

Year 11 Psychology Transition Workbook



This booklet is designed to give you an idea of what A-Level Psychology is like. It takes elements from several of the modules you'll study in your first year (Year 12).

Research and complete the tasks independently over the summer to get a head start and prepare.

Good Luck and Enjoy!

Name

Area 1: Memory



Find out the answers to the following questions...

1. What is memory? Does it have different types? If so, explain them...

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2. What is the capacity and duration of the average memory in humans?

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3. What did George Miller do in 1956? What did he discover about memory?

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Mini Experiment

Procedure:

4. In this experiment you can test as many people as you like. As the experimenter you should read out the number lists one at a time. Then, ask your participants to write the numbers down. **They must be in the correct order.** Any participants who get all the numbers correct can move on to the next list. The point at which the participant is no longer able to remember the numbers is their **digit span limit** (digit means number, and span means length).

Number Lists:

a) 8 5 3 1 4

b) 5 8 6 7 1

c) 4 9 2 7 6 1 3

d) 5 2 6 1 7 8 3

e) 9 2 4 3 1 8 5 6 4

f) 8 5 1 7 3 6 9 5 1

g) 7 8 4 1 6 9 3 7 2 5 8

h) 4 6 1 9 7 3 4 6 4 9 7

i) 1 6 4 9 3 5 8 2 4 7 6 9 1

j) 8 6 1 9 4 3 5 7 1 5 9 4 2

K) 2 8 6 5 9 4 3 7 1 5 9 7 5 1 2

l) 9 4 3 8 1 6 7 5 8 2 3 4 1 5 2



Results:

5. Once you have finished, you can work out an average **digit span** for all your participants by adding up all the scores and dividing by the total number of participants (mean average)

Show your working out here

6. Why do you think psychologists like to use an average score?

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7. What do your results suggest about memory?

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8. How does this tie in with the Miller research mentioned earlier?

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Area 2: Attachment

Use the internet, any textbooks you can access, and the attached web link to answer the following questions:

http://www.babycenter.com/2_creating-an-attachment-with-your-baby_10350318.bc



1. Why do babies cry all the time?

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2. What is an accurate definition of attachment?

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3. John Bowlby talked about babies having 'social releasers' which help them attach. List some of them and explain why they might aid attachment.

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4. In the space below draw a diagram/picture to show some of the different social releasers.

5. Do you think it's possible for a child to survive without having formed an attachment?
Explain your answer.

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Area 3: Abnormality

Use the internet and any textbooks you can access to answer the following questions:

1. Is there such a thing as normal and abnormal?

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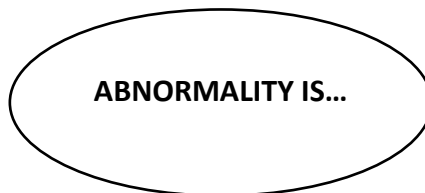
2. How could we define normal and abnormal behaviour?

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3. How do Psychologists decide what is abnormal?

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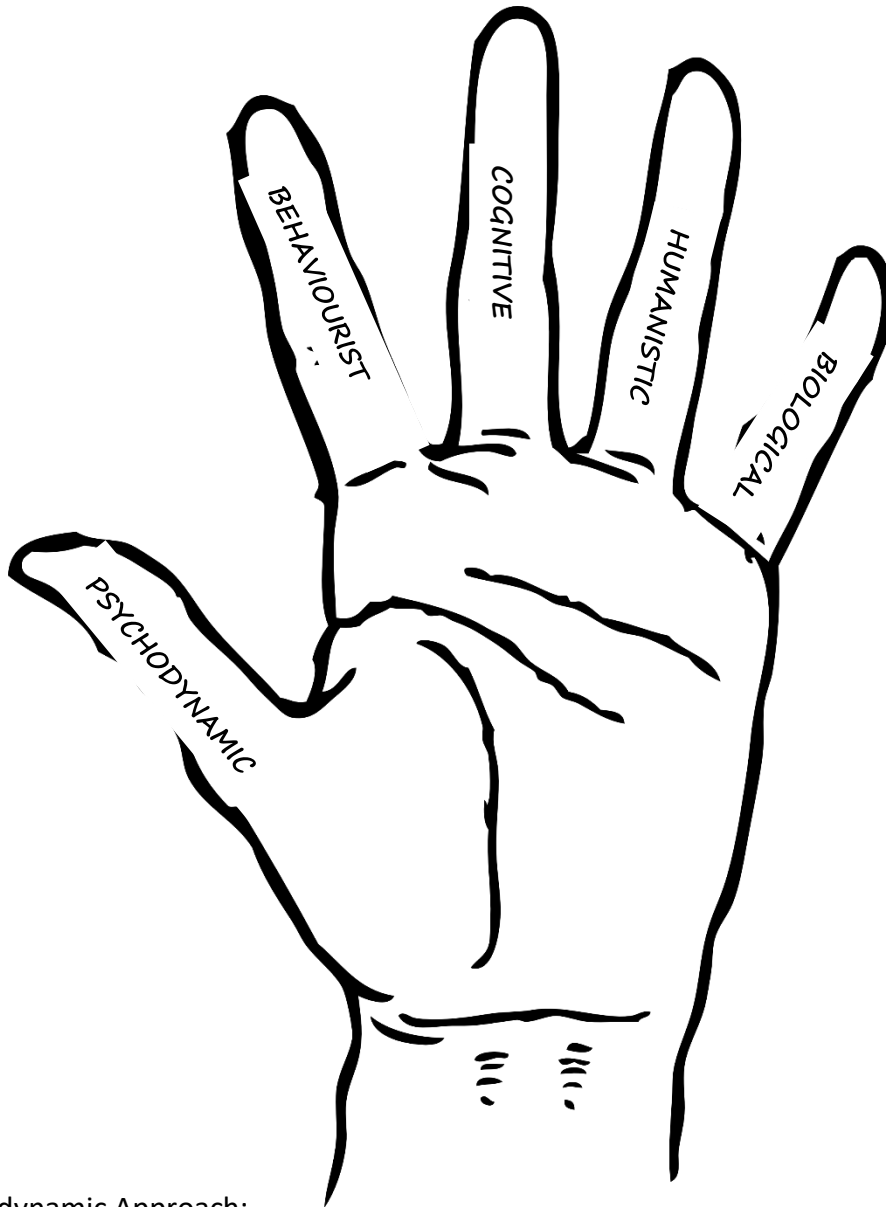
4. In the space below create a mind map about any names of mental illness that you know, as well as any symptoms, causes/explanations and treatments.



5. Now choose from the following conditions: Phobias, OCD, Depression and produce a leaflet/factsheet on one of them. Include **symptoms**, potential **causes** and **treatments**.

Area 4: Approaches

1. There are five main Psychological approaches or perspectives. Research them and explain the key terms, assumptions (ideas) and psychologists which fit into each one.



Psychodynamic Approach:

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Behaviourist Approach:

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Cognitive Approach:

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Humanistic Psychology:

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Biological Approach:

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Area 5: Famous Psychologists

1. Research ONE of the following famous psychologists and produce an overview of who they were, what they thought and why they are important for psychology.

- B.F. Skinner
- Abraham Maslow
- Albert Bandura
- Elizabeth Loftus

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2. Add drawings/diagrams to illustrate your theorist's contribution to psychology