



**YEAR 10**  
**SUMMER**  
**PSYCHOLOGY**  
**BOOKLET**  
**2023**

# WELCOME TO PSYCHOLOGY!

We would like you to be fully prepared for year 10 Psychology therefore we have provided you with some research to do and some activities to work through.

The specification is as follows;

Learners must demonstrate knowledge and understanding of the key concepts, theories/explanations, related research studies and applications listed.

For the research studies the following must be studied; background, method (design, sample, materials/apparatus, and procedure) results, conclusions criticisms. Topics are as follows;

- Social Influence
  - Memory
  - Sleep and Dreaming
  - Research Methods
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- You have been provided with some suggested articles, documentaries, films and Ted Talks which will enhance your learning.
  - You have also been given some activities which we will discuss when we return in September.
  - Some activities you can do in the booklet but others will need to be completed on paper.
  - Please complete as much as you can as it will help you gain an understanding of the topics to come.

<https://www.amazon.co.uk/OCR-GCSE-Psychology-Mark-Billingham/dp/1471899578>

**Link to recommended textbook**

## What is Psychology?

Psychology is the science of the mind and of behaviour. It uses scientific methods to research 'us'. Therefore, one of the key skills in psychology is having a good understanding of scientific methods and this booklet will go through these. Many people, however, don't see Psychology as a science. This is because human beings are 'variable' meaning that generalisations will be different. For example, whilst research may show that children copy behaviours from their role models, we don't know whether they would have still displayed these behaviours if they had been subjected to different role models, in a different environment. This is not testable for ethical reasons. Due to constraints of ethical guidelines, there is much that we can't test, therefore other research methods need to be used, and these lack the credibility of more stringent tests. This is why Psychology can be deemed more as a social science, rather than a science. This is still an on-going debate, however, and is an area we look in A level, as opposed to GCSE.

You may think that studying Psychology will mean that you can 'analyse others'. To a certain extent this is true, but isn't a skill that is taught in psychology at GCSE or A level – even at degree level! What you will be learning about are pieces of influential research that have been conducted within Psychological fields and how they can be applied to making changes in society.

This year you will be learning about different areas of Psychology – what they are, what the strengths and weaknesses of these are, and research and theories which fit into these areas.

For each area you will learn about: Core Concepts, the Core Theories, Evaluation, The Alternative theories, The Core Studies, Evaluation and Application

The 5 areas of Psychology you will be looking at are:

- ❖ Social Influence
- ❖ Memory
- ❖ Sleep and Dreaming
- ❖ Research Methods

## Research Methods in Psychology

There are a numbers of ways that Psychologists use to gather data which they can then analyse to make conclusions. This is a fundamental part of Psychology; using research to make conclusions. All the key studies that you will learn about have been tested in various forms and have shown credibility in their results. However, there are problems with all sorts of research methods and this is what lowers the studies' validity.

### **INTERVIEW**

A method of collecting data that involves directly questioning people

### **QUESTIONNAIRE**

A method of collecting data that involves people answering a series of questions, usually written

### **CASE STUDY**

A method of collecting data that involves focusing on a small sample in detail.

### **CORRELATION**

A method of analysis that looks for a relationship between two variables.

### **EXPERIMENT**

A method of collecting data which measures the effect of an IV on a DV by controlling other variables

All of these methods have their weaknesses. The core studies use at least one of these methods and so a key skill in Psychology is that if you know the weaknesses of the research methods, you will be able to evaluate (strengths and weaknesses) ALL the studies, just by focusing on the research method it uses.

**Which method do you think is the most accurate for measuring human behaviour?**

**Explain why?**

**Here are some of the key factors to consider when evaluating research;**

If only one person was used, would the results apply to others?

Has it been done in a real setting?  
Or in a fake setting?

If a questionnaire was used, could the participants be lying?

Have behaviours been interpreted correctly?

Has the research harmed or deceived anyone?

Has the researcher shown bias in any way?

