



Poole High School Sixth Form

Psychology – Summer pre-reading

Reading:

What do Psychologists do?

- <https://www.betterhelp.com/advice/psychologists/what-psychologists-can-help-you-do/>
- Pop Psychology
- <https://www.betterhelp.com/advice/psychologists/understanding-pop-psychology/>

Latest in Psychology news

- <https://www.betterhelp.com/advice/psychologists/the-latest-in-psychology-news/>

Autonomy and positive mental health

- <https://www.betterhelp.com/advice/psychologists/is-autonomy-psychology-a-thing-and-how-can-i-benefit/>
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Using Cognitive Behavioural Therapy (CBT)

- <https://www.betterhelp.com/advice/psychologists/aaron-beck-theory-his-contribution-to-psychology/>

Listening:

Podcasts on the different approaches in Psychology, this will be our first unit in Psychology!

1. Origins of psychology, 3 mins - https://www.podbean.com/media/share/dir-52e6w-1307027f?utm_campaign=w_share_ep&utm_medium=dlink&utm_source=w_share
2. Behaviourism, 3 mins - https://www.podbean.com/media/share/dir-vf835-1307027e?utm_campaign=w_share_ep&utm_medium=dlink&utm_source=w_share
3. Social learning theory, 3 mins - https://www.podbean.com/media/share/dir-vqu4e-1307027d?utm_campaign=w_share_ep&utm_medium=dlink&utm_source=w_share
4. Cognitive approach, 3 mins - https://www.podbean.com/media/share/dir-zedwy-13097e4f?utm_campaign=w_share_ep&utm_medium=dlink&utm_source=w_share
5. Biological approach, 3 mins - https://www.podbean.com/media/share/dir-w5978-13097e4e?utm_campaign=w_share_ep&utm_medium=dlink&utm_source=w_share
6. Psychodynamic approach, 3 mins https://www.podbean.com/media/share/dir-wa2h3-13097e4d?utm_campaign=w_share_ep&utm_medium=dlink&utm_source=w_share
7. Humanistic approach, 3mins - https://www.podbean.com/media/share/dir-sbb8r-13097e4c?utm_campaign=w_share_ep&utm_medium=dlink&utm_source=w_share

In preparation for September:

Please purchase an A4 Lever arch folder and a set of 10 part dividers they can write on. I would also encourage you to buy this text book, https://www.amazon.co.uk/Psychology-Level-Year-Student-Book-dp-1912820420/dp/1912820420/ref=dp_ob_image_bk. *please make sure it's the second edition.