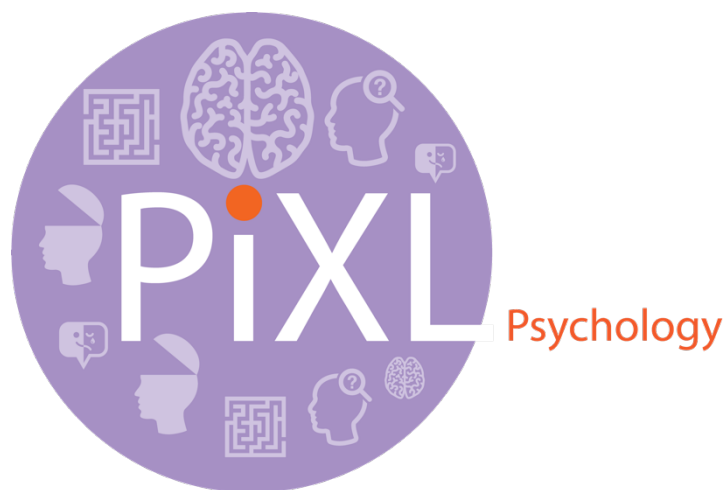




PiXL Gateway: Progression – Psychology

Year 12-13 Psychology



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I. Psychology Vocabulary

PSYCHOLOGY:

Currently, within the Psychology section of the app, we have the following units:

- Applied Psychology
- Areas/Perspectives/Approaches in Psychology
- Biological Psychology
- Issues and Debates
- Planning, Conducting and Analysing Research

Applied Psychology Keywords and Definitions

Word	Definition
coding	The word coding, in psychology, is a process in which data, in quantitative or qualitative form is categorised to facilitate analysis.
mnemonics	A mnemonic device is a technique a person can use to help them improve their ability to remember something.
criminal	The word criminal, in psychology, refers to intentions and actions that are punishable by a court of law.
development	The word development, in psychology, refers to the growth of humans through their lifespan.
therapy	The word therapy, in psychology, refers to a treatment based on the relationship between an individual and a psychologist.
treatment	The word treatment, in psychology, refers to a healing process between an individual and a professional.
medication	The word medication, in psychology, refers to drugs or therapies used to treat mental disorders and conditions.
rehabilitation	The word rehabilitation, in psychology, refers to the application of psychological principles on behalf of persons who have disability due to injury or illness.
restorative justice	The system of restorative justice is one way of dealing with criminal behaviour, focusing on rehabilitation of offenders through reconciliation with victims.
attachment	The word attachment, in psychology, refers to a deep and enduring emotional bond that connects one person to another.
advertising	Advertising uses psychological techniques in various ways, such as appealing to your admiration of celebrities.
intelligence	Intelligence is the capacity to acquire and apply knowledge.
nutrition	Nutrition psychology is the study of how cognitive choices, such as meal decisions, influence nutrition, psychological health and overall health.
assumption	An assumption, in psychology, is the act of taking for granted, or supposing a thing without proof.
stress	Stress is any uncomfortable emotional experience, accompanied by predictable biochemical, physiological and behavioural changes.
rewards	The word rewards, in psychology, refers to reinforcers where delivery increases the probability of a behaviour.
visual	In psychology, the word visual refers to the ability to see, organise and interpret one's environment.
perception	In psychology, perception is the process of recognising and interpreting sensory stimuli.

forensic	Forensic psychology is the interaction of the practice or study of psychology and the law.
components	Components in psychology are constituent parts.
training	Training is teaching, or developing in oneself or others, any skills and knowledge that relate to specific useful competencies.
police	Police psychology ensures law enforcement are able to perform their jobs safely, effectively, ethically and lawfully.
framework	A framework is a structure that can hold or support a theory of a research study.
effective	If something is effective, it is capable of producing an event.
defendant	A defendant is a person accused of committing a crime.
witness	A witness is someone who has seen a crime take place.
noise	The word noise, in psychology, is a distraction caused by some physiological process that interferes with the communication process.
perceptual	The word perceptual, in psychology, refers to a set of mental processes.
negative framing	Negative framing is an example of a cognitive bias.
conservation behaviours	Conservation behaviours are part of the scientific study of the reciprocal relationships between humans and the rest of nature.
subjective norms	Subjective norms are the perceived social pressures to perform, or not to perform, a behaviour.
walkability	Walkability is a measure of how friendly an area is to walking.
dual-systems theory	A dual-systems theory provides an account of how thought can arise in two different ways, or as a result of two different processes.
hierarchical linear modelling (HLM)	Hierarchical linear modelling is regression-based analysis that takes the hierarchical structure of the data into account.
habituation	Habituation is a decrease in response to a stimulus after repeated presentations.
dark-rearing	Dark-rearing is prolonged visual deprivation.
antipsychotic	An antipsychotic is a class of medication primarily used to manage psychosis.
antidepressant	An antidepressant is a drug used to treat depression.
confirmation bias	Confirmation bias is the tendency to search for, interpret and recall information in a way that confirms one's pre-existing beliefs or hypotheses.
bottom-up processing	Bottom-up processing refers to processing information as it is coming in from the environment.
top down processing	Top down processing is processing driven by cognition.
linear sequential unmasking	Linear sequential unmasking is a means of minimising observer effects in forensic DNA.

