**A Level Psychology Study Period Guide – Autumn Term 2022: Cognitive Psychology**

This guide is designed to help year 12 Psychology students with their independent revision during their study periods.

**Exam board:** Edexcel. For a detailed look at the specification, click the below link:

<https://qualifications.pearson.com/content/dam/pdf/A%20Level/Psychology/2015/specification-and-sample-assessments/AL-Specification-Psychology.pdf>

In year 12 you will study the approaches within Psychology which forms the basis of **Paper 1: Foundations in Psychology.** The approaches are: Social, Cognitive, Biopsychology and Learning Theories. This paper constitutes 35% of your final grade.

**To begin with, you will study Cognitive Psychology. The topics you will be studying this term:**

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| Cognitive Psychology  | Methodology |
| * Models of memory – MSM, WMM, reconstructive and Tulving’s LTM
* Case of HM
* Classic study by Baddeley et al (1966)
* Contemporary study by Sebastian and Hernandez-Gil (2012)
* Key issue of relevance to society – how can knowledge of working memory be used to inform the treatment of dyslexia?
* Practical investigation – partial replication of classic study
 | * Aims/ hypotheses – one/two tailed and null (directional and non-directional)
* Variables – IV/ DV, confounding and extraneous variables as well as operationalism of variables
* Experiments – laboratory, field and natural experiments
* Experimental research designs – repeated measures, independent measures and matched pairs design
* Analysis of quantitative data – calculate measures of central tendency and measures of dispersion
* How to draw bar charts and histograms
* Calculating and interpreting Mann Whitney U test
* Type 1 and 2 errors
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**Purpose of independent study:**

* Familiarity with assessment objectives/ command terminology and how to evidence each of these
* Reviewing content thoroughly and regularly, highlighting areas of development
* Regularly practising examination techniques modelled in lesson and looking at feedback to see how you can further improve
* Develop understanding of psychological concepts, theories and research beyond the curriculum to explain how they have/ can improve society

**Examples of revision/ independent study activities:**

* Filling in glossaries of key terms. (Copies distributed in lesson/ available on Teams)
* Filling in blank knowledge organisers to consolidate/ summarise information covered in lesson. (Copies distributed in lesson/ available on Teams)
* Flash cards/ mind maps/ Cornell notes
* Practising examination techniques that have been modelled in lessons by completing past examination questions from ‘exam packs’ provided. Don’t forget to hand these in to be marked. (All past papers are available on Teams)
* Creating revision aids for studies/ theories using the A01/3 plan modelled in lessons
* Quizzing a friend
* Hot seating – talking for 1 minute non-stop about a given topic
* Creating a fact file on key Psychologists, such as Milgram, Bandura, Pavlov
* Prepare for next lesson by reviewing content
* Complete homework tasks

**Useful resources:**

* [www.psychologywizard.net](http://www.psychologywizard.net) Specific to Edexcel
* <https://psychologyrocksblog.wordpress.com/> useful for practising mathematical skills
* <https://www.revisely.co.uk/alevel/psychology/edexcel/> useful for videos/ content. Not all the content is exactly the same as what we cover at BCCC so be mindful you are covering the content I have directed you towards.
* <https://www.physicsandmathstutor.com/psychology-revision/>
* <https://senecalearning.com/en-GB/>
* <https://www.hoddereducation.co.uk/magazines/magazines-extras/psychology-review-extras> Psychology Review
* [www.simplypsychology.org](http://www.simplypsychology.org) - for information, though it is not specific to Edexcel
* <https://www.s-cool.co.uk/a-level/psychology> - for information, though it is not specific to Edexcel

**Additional resources: (more available on Teams)**

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| Documentaries/ Movies * The Man With the 7 Second Memory – Clive Wearing
* HM case study
* Dr Michael Moseley documentaries
* Memento
* Ex Machina
* The Notebook
* The Mind
* History of Cognitive Psychology – YouTube
* Still Alice
 | Podcasts/ TED talks* Elizabeth Loftus – How reliable is your memory?
* Daniel Kahneman - The riddle of experience vs memory
* James Flynn- why our IQ is higher than our grandparents?
* Joshua Foer: Feats of memory anyone can do
* Sabine Doebel: how your brains executive functions work and how to improve it
* Dan Dennett – the illusion of consciousness
* Peter Dolittle – how your working memory makes sense of the world?
* Tom Gruber – how AI can enhance our memory, work and social lives
* Psychology Podcast
* All in the Mind
* <https://www.bbc.co.uk/programmes/b00yhv36>

Claudia Hammond meets Elizabeth Loftus, the psychologist whose research into eye witness testimony and the fallibility of memory changed how police and courts deal with witnesses.  | Books:* Mindset by Carol Dweck – growth and fixed mindset – more for personal use
* How the Mind Works (1997) by Steven Pinker - Cognitive psychology made interesting and easy to read!
* Mistakes were made (but not by me): Why We Justify Foolish Beliefs, Bad Decisions and Hurtful Acts (2007) by Carol Tavris and Elliot Aronson
* The Private Life of the Brain (2002) by Susan Greenfield – can be a hard read but useful for those interested in neuroscience.
* Ramachandran, V.S. & Blakeslee S. (1999). Phantoms in the Brain: Human Nature and the Architecture of the Mind
* Rhythms of the Brain (2011) by Gyorgy Buzsaki- neuronal activity is the source of our cognitive abilities
* Thinking, Fast and Slow – Daniel Kahneman

Very interesting 2011 exploration of cognitive psychology in contemporary society by Nobel Prize winner Kahneman. Explores the way in which intuitive thought often takes precedence over conscious deliberation, leading to self-delusion |