



A level Psychology

at The Blue Coat Sixth Form

Part of the Social Sciences Department

Bridging Course

Welcome Psychologists! The Bridging course is split into three parts throughout this booklet and is aimed to get you ready for your A level Psychology course.

The idea behind the bridging course is to give you a head start and so that you are already familiar with some of the key concepts, terminology, and skills you will be utilising throughout the 2-year course.

Psychology is about studying human behaviour and being curious about why people behave the way they do. You probably already have your own theories to explain people's behaviour. By studying psychology, you will have the chance to put those theories to the test – and to compare them to established theories.

Your work can be handwritten or completed on a computer.

Make sure you use the **useful website's section** to help with **your research** – **You can use the QR code to help.**

This is the **first impression you are going to make** – **make sure it reflects your ability and work ethic!**

Make sure you bring this to your first lesson!

Name: _____

Part 1

The first idea you will investigate is the biggest question in Psychology – what is the biggest influence on our behaviour – *is it Nature OR Nurture?*

What influences behaviour?

This first section will look at a famous study **The Milgram Obedience study** and investigate whether our behaviour is influenced by innate (internal) or our nature, or in fact whether it is the situation (external) or nurture that affects individuals more.

Task 1:

As you watch the recreation of the video – consider what you would do in the same situation? What would your friends and family do? Are we all the same?

Watch the video: <https://www.youtube.com/watch?v=y6GxluljT3w>



1. What do you think are the **key factors that influence people's behaviour in the video?**

2. Using the link: [OCR A Level Psychology - An anthology of core studies for the new specification.](#)



Read Milgram's conclusions – what does he suggest influences behaviour?

Stretch & Challenge: use the clip to get a further understanding of why people obey authority figures to extreme / dangerous levels. <https://www.youtube.com/watch?v=4jcleVvgchs>



Task 2:

Nature – this is the influence of our biology. So, elements like our DNA, hormones, brain (neurological anatomy), gender may influence our behaviour.

Nurture – this is the influence of our environment, friends, family, or the situation a person is in.



Which do you think is more influential? Explain your reason in the box below.

Task 3:

List all the behaviours that you think are influenced by nature or nurture – the behaviour can be anything. Try to come up with 5 for each. You'll notice that personality can be placed in both – which do you think it is?

Nature	Nurture
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Consolidating task

Let's see how much you have learned and can remember.

In your own words, explain what psychologists mean by Nature ?
In your own words, explain what psychologists mean by Nurture ?
Sketch a picture to recall & describe the stages of Milgram's study on Obedience

In the next part of the bridging course, we will be looking at **Crime** and whether criminals are **born bad or made bad**. In other words -is it nature or nurture?

Excited to know more?



Watch the TED talk on Criminals:

<https://www.youtube.com/watch?v=u2V0vOFexY4>

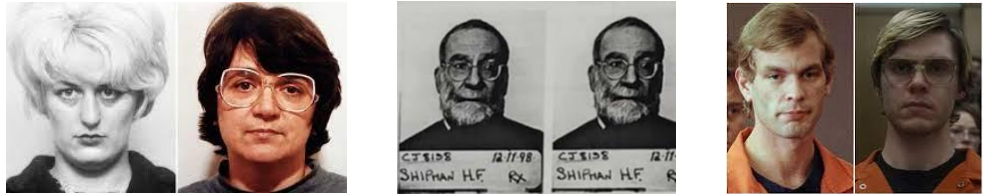


Part 2

In this next section you will see that Psychology has many cross curricular links with some other subjects you have covered at GCSE, like Science, Maths and for some of you, Sociology. Now, you are going to build on from the Nature Nurture debate to see how this helps to explain criminal behaviour – are criminals born that way or made that way.

Task 1:

What makes a criminal?



List as many of the factors you think could influence someone to become a criminal. As you are doing this, think about whether this links to nature or nurture?

Factors that make you become a criminal	
Nature?	Nurture?

Before looking at the biological or innate explanations for why some people may become criminals – you need to understand the different regions of the brain!

You are going to label the brain in the space below. You must label the following regions of the brain and write what their functions are:

- *Brain stem*
- *Cerebellum*
- *Temporal lobe*
- *Occipital lobe*
- *Parietal lobe*
- *Frontal lobe*



Use the link to help you:
<https://youtu.be/hSCCFkVMVEw>



Dr Adrian Raine is a biological psychologist who believes that how the brain works in some individuals, influences them to become criminals.