context reinstatement	Context reinstatement refers to putting an observer back at an event mentally.
halo effect	The halo effect suggests that attractive people are looked upon more favourably.
self-actualisation	Self-actualisation suggests we all have an inbuilt drive to be the best possible person.
gating	Gating is a barrier to forming a relationship.
stimulus response	Stimulus response theory is a concept that refers to the belief that behaviour manifests as a result of the interplay between stimulus and response.

Areas/Perspectives/Approaches in Psychology Keywords and Definitions

Word	Definition
innate	An innate ability is a trait or characteristic that is present in an organism at birth.
learnt	The word learnt refers to a change in behaviour as a result of experience.
modelling	Modelling occurs when an observer imitates (copies/replicates) the behaviour of a role model.
imitation	Imitation is the reproduction or performance of an act that is stimulated by the perception of a similar act by another animal or person.
reproduction	Reproduction in social psychology refers to the act of copying a behaviour.
situation	Situation, in psychology, is the state of an environment.
authority	The word authority in psychology refers to someone who seems legitimately in control of a situation.
uncommon	The word uncommon refers to something that is rare.
minority	A minority is a small group.
majority	A majority is a large group.
influence	Influence is the effect of others on behaviour.
predisposed	Predisposed is how biologically likely something is to happen to us.
thinking	Thinking is the involvement of the brain in processing information, in problem solving, to reason and to make decisions.
processing	Processing means understanding and dealing with information.
adapt	To adapt is to adjust to changes. We often do this in new environments and situations.
survival	Survival is the ability to look after yourself in dangerous situations.
develop	The word develop, in psychology, means to change.
belief	A belief is an idea or principle which we judge to be true.

consequence	A consequence is the result of an action.
environment	Environment, in psychology, means the surroundings we are in.
retention	Retention is the ability to remember and hold onto information.
motivation	Motivation is the process that initiates, guides and maintains goal-oriented behaviour.
reinforcement	Reinforcement, in psychology, is anything that increases the likelihood that a response will occur.
association	Association, in psychology, refers to a mental connection between concepts, events or mental states that usually stems from specific experiences.
reward	A reward is a treat that reinforces a behaviour.
punishment	Punishment, in psychology, is any change in a human or animal's surroundings that occurs after a given behaviour or response which reduces the likelihood of that behaviour occurring again in the future.
unconscious	Unconscious, in psychology, refers to the part of ourselves/our behaviour we are unaware of.
conformity	Conformity is a type of social influence involving a change in belief or behaviour in order to fit in with a group.
obedience	Obedience means complying with commands given by an authority figure.
peers	Peers are members of a social group in which individuals are of the same social status, share similar interests and are close in age.
humanistic	Humanistic psychology studies the whole person, and the uniqueness of each individual.
evolutionary	Evolutionary psychology attempts to explain useful mental and psychological traits as adaptations of natural selection.
individual differences	Individual differences refers to the scientific study of how and why people differ in systematic ways.
psychodynamic	The psychodynamic perspective looks at mental or emotional forces or processes developing, especially in early childhood, and their effects on behaviour and mental states.
cognitive	Cognitive psychology is the scientific study of the mind as an information processor.
neuropsychology	Neuropsychology is the study of the structure and function of the brain as they relate to specific psychological processes and behaviours.
cognitive neuroscience	Cognitive neuroscience looks at the study of the biological processes and aspects that underlie cognition, with a specific focus on the neural connections in the brain which are involved in mental processes.
behaviourist	Behaviourist psychologists are interested in quantifiable, observable behaviour.
psyche	The word psyche, in psychology, refers to the mind, soul or spirit, as opposed to the body.
normative social influence	Normative social influence is conforming in order to fit in with a group.
informational social influence	Informational social influence is conforming in order to be correct.

