

Year 11 Psychology Transition Workbook



This booklet is designed to give you an idea of what A-Level Psychology is like. It includes some of the skills that you will need to use throughout the course. Research and complete the tasks independently over the summer to get prepared.

Please bring the booklet with you to your first lesson.

Name

A. Critical thinking - What is Psychology?



1. What is Psychology? Write down your own ideas.

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2. Psychology includes several different approaches that all have their own way of explaining behaviour. Choose **three** of the approaches below and write in your own words how they study behaviour:

Psychodynamic, Behaviourist, Cognitive, Humanistic, Social Learning Theory, Biological, Cognitive Neuroscience

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3. Research a famous psychologist and write an overview of who they were, what they thought and why they are important for Psychology. If you are struggling to find someone, try B.F. Skinner, Abraham Maslow, Albert Bandura or Elizabeth Loftus.

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B. Maths and Science



Read the information and answer the questions that follow:

A psychologist wanted to find out whether participants are better at memorising words with music playing in the background or in silence. She showed two different groups the same list of 25 words for two minutes, then asked them to recall as many words as possible.

Condition 1 consisted of 15 participants (10 males and 5 females) who learned the words with music playing in the background.

Condition 2 consisted of 15 participants (8 males and 7 females) who learned the words in silence.

Table 1: Mean number of words correctly recalled for condition 1 and condition 2

Condition 1 mean number of words recalled	Condition 2 mean number of words recalled
13.2	17.4

1. The independent variable is the variable that the researcher changes or manipulates. What is the independent variable in this study? Be specific. (1 mark)

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2. The dependent variable is the variable that the researcher measures. What is the dependent variable in this study? Be specific. (1 mark)

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3. Using the same list of words for both groups made it a fair test. Why is this important? (1 mark)

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4. What percentage of the participants in the experiment were male? Show your working out (2 marks)

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5. What is the ratio of male to female participants? Show your working and give the answer in its simplest form (2 marks)

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6. Explain what the mean scores in table 1 show about memory and music (1 mark)

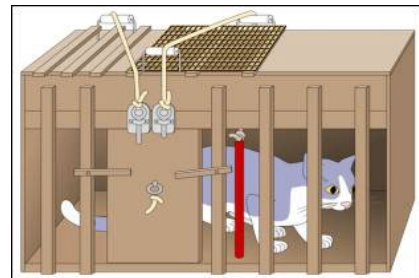
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A behavioural psychologist examined learning by placing a cat inside a “puzzle box” with some food placed outside. When the cat pulled the string it opened the door and the cat could eat the food. The psychologist timed the cat’s escape from the box over a number of separate attempts. The results can be seen below:

Table 2 Time taken for the cat to escape from the puzzle box in seconds:

Attempt	Time taken for the cat to escape from the puzzle box in seconds
1	80
2	68
3	49
4	37
5	26
6	17
7	9
8	4



7. Calculate the mean time taken for the cat to escape from the puzzle box. Show your calculations. Give your answer to 1 decimal place (2 marks)

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8. Calculate the median time taken for the cat to escape from the puzzle box. Show your calculations. (2 marks)

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9. How many times did the escape take ≤ 37 seconds? (1 mark)

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10. The time difference between the first and last attempts was 76 seconds. Calculate the percentage decrease in time taken to escape from the puzzle box from the first attempt to the last attempt. Show your working (2 marks)

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11. What conclusion can be drawn from the results of the experiment? (1 mark)

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A Psychologist was interested in the relationship between concentration and the number of hours sleep an individual had the previous night. He studied a sample of 10 adults, first asking them how many hours sleep they had the night before; then he tested their concentration by timing how long it took them to identify 5 differences between two photographs.