### **An evaluation of Research methods**

Research methods	Strengths	Weaknesses
Observation	Natural behaviour displayed	Can misinterpret behaviour
Correlation	Can show a relationship between 2 variables	One variable DOES NOT affect the other
Self reports	Lots of rich data	People could lie
Experiments	Very reliable	Low ecological validity

## Key Definitions

Validity	Whether something is measuring what it is supposed to measure
Reliability	Whether something can be repeated and the same results will occur – how consistent the data is
Quantitative Data	Numerical data that can be analysed easily e.g., % of those that like school
Qualitative Data	Expressed and detailed opinions, described in words e.g., the reasons why people like/dislike school
Ecological Validity	Whether a study can be applied to real life
Demand Characteristics	Whether the sample have changed their behaviour because they know the aim of the study (can work it out from cues in the environment)
Inter-rater reliability	When 2 or more experimenters compare their data and get the same results
Ethics	A code of guidelines on how to treat people in a psychological experiment.

### **Homework Task to ensure you have read this booklet!**

Please hand this in when you return to QE

Think of a behaviour and design a way to research it. Describe a procedure that could be used to investigate this behaviour. What would the strengths and weaknesses of this investigation be? Use the key terms above.

Examples of behaviours;

Fear, Nervousness, Stress, Flirting, Intelligence, Empathy, Self esteem, Morality, Happiness, Aggression, Criminal behaviour

### **KEY RESEARCH FOR EACH SECTION**

#### **PLEASE READ AND MAKE NOTES**

#### **KEY RESEARCH FOR SOCIAL INFLUENCE**

Bickman (1974) - A study into the social power of a uniform

[www.researchgate.net › 261402118\\_The\\_Social\\_Power\\_of\\_a\\_Uniform](http://www.researchgate.net › 261402118_The_Social_Power_of_a_Uniform)

Nat Cen Morrell et al (2011) - A study into the August riots in England

[natcen.ac.uk › our-research › the-august-riots-in-england-study](http://natcen.ac.uk › our-research › the-august-riots-in-england-study)

#### **KEY RESEARCH FOR SLEEP AND DREAMING**

Freudian Theory of Dreaming Research Study; Freud (1918) - dream analysis of the Wolfman

[www.psychologistworld.com › freud › wolf-man-case-freud](http://www.psychologistworld.com › freud › wolf-man-case-freud)

Williams et al (1992) - a study into the bizarreness in dreams and fantasies; implications for the activation synthesis hypothesis

[passmorespsychology.weebly.com › uploads › summary\\_of\\_the\\_willi...](http://passmorespsychology.weebly.com › uploads › summary_of_the_willi...)

[PDF](#)

## **KEY RESEARCH FOR MEMORY**

**Wilson et al (2008) - Prominent and persistent loss of past awareness in amnesia; delusion, impaired consciousness or coping strategy?**

[books.google.co.uk > books](https://books.google.co.uk/books)

**Braun, Ellis and Loftus (2002) - Make my memory; How advertising can change our memory of the past**

[scholarship.sha.cornell.edu > cgi > viewcontent.PDF](https://scholarship.sha.cornell.edu/cgi/viewcontent.cgi?article=1000&context=psychology)

## **FILMS AND DOCUMENTARIES LINKED TO THE TOPICS**

**Fifty first dates** (memory)

**Eternal Sunshine of the spotless mind** (memory)

**The man with the 7 second memory** (Clive Wearing)

**Experimenter - Stanley Milgram story** ( social influence)

**Stanford Prison Experiment** ( Situational factors, social influence)

**Ghosts of Abu Ghraib - documentary** (social influence, some disturbing images)

**The Machinist** (sleep deprivation)

**Interpretation of dreams (Freud)** [https://www.youtube.com/watch?v=9A4p-\\_agR\\_c](https://www.youtube.com/watch?v=9A4p-_agR_c)