mediational processes	Mediational processes are cognitive factors that intervene in the learning process to determine whether a new behaviour is acquired or not.
computer analogy	The computer analogy, in psychology, is use of the computer as a tool for thinking how the human mind handles information.
input-process-output	Information processing suggests the human brain processes information like a computer with a process of input-process-output.
Internal mental processes	Internal mental processes in psychology are operations that occur in the mind, but can be studied scientifically.
psychological attributes	Psychological attributes are distinguishing personality or behavioural characteristics.
psychoanalysis	Psychoanalysis focuses on treating mental disorders by recognising the relationships between the conscious mind and the unconscious mind.
neurosis	The word neurosis, in psychology, refers to a mental disorder that causes a sense of distress and deficit in functioning.
introspection	The word introspection, in psychology, refers to the process of observing and examining your own conscious thoughts or emotions.

Biological Psychology Keywords and Definitions

Word	Definition
genes	Genes are the basic biological units of heredity.
hormones	Hormones are chemical substances produced in the body that control and regulate the activity of certain cells or organs.
visual	Visual perception is the ability to see, organise and interpret one's environment.
brain	The brain is the organ located within the skull that is responsible for cognition, mental processes and control of the body and its functions.
bilateral	Bilateral describes something that involves both sides, for example of the brain.
function	A function is the role of something.
hemisphere	A hemisphere, in psychology, is a side of the brain.
lobe	In psychology, a lobe is a portion of the brain.
verbal	Verbal behaviour is concerned with speech.
language	Language is a system of symbols and rules that is used for meaningful communication.
sleep	Sleep is a recurring state of relaxation that is characterised by an altered state of consciousness.
symmetrical	A shape or object is symmetrical if it can be divided into two or more identical pieces.
stimuli	Stimuli are objects which cause activity or excitement to a person or other living organism.
vertical	The word vertical describes something which is an angle of 90° to a horizontal surface.
cortex	Cortex refers to the outer layer of brain tissue.

structure	Structure is the arrangement of, and relations between, the parts or elements of something complex.
hippocampus	The hippocampus is the region of the brain that is associated primarily with memory.
volume	The word volume, in psychology, is the amount of space that a substance or object occupies.
scan	The word scan, in psychology, refers to the ability to look at something carefully, with the eyes or with a machine.
technique	A technique, in psychology, is a way of carrying out a particular task.
visual field	Visual field is the entire area that can be seen when the eye is directed forward.
genotype	Genotype is the set of genes in our DNA which is responsible for a particular trait.
phenotype	The phenotype is the physical expression of a person's genetic make-up (genotype) that can be influenced by the environment.
synaptic pruning	Synaptic pruning refers to the process by which extra neurons and connections are eliminated in order to increase the efficiency of neuronal transmissions.
myelination	Myelination is the process of forming a myelin sheath around a nerve to allow nerve impulses to move more quickly.
synaptogenesis	Synaptogenesis is the formation of synapses between neurons in the nervous system.
ventral striatum	The ventral striatum is associated with the limbic system and forms part of the reward system.
diathesis-stress	Diathesis-stress theory states that psychological disorders develop due to a combination of genetic vulnerability and risk factors in the environment.
ethological	The word ethological, in psychology, is the scientific study of animal behaviour.
lateralisation	Lateralisation of brain function means that there are certain mental processes that are mainly specialised to one side or the other.
localisation	The word localisation, in psychology, refers to the idea that different parts of the brain are responsible for specific behaviours.
dendrites	Dendrites are the segments of the neuron that receive stimulation in order for the cell to become active.
axon	An axon is a long structure found on a nerve cell.
commissurotomy	A commissurotomy is the surgical incision of a commissure. (Commissures are nerve fibres that connect the left and right hemispheres of the brain).
commissure	Commissures are nerve fibres that connect the left and right hemisphere.
stereognosis	Stereognosis is the ability to recognise the form of an object in the absence of visual and auditory information, by using tactile information.
circadian	A circadian rhythm is one that lasts for 24 hours.
ultradian	An ultradian rhythm is a recurring cycle that can be repeated throughout a 24 hour period.
infradian	An infradian rhythm is a cycle that occurs less often than once a day.
topognosis	Topognosis is recognition of the location of a stimulus on the skin.

