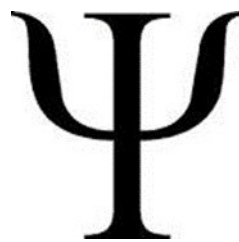


Name _____

PSYCHOLOGY

Year 11—2025 Bridging Task



What is Psychology?

If you look up the definition of Psychology in 100 different textbooks, you would get 100 different definitions.

However, what they all agree on is that Psychology is basically concerned with understanding **behaviour**.



Why is it so difficult to define?

The reason why there is no clear and definite definition is that within Psychology there are many, often competing different explanation of any type of behaviour.

Psychology is made up of different branches, called approaches.

An **approach** is a perspective (i.e. view) that involves certain assumptions (i.e. beliefs) about where human behaviour comes from: the way they function, which aspects of them are worthy of study and what research methods are appropriate for undertaking this study.

Some psychologists argue that all behaviour is innate and predetermined by our genes or biology, others argue that we are all born a blank slate and every behaviour is learned. Others still explain behaviour as a result of specific events occurring in our childhood.

This can be confusing at first but you will soon be able to recognise the key approaches to explaining behaviour.



Task 1—For your first task, I would like you to research each of the main 6 psychological approaches to explaining behaviour and make some notes on each on the relevant pages of this booklet.

Write down some of the basic assumption

Please note; when researching on the internet, it is wise to put 'psychology' in the search engine as well as the word you are looking for.

Simply Psychology and Tutor2U are both good sources of information. You can also research using books, including the online text-book we will be using next year.

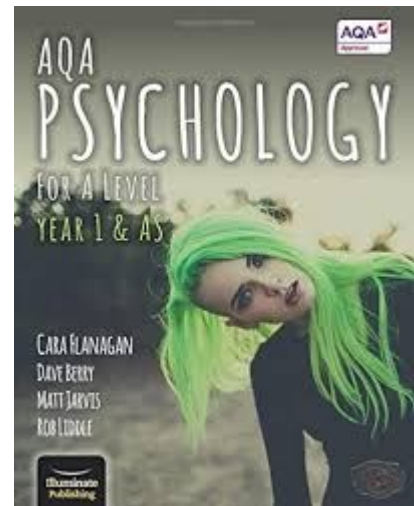
To access the Digital resource please access this page:
www.illuminate.digital/aqapsych1

Use the following username and password,

Student Username: SSTJOSEPHSCA

Student Password: STUDENT

When you log in you will see a 'Getting started' page that clearly explains how to use this resource.



Task 2

Complete the Key Terms.

The Behavioural approach



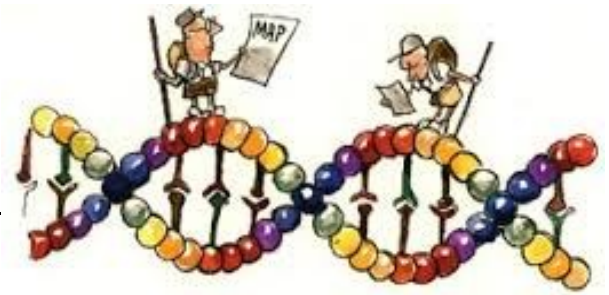
Key assumptions of this approach



The SLT approach

Key assumptions of this approach

The Biological approach



Key assumptions of this approach

The Psychodynamic approach

Key assumptions of this approach



Id:
Instincts



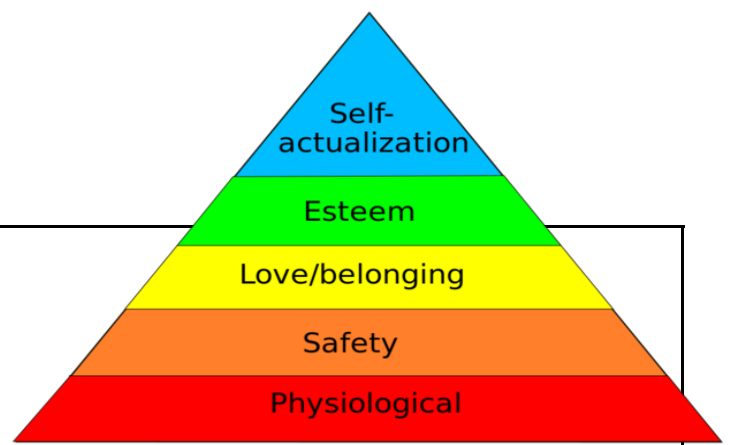
Ego:
Reality



Superego:
Morality

The Humanistic approach

Key assumptions of this approach



Task 2—Complete the Key Terms

Classical Conditioning

Operant Cionditioning

Vicarious Reinforcement

Genotype

Phenotype

Schema

The super-ego

Maslow's Hierarchy of Needs