Watch and list as many factors he says causes people to become criminals (violent criminals). <https://www.youtube.com/watch?v=wzqmbZ3gZ9E>







Factors Dr Raine suggests cause someone to become a criminal

So, you can see that psychology links with the Sciences. But did you know that psychology also links with Maths?

Check your **GCSE knowledge** of some of the Maths skills you will need for psychology. If you are unsure of what to do (it will have been a long time since you practiced some of these skills) check these links out!

Methods in Psychology: the maths you need to master!

I can.....	Confident?	No, I need to review (check the links for help)	QR Code (LINK)
Work out percentages and fractions		https://www.bbc.co.uk/bitesize/guides/z2hsrwx/revision/1	
Work out ratios		Ratio - Ratio and proportion - KS3 Maths - BBC Bitesize	
Draw and create a pie chart		https://www.youtube.com/watch?v=p_nPxTRuLxo	
Central tendencies		https://www.bbc.co.uk/bitesize/guides/z2jb4i6/revision/2	

So, you can see – the Maths in psychology isn’t tricky – you might just be out of practice!

In the final part of the bridging course, we will be looking at a **real-life crime** and getting you to apply your psychological knowledge to a crime.



Want to know more? Stretch & challenge yourself a little more. Watch the TED talk – this discusses people who have been on death row and what might have influenced them to end up there! <https://www.youtube.com/watch?v=HYzrdn7YLCM>

Part 3

The idea behind this part is to consolidate everything you have done in part 1 and part 2 and then bring this altogether to complete some form of assessment which your subject teachers will mark when you start in September.

Research Methods, Areas & Perspectives.

As you already know Psychology is the study of behaviour in both humans and animals. Throughout the course we investigate the five different areas: ***Social, Individual Differences, Cognitive, Developmental and Biological***. Within each of these areas' psychologists assume there are different causes and factors that influence our behaviours for example, Social Psychologists assume that the environment, presence of authority figures and other external factors influence our behaviours and encourage us to act in a certain way even if we know it is wrong.

We also cover two perspectives: ***Behaviourist and Psychodynamic***. The behaviourist perspective is the theoretical perspective in which learning, and behaviour are described and explained in terms of stimulus-response relationships whereas the psychodynamic perspective ignores the trappings of science and instead focuses on trying to get '*inside the head*' of individuals to make sense of their relationships.

Finally, the research methods component develops your knowledge of planning and conducting and analysing psychological research.

Task 1:

WATCH the clip below and research using the links below to explain the developmental assumptions (what developmental psychologists assume influences behaviour)



<https://youtu.be/8O6z5-WTHt0>



<https://www.apa.org/action/science/developmental/>

<https://www.britannica.com/science/developmental-psychology>



Developmental Psychologists assume that

Task 2:

To be a successful Psychology student you must be able to work independently. This is a skill which we will build up but, requires you to be proactive in your own learning. There will be an expectation that you read over your notes after every lesson, carry out further reading around topics or certain content and make additional notes to gain a better understanding of the work.

So, for your second task you need to **read the famous study by Bandura using this link:** <https://www.ocr.org.uk/Images/170180-guide-to-core-studies.pdf> (page 26).



Complete the knowledge organiser on the next page:

This will cover the following key information within the study:

The aim of the study

What was the procedure was (what did the study involve participants doing?)

The results of the study

What were Bandura’s conclusions as to why participants behaved the way they did?



BANDURA, A., ROSS, D. and ROSS, S. A. (1961) Transmission of aggression through imitation of aggressive models. Journal of Abnormal and Social Psychology, 63, (3), 575-582.



What did Bandura and his colleagues set out to investigate, what was their aim?

Who was used (the sample)?

What do you think is good about this group of participants?

Can you tell me the step by step procedure of the study?

Phase 1:

Phase 2:

Phase 3:

What do you think might be a limiting factor about this group of participants?

Using this link: <https://www.psychologywizard.net/bandura-ao1.html>

Identify some key numerical findings from the study.

Important terminology and definitions:

Social Learning Theory:

Imitation:

Vicarious reinforcement:

Anteroom:

Observation:

Aggression Arousal:

Key conclusions from the study (explanations of results)



Task 3:

Practical Applications.