plasticity	The word plasticity, in psychology, refers to the brain's ability to change in response to the environment.
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Issues and Debates Keywords and Definitions

Word	Definition
bias	A bias is a general pattern or tendency to think a certain way.
culture	Culture is the set of ideas, behaviours, attitudes and traditions that exist within large groups of people.
debate	The word debate, in psychology, refers to a point of view in which research can be viewed.
factor	The word factor, in psychology, refers to characteristics that influence an action.
situation	Situation is the state of an environment.
genes	Genes are the basic biological units of heredity.
right	The word right, in psychology, means correct.
wrong	The word wrong, in psychology, means incorrect.
constituent	The word constituent, in psychology, refers to a part of something.
consider	If you consider something, you view and respond to the given information.
argue	The word argue, in psychology, refers to providing supporting evidence for a point of view.
choice	The word choice, in psychology, refers to a decision.
individual	The word individual, in psychology, is when you focus on one single person or event.
science	The word science, in psychology, refers to the systematic study of behaviour.
Issues	Issues, in psychology, are questions that are posed by research.
useful	The word useful, in psychology, refers to how helpful something is.
apply	The word apply, in psychology, refers to how things can be used in other situations.
dispositional	Dispositional factors are individual characteristics that influence behaviour and actions in a person.
nature	Nature refers to all of the genes and hereditary factors that influence who we are.
nurture	Nurture refers to all the environmental variables that impact who we are.
reductionist	Reductionist explanations offer a single level of explanation for behaviour.
holistic	Holistic psychology emphasises the whole rather than constituent parts.

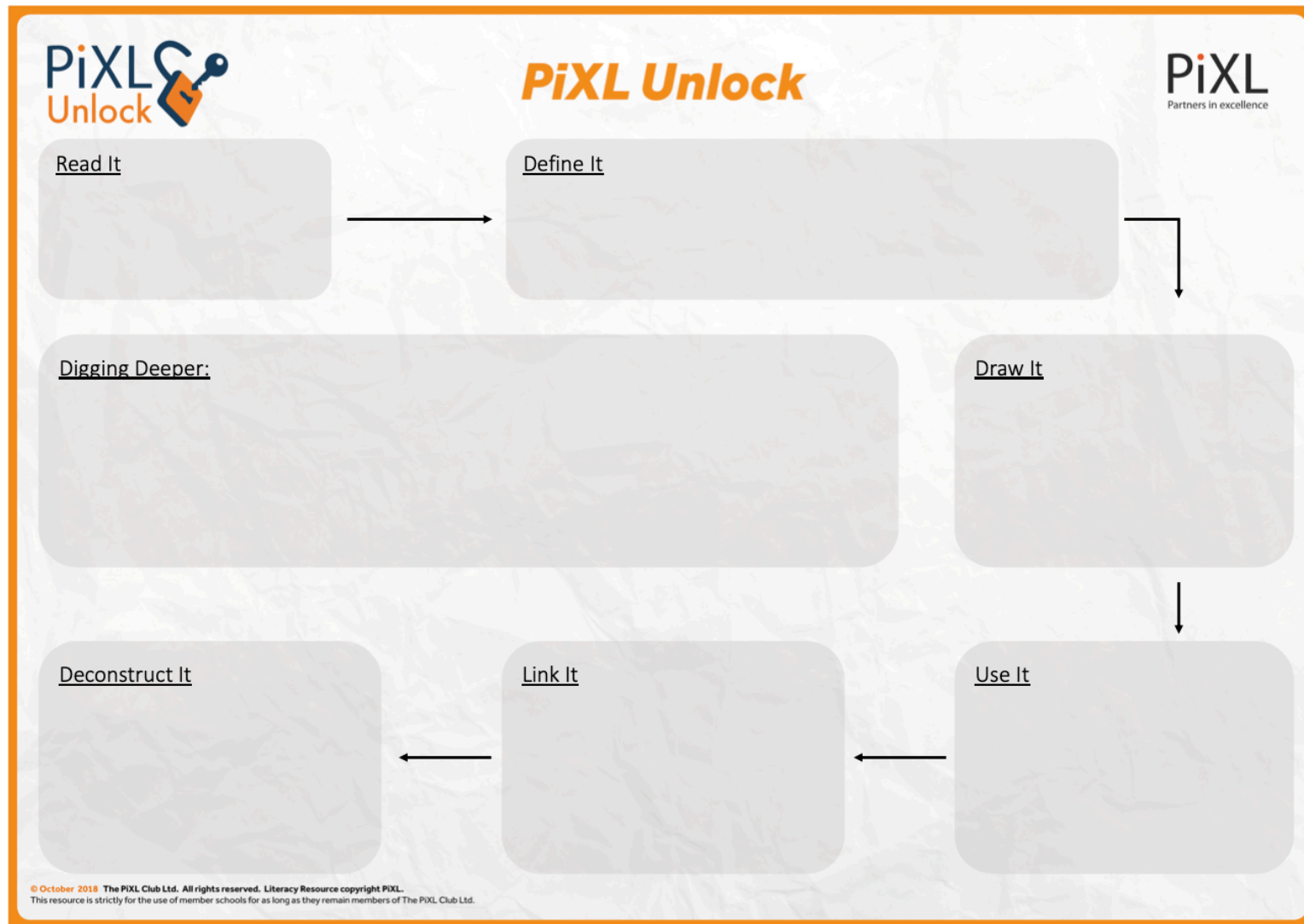
individual	Individual psychology looks at the holistic understanding of behaviour.
free will	Free will is the idea that we are able to have some choice in how we act and assumes that we are free to choose our behaviour.
determinism	Determinism is the view that free will is an illusion, and that our behaviour is governed by internal or external forces over which we have no control.
nomothetic	Psychologists who take a nomothetic approach are concerned with establishing general laws, based on the study of large groups of people.
idiographic	Psychologists who take an idiographic approach focus on the individual and emphasise the unique personal experience of human nature.
cultural bias	Cultural bias is the phenomenon of interpreting and judging phenomena by standards inherent to one's own culture.
ethics	Ethics refers to the correct and necessary rules of conduct for carrying out research.
methodological	The word methodological, in psychology, refers to the principles and rules of a procedure.
ethnocentrism	Ethnocentrism is the tendency to use your own culture as the standard by which to judge and evaluate other cultures.
psychology as a science	Psychology as a science is the scientific study of human behaviour.
alpha bias	Alpha bias refers to theories which exaggerate the differences between males and females.
beta bias	Beta bias refers to theories which ignore or minimise sex differences.
paradigm	A paradigm consists of the basic assumptions, ways of thinking and methods of study that are commonly accepted by members of a discipline or group.

