

## PSYCHOLOGY BRIDGING WORK – FOUR TASKS PLUS OPTIONAL EXTENSION TASK

Welcome to AS Psychology. Psychology is interested in explaining why we behave the way we do. While you might think you are free to behave how you like, if you have ever tried to stop a bad habit or start a good habit you will know it is not that easy. So what else drives our behaviour?

There are many different types of psychology and like fashion, different ones have been more influential at different times. The first activity below will help you understand some of the different types of psychology and get an idea of the subject's history. You can use this website to help you <http://psychology.about.com>, and there are many others. Most of the terms needed are in the box below task 1, you just need to carry out a bit of research to sort them out.

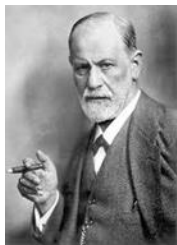
### TASK 1: A BRIEF HISTORY OF PSYCHOLOGY

The roots of modern psychology can be traced back to the \_\_\_\_\_

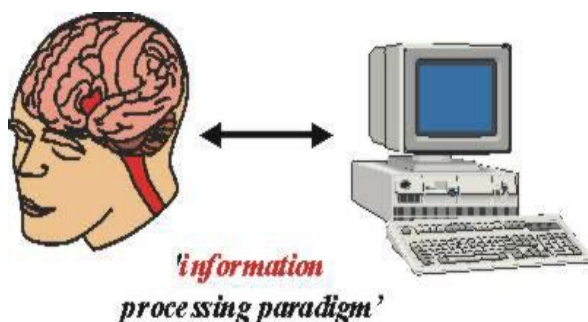
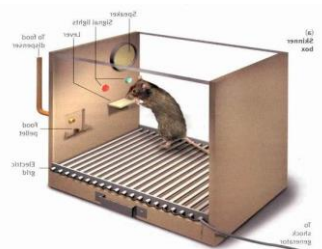


The first experimental psychology laboratory set up in 1879 in the University of Leipzig (Germany) by \_\_\_\_\_. He and his colleagues studied the human mind through **introspection**. This meant observation by early psychologists to study and analyse the elements of their own mental processes (their own thoughts). This was eventually rejected for being too \_\_\_\_\_

The theory of **psychoanalysis** was developed by \_\_\_\_\_. He lived from \_\_\_\_\_ to \_\_\_\_\_ (*not below - find this one out*). He thought that problems in adulthood are often caused by a person's early experiences i.e. childhood (which they then push into the unconscious, meaning they don't remember them). He aimed to make people become aware of their unconscious and so deal with the issues of the past.

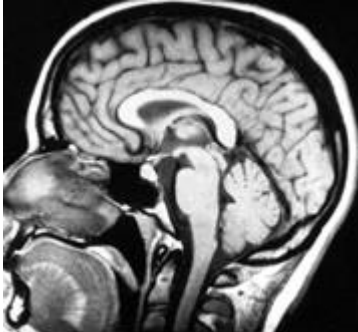


Behaviourism dates from 1913 when \_\_\_\_\_ argued psychologists should focus on studying observable behaviour rather than mental processes because it is more scientific. This approach showed the role of learning through reinforcement (rewards) and punishment in shaping behaviour. Evidence came mainly through animal studies.



Psychology returned to study mental processes in the late 1950's when \_\_\_\_\_ psychologists became interested in mental processes such as memory, problem solving and perception. Although we cannot "see" someone remembering we can measure how well they remember under certain conditions. Humans are seen as information processors similar to a computer in terms of inputs and outputs.

Social learning theory was developed by \_\_\_\_\_ in the 1960's. Like behaviourism it showed the role of learning in shaping behaviour. He also showed how observing others can lead to us modelling (copying) their behaviour. This theory was used to explain aggression in children.



\_\_\_\_\_ psychologists have always been how our physiology e.g. brain chemistry influences behaviour and recent advances in brain scanning techniques have led to renewed interest in this area.



The \_\_\_\_\_ approach considers how our brain became "hard-wired" in our ancestral past. This could explain why we carry out behaviours which often don't make sense in modern times e.g. overeating fast food. Our liking for fat and sugar would have been beneficial to the survival of our ancestors.

<b>Terms you need:</b>	<i>Albert Bandura</i>	<i>Ancient Greeks</i>	<i>cognitive</i>	<i>evolutionary</i>
	<i>Wilhelm Wundt</i>	<i>Sigmund Freud</i>	<i>John Watson</i>	<i>subjective</i>
			<i>biological</i>	

## TASK 2: DEBUNKING COMMON MISCONCEPTIONS ABOUT PSYCHOLOGY

When you tell people you are studying psychology, a common response will be, "oh so you can read my mind?", so is there any truth in this and other common beliefs about the subject

There are many video clips to help you investigate e.g. <https://www.youtube.com/watch?v=9cbmVZU2UUk> and complete the table below:

<b>Misconception</b>	<b>Truth and/or explanation</b>
We only use ten per cent of our brain (you can change this myth if you want to do a different one)	

*Extra: Which one surprised you most, and why?*



**TASK 4: NON EXPERIMENTAL METHODS**

It is not always appropriate to use experiments to find out about behaviour, so psychologists may use other methods such as questionnaires. I am sure you all have experience of completing questionnaires and you may have designed one before. If you read the following on teenage alcohol use I am sure you will find some problems with it. Please write down at least three ways in which this questionnaire can be improved and give reasons for your suggestions. **Extra:** *suggest additional questions that you might ask.*

**Underage Drinking Questionnaire**

Name \_\_\_\_\_ Address \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_

1. How often do you drink alcohol?  
\_\_\_\_\_

2. How many units do you drink a week? \_\_\_\_\_

3. Do you binge drink? Yes No

4. Why do you drink alcohol?  
(a) because it's fun to get drunk (b) because all my friends do it (c) it makes me confident

5. Do you understand the health risks of drinking and why do you still do it?

Problem	Improvement
1.	
2.	
3.	
Extra	

**OPTIONAL EXTENSION TASK**

**Task 5:** Your own interests: Write down 1-5 questions you would most like to have answered during your study of Psychology in Year 12. You could use some of what you've looked at in this set of work to formulate further questions.

*NOW PRINT OUT YOUR WORK AND BRING IT ON YOUR FIRST DAY BACK. Mrs. Henderson*