

A Level Psychology - Fifth to Sixth Transition: Week 1

Step 1: Discover

The History of Psychology.

One of the earliest approaches in Psychology was Behaviourism proposed by BF Skinner after the work of John Watson in 1913. It went on to dominate for nearly 50 years.

However, the roots of Psychology go further back in time than 1913.

Undertake some research and create a timeline showing the development of Psychology. You can use websites and books for your research as well as videos, podcasts. This is a good starting point:

<https://www.simplypsychology.org/wundt.html>

Essential parts of your timeline include the Biological, Behaviourist, Cognitive, Social Learning Theory, Humanistic and Psychodynamic approaches. The following lists details what you should include on your timeline:

Where does the word 'psychology' come from and what does it mean?

Which other discipline did Psychology originate from?

When and where was the approach founded?

Who founded the approach?

What is the fundamental belief about behaviour?

A brief summary of any famous research from the approach.

How do they study behaviour? *hint – laboratory research, observations, case studies*

The format of your timeline is up to you but please be innovative, make them colourful, include relevant pictures etc so we can get them up on the wall in the classroom when we are back at school. You can complete it on the computer, or you can create it on paper and upload a picture – let your creativity run wild!

Step 2: Apply

The approaches are all having a dinner party and it is your job to decide who sits where! If you want a challenge do it based on your discover learning, if not use the approaches summary sheet I have put together to help you.

Seating rules:

People who are sat next to each other are not to be argumentative. They need to have some form of agreement.

Those who are directly opposite each other also need to have something in common, as otherwise eye-contact and communication at the party is going to be seriously awkward.

Once you have seated your guests, you can suggest a topic of conversation they might like to engage in relating to their psychological beliefs.

Guest List



Wilhelm Wundt



Sigmund Freud



John Watson



Abraham Maslow



Albert Bandura



Alan Baddeley



Michael Gazzaniga



Step 3: Expert

Decide which is the most appropriate approach to explain the behaviour and justify why.

Scenario	Approach	Justification
Jenny keeps checking the lights are switched off. She lives alone and before going to bed she completes three circuits of the house checking the lights are off. If she does not do this, she lies in bed with thoughts racing in her head about terrible things that might happen if she does not complete this action. Jenny has been doing this for the past three months.		
Matilda is petrified of goats. She lives on a farm and her big brother is also terrified of them. Her parents often ask Matilda and her brother to feed the goats, at this point Matilda feels her heart rate rise, she starts to sweat and tremble, but these symptoms disappear once she escapes them.		
Joseph's family have just got a new puppy, Otto. They are trying to train Otto to go to the toilet outside. Every time Otto does this he is rewarded with a treat. If he has an accident inside Otto gets nothing and instead is put straight outside into the garden.		
Adam's teacher caught him eating a chocolate brownie in the classroom at break earlier this week. Despite repeatedly being told that that was against the school rules it is not the first time Adam has done this. On every occasion Adam has denied any knowledge of the event when his parents have asked him about it after school.		
In their first Psychology lesson back after remote learning, Miss Lee turned up with a bunch of flowers, a fresh pot of coffee and put on her favourite song. She asked her students to tell her everything they thought about when looking, smelling or listening to these stimuli.		
As he wished the Fifth form good luck in their six week transition period, Mr Hetherington told them he was proud of what they had achieved to date, the kindness they had shown to each other and the way they had all grown over the year. He also reminded them they had much yet to achieve and he would do what he could to help them reach their full potential during their RGS career.		
During the Summer holidays, Charlie started helping her mum around the house. She would unload the dishwasher in the morning, Hoover the house once a week and helped out with hanging the washing on the line. Her mum gave her some extra pocket money for all her help. Charlie's younger sister noticed this and immediately started trying to help around the house too in the hope she may also earn some extra pocket money.		

Optional extension task – watch the film A Beautiful Mind to gain an initial understanding of Schizophrenia.

