

## A-Level Psychology Preparation Guide

Welcome to A Level Psychology!

You've probably been wondering how studying A Levels will compare to your previous studies so we have put together a quick guide and some activities to help you get ready for starting in September.

### Items to bring to lessons

1. A high level of attendance and punctuality are essential to success in A Level Psychology.
2. Black pen, calculator, pencil, ruler and highlighter. You will need a file to store all your Psychology resources. You will be provided with work booklets for each of the topics that we cover.

### Learning to Learn



Watch the following clip and jot down 5 things that tell you what Psychology is.

<https://www.youtube.com/watch?v=vo4pMVb0R6M>

Intro to Psychology: Crash Course Psychology #1

Psychology is a challenging but rewarding subject, it is the study of the human mind and behaviour. Psychologists study and design experiments to find out what is normal human behaviour and then carry out research into abnormal behaviour. They use the information learnt to address social and personal problems that people may have.

With this in mind, to assist your learning and enable you to perform to your potential, we would expect:

- You must review your notes by making flash-cards or other revision methods to assist your learning of the material.
- You not to leave all learning until the end of the year before exams, this volume of work cannot be learnt in a few days.
- Your completion of external work and every week to assess your progress and understanding.
- You to use MyVLE for extra resources and questions.

## Planning for Exams

The exam board for Psychology is AQA and you will study specification number 7182.

You will sit 3 two-hour exams at the end of the two-year programme.

Paper 1 consists of Introductory Topics in Psychology such as: Social Influence, Memory, Attachment and Psychopathology.

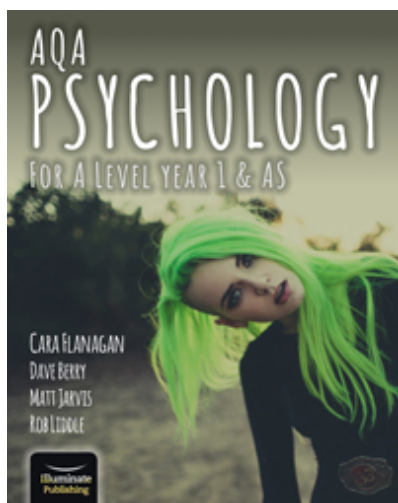
Paper 2 consists of Psychology in Context such as: Approaches in Psychology, Bio-Psychology and Research Methods.

Paper 3 consists of Issues and Options in Psychology such as: Gender, Schizophrenia, Forensics and Issues and Debates.

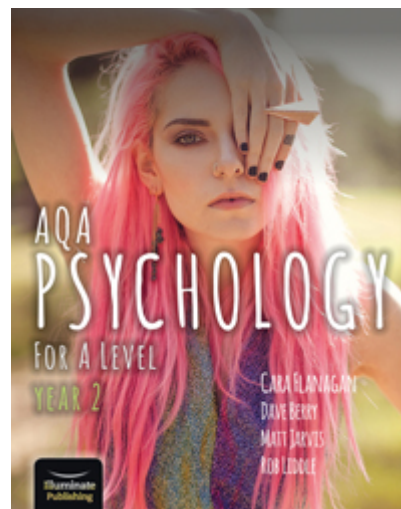
Most of your in-class assessment will take the form of exam-style questions and you will sit progression exams at the end of the first year. During year 2 you will sit mock exams.

## Recommended Textbooks

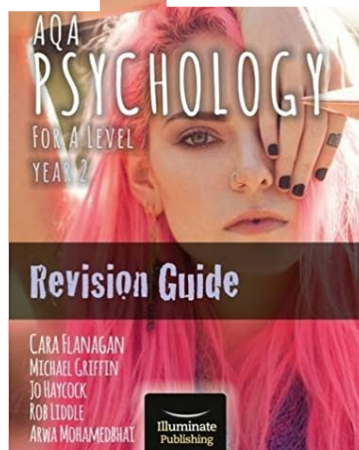
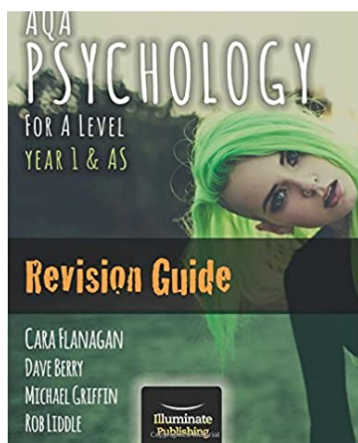
New textbooks have been produced that are designed with the newly structured and examined specification. Those currently available are:



This is the recommended text book needed for first year and the one that we use in class often. These can be found on Amazon.



