

# TRANSITION WORK



## PSYCHOLOGY 2020

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The following tasks are designed to give you an insight into psychology and some of the topics that will be covered during the first year of the course.

### Reading list (books / academic articles / journals etc)

#### [If you have an interest in bizarre disorders:](#)

##### **The Man Who Mistook His Wife for a Hat (Picador Classic)**

by Oliver Sacks | 2 Sep 2011

- **Publisher:** Picador; Reprints edition (2 Sept. 2011)
- **Language:** English
- **ISBN-10:** 0330523627
- **ISBN-13:** 978-0330523622

#### [This book explores the human brain from a more medical perspective:](#)

##### **Reaching Down the Rabbit Hole: Extraordinary Journeys into the Human Brain**

by Allan Ropper , Brian David Burrell

- **Publisher:** Atlantic Books; Main edition (7 Jan. 2016)
- **Language:** English
- **ISBN-10:** 1782395504
- **ISBN-13:** 978-1782395508

#### [This book explores the case study of Clive Wearing, who lost all personal memories](#)

##### **Forever Today: A Memoir of Love and Amnesia (Paperback)**

by Deborah Wearing

- **Publisher:** Corgi; New Ed edition (17 Sept. 2005)
- **Language:** English
- **ISBN-10:** 0552771694
- **ISBN-13:** 978-0552771696

#### [AQA A Level Psychology Specification](#)

You should know what topics are included in the course and the expectations of the exam board. Download a copy of the specification [here](#)

#### [British Psychological Society \(BPS\) PsychCrunch Podcasts](#)

There are currently 20 Podcasts on various areas of psychology. Follow the link [here](#) then choose which ones most interest you.

#### [BPS Research Digest](#)

Follow the link [here](#) to access a roundup of fairly current research in psychology. It is a very interactive site where you can link to many other pages and sites

## Documentaries



Watch and listen. Watch the following 3 TED talks on mental health, summarising the key points in writing after each one

**Mental health** TED talk about mental health. **Summarise some of the key points** highlighted in this talk. [What's so funny about mental health?](#)

**Mental health** TED talk about stress **Summarise some of the key points** highlighted in this talk. [The science of stage fright and how to overcome it](#)

**Mental health** TED talk about causes for depression and anxiety. **Summarise some of the key points** highlighted in this talk. [This is why you could be depressed or anxious](#)



Watch the following Ted talk on memory

**Memory** TED talk which discusses the reliability of memory and the impact of false memory. Reflect on the TED talk and **make your own notes**. [How reliable is your memory?](#) TED Talks – Elizabeth Loftus

## Written work required



### Research

- What is psychology?
- What different types of psychologists are there?
- What is the difference between psychology, criminology and forensic psychology?

[What is psychology?](#)

[Becoming a psychologist](#)



### Research Task

#### **Mental health**

Research the clinical characteristic (diagnostic criteria) of at least three different psychological disorders including the following – Obsessive Compulsive Disorder (OCD), Depression and Phobias. Produce a poster or PowerPoint for each disorder to explain the symptoms/ characteristics under the following headings 1) Emotional, 2) Behavioural 3) Cognitive characteristics.



### Complete

#### **Mental health**

Create a mind map to summarise possible causes for mental health problems. You should try to include some highlighted in the different TED talks and the research from the disorders.



### Complete

#### **Memory**

Quiz to see how good your Memory is. Can you remember all the finer details? Once you have completed the quiz, create a quick mind map showing what

'memory' means to you, what can affect memory and how you think memory can be improved. ['How Good Is Your Memory?' quiz](#)



## Research Task

### Memory

What is Eyewitness Testimony and what are the main factors that can affect it? You must pay particular attention to, and read the research study by Loftus and Palmer – this is highlighted as a link within the text. Make our own notes on the content. [Eyewitness Testimony](#) **Simply Psychology**



## Complete

### Memory

Produce a handout or PowerPoint detailing what eyewitness testimony is, the factors that can affect the accuracy of it, and briefly outlining some of the key research.