Planning, Conducting and Analysing Research Keywords and Definitions

Word	Definition
accept	The word accept, in psychology, refers to whether a hypothesis can be proven at a significance level.
reject	The word reject, in psychology, refers to a hypothesis that must be discarded.
method	The word method, in psychology, refers to the procedure of an investigation.
design	The word design, in psychology, refers to how participants are allocated to the different conditions.
deviation	The word deviation, in psychology, refers to the distribution of scores around the mean.
range	The word range, in psychology, is a measure of dispersion.
mean	The mean is the mathematical average of a set of numbers.
mode	The mode is the most frequently occurring score in a set of given numbers.
median	The median is the middle score in a set of given numbers.
sample	A sample, in psychology, refers to the group of people who take part in an investigation.

research	Research, in psychology, is the systematic study of something, such as behaviour.
procedure	A procedure is a fixed, step-by-step sequence of activities or course of action that must be followed in the same order to correctly perform a task.
longitudinal	A longitudinal study is an observational research method in which data is gathered for the same subjects repeatedly, over a period of time.
hypothesis	A hypothesis is a specific, testable prediction about what you expect to happen in a study.
plan	A plan is the list of activities required to achieve a specific goal.
analyse	The word analyse, in psychology, refers to checking and evaluating material.
conduct	The word conduct, in psychology, means to carry out.
experiment	An experiment is an investigation in which a hypothesis is scientifically tested.
self report	The term self report, in psychology, is any test, measure or survey that relies on the individual's own report of their symptoms, behaviours, beliefs or attitudes.
case study	Case study, in psychology, refers to the use of a descriptive research approach to obtain an in-depth analysis of a person, group or phenomenon.
alternate hypothesis	An alternate hypothesis is one that states there is a statistically significant relationship between two variables.
null hypothesis	A null hypothesis is a hypothesis that says there is no statistical significance between the two variables.
meta-analysis	Meta-analysis refers to a research design where, instead of conducting new research with participants, the researchers examine the results of several previous studies.
research method	A research method is a scientific way to study behaviour.
research design	Research design describes the way participants are allocated to experimental groups of an investigation.
central tendency	Central tendency is a way to describe the center of a data set.
standard deviation	Standard deviation measures how much a set of scores is dispersed around an average measure of variability.
inferential statistics	Inferential statistics provide ways of testing the reliability of the findings of a study.
repeated measures	In a repeated measures design, the same participants take part in each condition of the independent variable.
snapshot	The word snapshot, in psychology, refers to a research study that is carried out in a very short period of time.
independent measures	An independent measures design is a research method in which multiple experimental groups are used and participants are only in one group.
quasi experiment	In a quasi experiment, the naturally occurring IV is a difference between people that already exist.
natural experiment	In a natural experiment, the researcher cannot manipulate the IV, so the DV is simply measured and judged as the effect of an IV.
field study	A field study, in psychology, is a scientific study that is conducted in a natural setting but where the IVs are still manipulated.
lab study	A lab study manipulates an independent variable to measure its effect as the dependent variable.
matched pairs	A matched pairs design is when you have different participants in two different conditions, but you match them according to certain variables.
thematic analysis	Thematic analysis is a method for analysing qualitative data that involves identifying and reporting patterns within the material to be analysed.