This is the recommended text book needed for second year and the one that we use in class often. These can be found on Amazon.



There are also revision guides available for both first and second year. These books are brilliant for condensing information into small chunks and helping students to clearly identify where A01 and, A02 and A03 marks will be awarded. These can also be found on Amazon.

## Recommended Websites

Whilst the internet is full of useful Psychological information, we do not advise a random search as many of these sites are not specifically designed for AQA Psychology, this applies to Wikipedia, as the content regularly goes far beyond the A-Level specification and covers many interesting areas that are not relevant to the course. The most useful websites are:

<http://www.aqa.org.uk/>

The AQA website, which can be used for information relevant to the course, as well as past exam papers and exemplar questions from the new specification. Once on the website please search 7182.

<https://www.youtube.com/>

You tube contains lots of useful videos and practical examples that are essential to the course, as well as many that show the diversity and fun aspects of Psychology.

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

The British Psychological Society

<https://www.tutor2u.net/psychology>

tutor2u partners with teachers & schools to help students maximise their performance in important exams & fulfil their potential in Psychology.

## Recommended Apps to download

These are a great alternative to purchasing the revision guides and have the same information as well as online activities for you to complete.

**REVISION APPS**

*"As a teacher the flexibility that the app gives to students is invaluable. It is always in their pocket wherever they are and the clear layout means that they are quickly able to access the topics they are looking for. I used to cringe when students asked if they could use their phones in lessons for research, now I actively encourage it!"*

LISA SHEPHERD, ST PAUL'S CATHOLIC SCHOOL

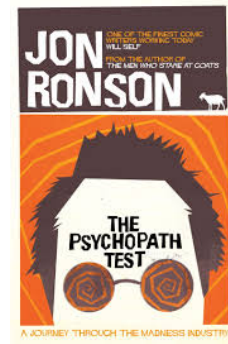
AQA A LEVEL PSYCHOLOGY  
YEAR 1 & AS

AQA A LEVEL PSYCHOLOGY  
YEAR 2

## Recommended Reading and Watching

### Reading List – Psychology

- Reaching Down the Rabbit Hole by Dr Allan Ropper – Bio-Psychology and Psychopathology.
- The Man Who Mistook His Wife for a Hat by Oliver Sacks – Psychopathology and Neurological disorders.
- The Happiness Hypothesis by Jonathan Haidt – Psychological Well Being.
- The Little Book of Psychology by Emily Ralls – All the best bits of Psychology.
- The Lucifer Effect by Philip Zimbardo – Social Influence and Obedience.
- The Psychopath Test by John Ronson – Psychopathology.



### Watching List – Psychology

- 12 Angry Men – Social influence (Conformity)
- The Wave – Social Influence (Conformity & Obedience)
- The Experimenter – Social Influence (Obedience)
- A Beautiful Mind – Psychopathology (Schizophrenia)
- One Flew Over the Cuckoo's Nest – Psychopathology (Schizophrenia)
- Dangerous Methods – Approaches (Psychodynamic Approach)
- Shutter Island – Psychopathology (Schizophrenia)
- The Notebook – Memory
- 50 First Dates – Memory
- The Bodyguard – Relationships
- Three Identical Strangers – Issues and Debates (Nature/Nurture)



## What do our students say about A Level Psychology?

We asked some of our current learners if they were to give advice about doing A Level Psychology what they would say. Here are the main comments:

“Psychology is really interesting, you learn a lot about yourself and other people”

“Psychology resources are excellent and the tutors are really good at making sure you get the best grade possible”

“Constantly reading notes and practicing past paper questions is pivotal to success at A Level Psychology. Reading a small number of notes constantly, helps massively.”