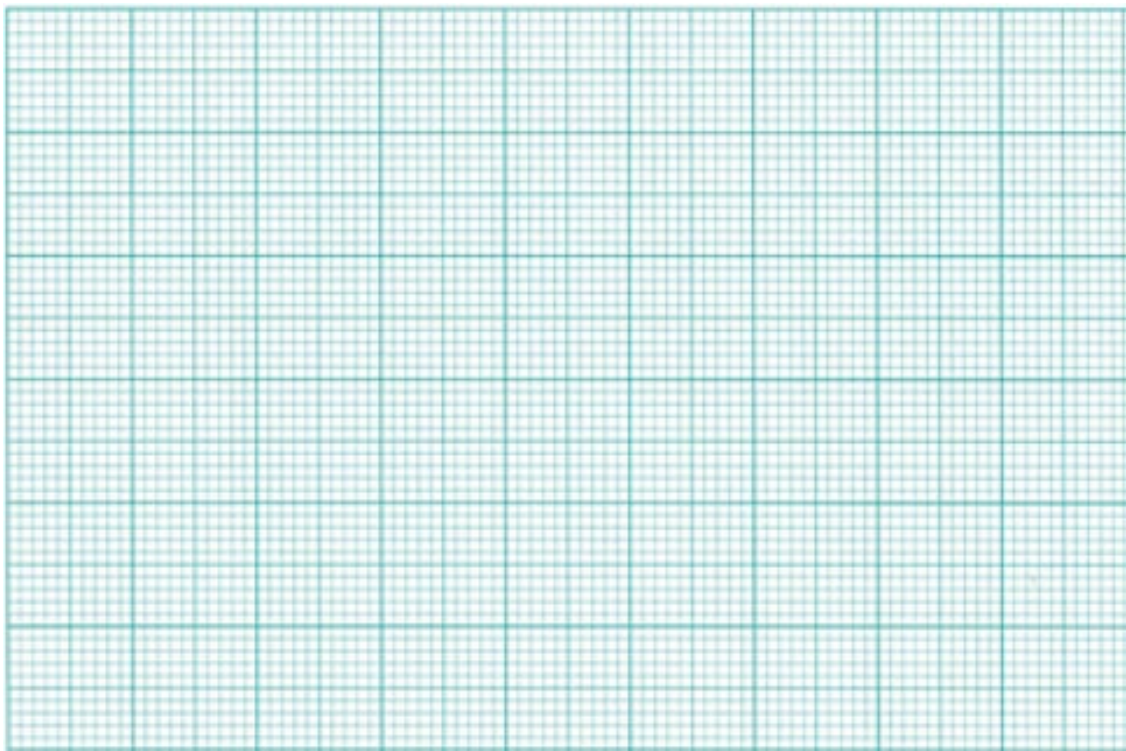
The results of the experiment were as follows:

Table 3 Number of hours sleep and time taken to identify the 5 differences between the photos

	1	2	3	4	5	6	7	8	9	10
Hrs sleep	4	4	5	6	6.5	7	7	7.5	8	8.5
Time taken (sec)	56	20	42	38	38	26	32	28	28	26

12. Plot these results on scattergram. Make sure it is appropriately labelled and has a title (4 marks)

Title: _____



13. There is one outlier in the scattergram. Circle the outlier on your graph and explain why the outlier might be a problem for the Psychologist. (2 marks)

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14. What does this study suggest about the relationship between sleep and concentration? (1 mark)

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The psychologist noted that some adults were naturally faster at identifying the differences between the two pictures. When questioned after the experiment, the psychologists found these adults often completed similar puzzles in newspapers or on their commute to work. The psychologist decided to repeat the study, ensuring that none of the participants regularly completed “spot the difference” puzzles.

15. Outline why it is important for psychologists to control such factors in their research and identify one other variable that they should have controlled for. (2 marks)

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C. Practical research

Procedure:

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 | g) 7 8 4 1 6 9 3 7 2 5 8 |
| b) 5 8 6 7 1 | h) 4 6 1 9 7 3 4 6 4 9 7 |
| c) 4 9 2 7 6 1 3 | i) 1 6 4 9 3 5 8 2 4 7 6 9 1 |
| d) 5 2 6 1 7 8 3 | j) 8 6 1 9 4 3 5 7 1 5 9 4 2 |
| e) 9 2 4 3 1 8 5 6 4 | K) 2 8 6 5 9 4 3 7 1 5 9 7 5 1 2 |
| f) 8 5 1 7 3 6 9 5 1 | l) 9 4 3 8 1 6 7 5 8 2 3 4 1 5 2 |



Results:

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

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What do your results suggest about memory?

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D. Knowledge - Clinical Psychology and Mental Health

One of the topics you will study in Y12 is Clinical Psychology and Mental Health.

1. How would you define mental health?

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2. What are the symptoms of mental illness?

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3. Choose one of following conditions: Phobias, OCD, depression.

Research some information about the condition, including **symptoms**, potential **causes** and **treatments**.

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E. Application and Evaluation

Choose at least one of the following to read / watch or find your own psychology-based source. Summarise it and explain how it might link to Psychology. Then give your thoughts about what you have read / watched – do you agree with themes / points being made?

Online articles:

Are you securely attached to your mobile phone?

<https://www.psychologytoday.com/gb/blog/digital-world-real-world/202305/are-you-securely-attached-to-your-mobile-phone>

The Psychology of Laughter

<https://www.scientificamerican.com/article/whats-so-funny-the-science-of-why-we-laugh/>

The Psychology of internet trolls

<https://powerof0.org/how-trolls-are-born/>

Do we really have free will?

<https://www.psychologytoday.com/gb/blog/proceed-your-own-risk/201311/do-we-have-free-will>

Films: *these are all rated 12 or below, but please ask a parent / carer before you access them:*

The Adjustment Bureau (12)

12 Angry Men (U)

The Experimenter (12)

A Beautiful Mind (12)

50 First Dates (12)

Books:

Making Up the Mind: How the Brain Creates Our Mental World by Chris Firth

The Man Who Mistook His Wife for a Hat by Oliver Sacks

Why We Sleep by Matthew Walker

The Psychopath Test by Jon Ronson

The Anxious Generation by Jonathan Haidt

This image shows a full page of white paper with horizontal dashed lines, typical of primary school writing paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.