**Psychology Summer Task**

Psychology is the scientific of human behaviour which intends to explain the mind and behaviour through reason. Studying BTEC Applied Psychology will help you develop skills such analysis, interpretation and evaluation and you will learn how to formulate balanced arguments. You will learn specific psychological terminology and understand scientific methods involving observation, measurement, hypothesis testing and experimentation. Furthermore, you will learn how psychology can be used to help people and hopefully bring about changes for the better.

**Course Overview**

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|  | **Unit title** |  |  |
| 1 | Psychological Approaches and applications | Mandatory | Externally assessed |
| 2 | Conducting Psychological Research | Mandatory | Internally assessed |
| 3 | Health Psychology | Mandatory | Externally assessed |
|  |  |  |  |
| You will then study one of the following units: | | | |
| 4 | Criminal and Forensic Psychology | Optional | Internally assessed |
| 6 | Introduction to Psychopathology | Optional | Internally assessed |

**Task 1:**

**Approaches in Psychology**

What is an approach in psychology?

An “approach” is a way of explaining behaviour. In year 12 you will study 4 of the main approaches psychological explanations are based on. No single explanation is “right” and each of them is appropriate in different contexts. For example, there is no single cause of mental disorders such as schizophrenia or depression; instead, several biological and psychological factors all play a role.

Use the internet to research the basic assumptions of the following approaches to Psychology. Create a summary of the assumptions of each approach below.

Approaches

* Cognitive approach
* Social approach
* Biological approach
* Behaviourist approach

In your summary you could refer to the following:

* Main assumptions of the approach (how it explains behaviour)
* Whether it is based on nature or nurture
* How behaviour in the approach is studied (methods associated with the approach e.g. questionnaires/interviews, experiments, brain scans, animal studies)
* Studies of relevance in each approach
  + Cognitive – Bartlett, Loftus and Palmer
  + Social – Asch, Stanford prison experiment (Haney)
  + Biological – Harlow, Buss
  + Behaviourist – Pavlov, Skinner, Bandura, Watson and Rayner

**Task 2:**

**Research task**

Carry out a study based on mobile phone use. For yourself and a small group of participants (e.g. friends and/or family members) record how long each participant can go for in a day without using or looking at their phone. Ask each participant to write down how they feel about not being able to look at/use their phone.

1. Record the time people did not look at/use their phone for in a table
2. Calculate the average time of not looking at the phone for your participants
3. Read through the feelings each participant has written for not using/looking at their phone. Highlight key words and see whether there are any similarities for how each participant felt.
4. Research information about addiction. Include

* What an addiction is – this could include how addiction is classified and components of addiction
* Symptoms of withdrawal
* Link this to how you felt not using your phone.

**Useful websites:**

<https://qualifications.pearson.com/en/qualifications/btec-nationals/applied-psychology.html> Course specification (select extended certificate)

<http://www:simplypsychology.org>

<https://www.illuminatepublishing.com/> (use the ‘look inside’ function to preview pages from the course textbooks)