As part of the course, you will be expected to carry out further reading independently. By finding news articles like the one below you are expected to identify the link to Psychology and everything you have been learning. Thus, meaning you have to try and explain why some people behave in this way and then linking it to what you have learnt from the different areas / perspectives and core studies.

The summary space, to the right of the article is for you to use when reading through each paragraph. Here you must summarise (put into your own words) or bullet point what is being said here or any relevant psychological terminology that is going to help you when answering the question.

For example, in the first paragraph is it stating that more parents are suffering from violence from their children. Behaviours, morals have changed but, why?

Key terminology that is relevant to psychology could be: Violence, why & helped?

The Children Who Hit Their Parents.

What is it like to be bullied by your own child? Experts say a growing number of parents are experiencing violence at the hands of their children. But why does it happen, and can these families be helped?

Luke, 13, hits his mum if he does not get something he wants, or is grounded and wants to go out. "I won't do it too powerful because if I hurt her and she has to go to the doctors' or hospital, she'll have to tell them what's happened. I don't do it as light as a feather, but hard enough to scare her," he says.

Luke - not his real name - threatens, spits, hits and throws things at his mum. "I just get angry," he explains. He cannot say where the anger has come from, but his mum says it started when he was seven. Luke says he does not mean to hurt her and knows it is wrong afterwards. "I don't like it. I don't know. I love my mum," he explains.

Witness violence - Children who regularly attack their families do it for a variety of reasons, often due to a need to control the people around them. Dr Peter Jacobs, a clinical psychologist who works with affected families, says many cases involve homes where violence regularly takes place - which means the children become used to it. "It becomes normal. Young people, as anyone, take their cue to behave from their social environment. "So, when the people around them seem to take it for granted that violence or abusive behaviour happens - then they will feel encouraged to continue in that manner," he explains.

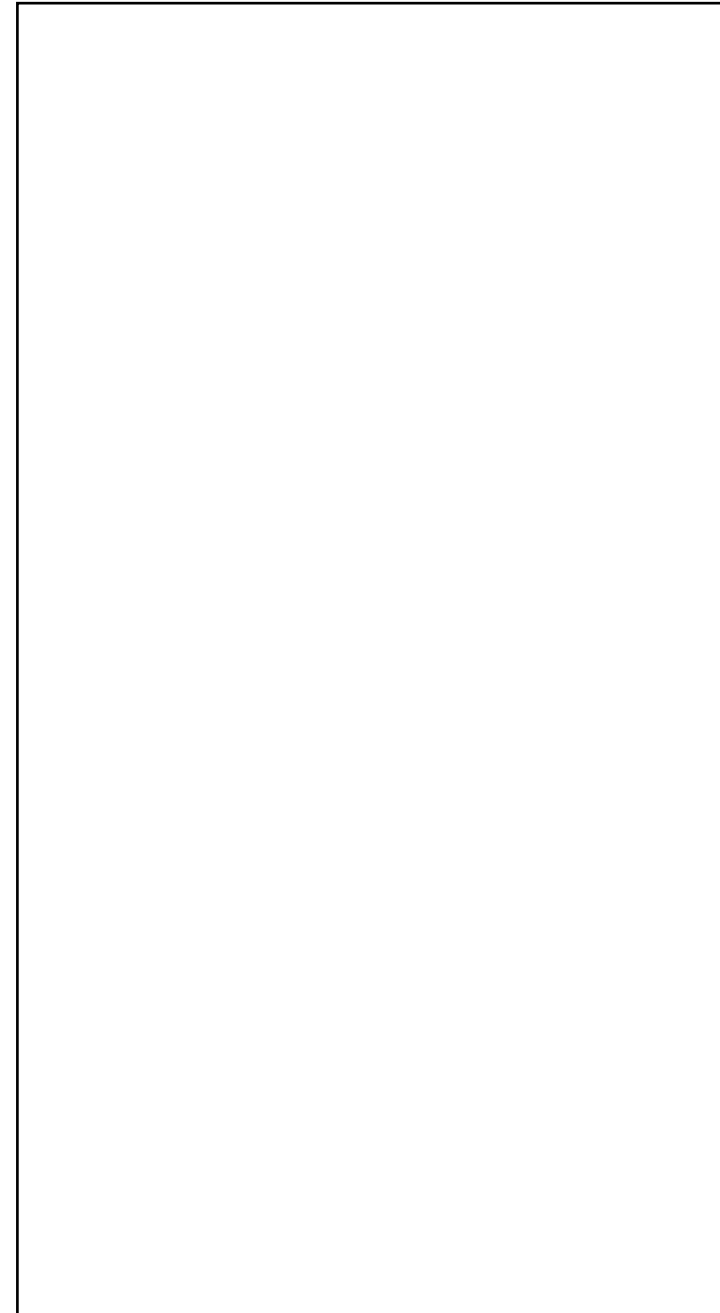
Summary Space:

It is often also the case that the traditional form of parental authority has been eroded. If they become used to a child's pattern of violent behaviour, their presence in the child's life becomes diminished. Dr Jacobs says: "So you will have parents who will avoid their children or walk on eggshells. West Midlands Police say they have dealt with almost 200 cases of under-18s abusing their parents in the past 12 months, but only 13 were charged. DCI Sally Simpson, domestic abuse lead at the force, says around six in 10 allegations are dropped because the victim decides not to support a formal prosecution - most are reluctant to criminalise their own children and will exhaust other options first.

"I don't think there's any doubt it's an under-reported offence and I suspect the actual figure is much higher," she says. One person who involved the police was "Sarah", whose teenage son began attacking her two years ago. Initially, he pushed and shoved her, but then he used a cricket bat.

"I didn't actually think he was going to do it, I just stood there and let him because I thought 'no, my son's going to come to his senses, he's not going to do this to me'," she says. Things came to a head when she took his phone away and he threatened her with a bread knife. In the ensuing struggle she was badly cut and needed seven stitches.

"There was just almighty fear, almost like you're faced with a criminal in your home. Then my hand was cut - that was the point at which I had to admit I had this violent child," she says. Sarah's son was arrested and given a 12-month referral order. He is currently living in a home for young people whose circumstances present a challenge for social services. She says dealing with the authorities was an exhausting and upsetting experience and she felt there was no-one to help her.



Answer the question

Question: Give 2 reasons why a person might behave in this way (*from what you have learnt throughout part 1, part 2 and part 3*). Why might people display these aggressive tendencies, use evidence from the article? (*That means to use quotations*)

Why some people behave this way:

Question: Give 2 reasons why some individuals might choose not to display these aggressive behaviours. Try to explain your answers fully using evidence from the article!

Why some people choose not to behave this way:

Careers this subject can lead to:

After studying Psychology there are many career pathways available such as:

Teaching

Market research

Social work

Nursing

Advertising

Sales

Media

Cognitive Psychology

Educational Psychologists

Personnel management

Police

Armed Forces and many more....



Check these websites out for more information on careers in Psychology

[Psychology careers guide \(apa.org\)](https://www.apa.org/careers)

<https://careers.bps.org.uk/>

<https://www.youtube.com/watch?v=WTf63SIlnuk>



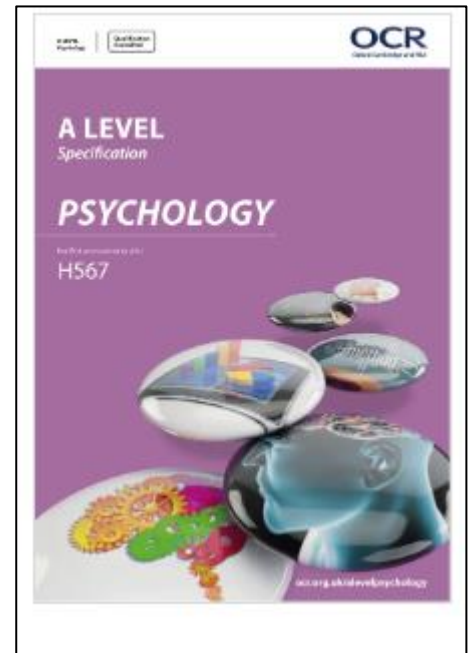
Useful information to know.



What specification is it?

OCR A level Psychology H567

<https://www.ocr.org.uk/qualifications/as-and-a-level/psychology-h167-h567-from-2015/>



What textbook will I use?

Text books for Year 1 and Year 2 will be provided by the Sixth Form, but if you want to purchase a copy this is the amazon link.

<https://www.amazon.co.uk/OCR-Level-Psychology-AS-Year/dp/0198332750>