## **TED TALKS**

**One more reason to get a good night's sleep**

**How reliable is your memory?**

## **SOCIAL INFLUENCE**

KEY TERM	DEFINITION
OBEDIENCE	
CONFORMITY	
MAJORITY INFLUENCE	



<b>COLLECTIVE BEHAVIOUR</b>	
<b>CROWD BEHAVIOUR</b>	

### **OBEDIENCE**

1. IN WHAT CIRCUMSTANCES MIGHT A PERSON OBEY EVEN IF THEY KNOW THAT WHAT THEY HAVE BEEN ORDERED TO DO IS MORALLY WRONG OR HARMFUL TO ANOTHER PERSON?
2. FIND AN EXAMPLE WHERE THIS HAS HAPPENED IN SOCIETY/HISTORY AND WRITE A SHORT SUMMARY
3. RESEARCH A COLLECTIVIST CULTURE - WOULD THIS CULTURE BE MORE LIKELY TO BEHAVE IN A PRO SOCIAL OR ANTI SOCIAL WAY?
4. WATCH THE DERREN BROWN EPISODE AND THEN EXPLAIN WHY THE PEOPLE IN THE AUDIENCE BEHAVED THE WAY THEY DID



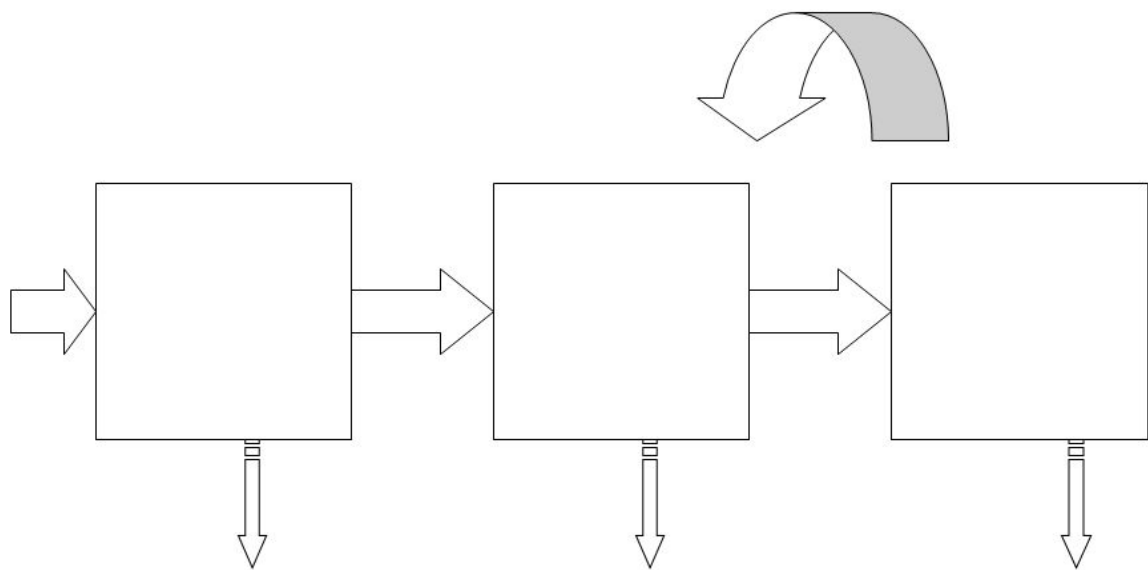
<https://www.youtube.com/watch?v=ReUHhStG70k>

### **SLEEP AND DREAMING**

1. Find AT LEAST three reasons why we need to sleep
2. Do some research on the consequences of not getting enough sleep, see if you can relate the effects of sleep deprivation to the reasons why we sleep
3. What are the stages of sleep? What happens at each stage?
4. Keep a dream diary and write a description of a dream you have had and bring into class when we return
5. Research the best way to help a person who has difficulty getting to sleep (sleep onset insomnia) or staying asleep (sleep maintenance insomnia) create an information leaflet you would share with them to help them.

### **MEMORY**

1. Research and explain why the human brain can be compared to a computer
2. Label the Multi Store Model of memory below;



### **3. Research Clive Wearing;**

**What areas of Clive's brain were damaged?**

**What is the difference between anterograde and retrograde amnesia?**

**Why was Clive still able to talk, read, write, sight-read music and conduct an orchestra?**

# **HAVE A GREAT SUMMER!!**

## **OPTIONAL EXTRAS**

- Watch some key psychological programmes on TV or on DVD.
- Read Psychology Today online and other psychology journals for up to date research
- Download news apps onto your phone and read on the go – they often report on new and exciting research
- Use YouTube to watch documentaries on key psychological studies.
- Have a go at creating your own questionnaire to find out what your friends and families attitudes are towards a certain topic. Bring it in and we can have a look at the results!