

# psychology.

A Level / BTEC Preparation Pack



STEP UP TO  
SIXTH FORM

## Overview

The Psychology department at the College is looking forward to welcoming you in September. To help you in your transition to the College, we have put together a range of resources for you to have a look at over the next few months. These will give you a sense of the vast range of topics we study in Psychology and hopefully endorse your decision to study this subject. Whether you

study A Level or BTEC Psychology, these resources are a good starting point.



**Ashley Vallance**  
Head of Psychology

## What is Psychology?

<https://www.youtube.com/watch?v=1Os1C000qxY>

## Activities

### Conduct your own experiment

You can either do this alone or do it with other people in your household. Look at the words below and memorise as many as possible in 1 minute.

Nine	Swap	Cell	Ring	Lust
Plugs	Lamp	Apple	Table	Sway
Army	Bank	Fire	Hold	Worm
Clock	Horse	Color	Baby	Sword
Desk	Hold	Find	Bird	Rock

After a minute is up record how many you got correct and record the scores of the others.

Most people will struggle with this task due to the limitations of short term memory. We have a limited capacity in our short term memory of around 5-9 items.

Give yourself a minute to learn the words below and compare how many you are able to recall in comparison.

Horse	Cat	Dog	Fish	Bird
Orange	Yellow	Blue	Green	Black
Table	Chair	Desk	Bookcase	Bed
Teacher	School	Student	Homework	Class
Apple	Banana	Kiwi	Grape	Mango

You are likely to have remembered more words in this attempt than the previous table. This is because the words are in categories and the category of colour or animals acts as a cue.

## Suggested Reading & Podcasts



- **All in the Mind** – BBC This podcast explores “the limits and potential of the human mind.” Recent topics include sibling rivalry, sleep paralysis, and personality change.
- **The Psych Files** – Psychology related podcast. Episodes cover a range of topics related to the A-level specification.
- **British Psychological Society** – useful information on careers in psychology, disorders as well as what psychology is about.
- **Tutor 2 U** – Lots of useful information on A-level Psychology including blogs, presentations and activities  
<https://www.tutor2u.net/psychology>

## TV & Film

- **The Stanford Prison Experiment (2015)** – Available on Amazon Prime. This is a dramatised version of Zimbardo’s famous Social Psychological Experiment. Consider to what extent the participants were following their social roles or were they acting up for the experimenter?
- **Secret History of the Brain** – Examining various areas of Psychology that you will cover during your A-level studies.  
**Episode 1: Mind Control** - <https://www.dailymotion.com/video/x6cifd2>  
**Episode 3: Broken Brains** - <https://www.dailymotion.com/video/xugnuxu>
- **Three Identical Strangers** – True life story that examines the nature nurture debate and also the ethics of research. Available on 4od, Netflix, youtube.
- **Ted Talks: Elizabeth Loftus** - <https://www.youtube.com/watch?v=PB2Oegl6wvI> very interesting talk on memory.
- **Ted Talks: Phillip Zimbardo** - <https://www.youtube.com/watch?v=OsFEV35tWsg> talk on extremes of behaviour.
- **Ted Talks: Peggy Andover** - [https://www.ted.com/talks/peggy\\_andover\\_the\\_difference\\_between\\_classical\\_and\\_operant\\_conditioning](https://www.ted.com/talks/peggy_andover_the_difference_between_classical_and_operant_conditioning) operant and classical conditioning.
- **Ted Talks: Gero Miesenboeck** - [https://www.ted.com/talks/gero\\_miesenboeck\\_re-engineering\\_the\\_brain](https://www.ted.com/talks/gero_miesenboeck_re-engineering_the_brain)
- **Conversations with a Killer: Ted Bundy Tapes** - available on Netflix. Useful for criminal psychology topic and profiling offenders.
- **Experimenter (2015)** - True story based on the experiment by Stanley Milgram.
- **Shutter Island (2010)** - Interesting film that explores mental health and the treatment of individuals with serious mental health issues.
- **Adjustment Bureau (2011)** - Enjoyable film that explores how much free will over our life we have and how much it is determined. This is a key debate in Psychology.
- **Making a Murderer (Netflix)** - <https://www.netflix.com/gb/title/80000770> forensics
- **Horizon OCD: A Monster In My Mind** - <https://www.dailymotion.com/video/x4c3gve> psychopathology
- **OU on the BBC: Eyewitness** - <https://www.open.edu/openlearn/body-mind/ou-on-the-bbc-eyewitness> memory

## Course Specifications

**A Level** - [Download AQA Psychology Specification](#)

**BTEC** - [Download Pearson Psychology Specification](#)