3 things you can do to get the most out of each lesson. Share this with your tutor.

- 1.
- 2.
- 3.



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Good luck with your progression projects and preparing yourselves for Applied Psychology in Year 12.

I hope you enjoy all of the tasks that have been set for you and you get a good idea of what to expect and look forward to when we're back.

I look forward to seeing you all in September and in the mean-time, if you have any questions, please contact me on [dubras@haileyburyturnford.com](mailto:dubras@haileyburyturnford.com) ☺

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