II. The PiXL Unlock Template



III. Summer Reading list

There are a vast amounts of books with Psychological themes which you should read to gain a wider understanding and appreciation for subject.

Below are some of the books which have strong links to the Psychology A Level curriculum for AQA, OCR and Edexcel.

Using the internet, your local library and school or college library, read a selection of books/articles listed below.

The following books relate closely to the study of Psychology.

Try to summarise your findings in 50-100 words and suggest ways in which your chosen books relate to the field of Psychology.

Books:

- **Thinking Fast and Slow**
- **Man's Search for Meaning**
- **The Tipping Point**
- **Incognito**
- **Friend Request, 2018 by Laura Marshall**
- **Born Evil, 2018 by Julia Derek**
- **Lies, 2017 by TM Logan**
- **Reaching Down the Rabbit Hole, 2016 by Allan Ropper and Brian David Burrell**
- **Good Me Bad Me, 2017 by Ali Land**
- **Selfie: How the West Became Self-Obsessed, 2018 by Will Storr**
- **The Lucifer Effect: How Good People Turn Evil, 2008 by Philip Zimbardo**
- **How to Survive the End of the World 2018 by Aaron Gillies**

IV. Links to TED Talks/Articles/Documentaries/Books/Journals

An excellent way to inform your wider understanding of English Language in culture is to read articles and watch videos/documentaries on the topic. You should take notes of key ideas that you find interesting and discuss these with your class/teacher. Consider these links a starting point to conduct research.

Watch at least 5 of the video clips below and summarise the findings of each in 50-100 words

1. <https://www.youtube.com/watch?v=O3cOvLrixhY> – Trial of OJ Simpson – BBC documentary. The collection of forensic evidence and investigation, including court cases.
2. https://www.ted.com/talks/petter_johansson_do_you_really_know_why_you_do_what_you_do
3. https://www.ted.com/talks/elizabeth_loftus_the_fiction_of_memory
4. https://www.ted.com/talks/scott_fraser_the_problem_with_eyewitness_testimony
5. https://www.ted.com/talks/steven_pinker_chalks_it_up_to_the_blank_slate
6. https://www.ted.com/talks/philip_zimbardo_on_the_psychology_of_evil
7. https://www.ted.com/talks/laurel_braitman_depressed_dogs_cats_with OCD_what_animal_madness_means_for_us_humans
8. https://www.ted.com/talks/elizabeth_loftus_the_fiction_of_memory
9. https://www.ted.com/talks/scott_fraser_the_problem_with_eyewitness_testimony
10. https://www.ted.com/talks/steven_pinker_chalks_it_up_to_the_blank_slate
11. https://www.ted.com/talks/philip_zimbardo_on_the_psychology_of_evil
12. https://www.ted.com/talks/ben_ambridge_10_myths_about_psychology_debunked
13. https://www.youtube.com/watch?v=_yT_F0dMZRU (Part 1)
<https://www.youtube.com/watch?v=B3rHTm1YLxA> (part 2) – Stephen Fry - The Secret Life Of The Manic Depressive. BBC
14. <https://www.youtube.com/watch?v=jhLuEKZj1oo> – The Fritzl affair. Real crime documentary.
15. <https://www.youtube.com/watch?v=nJm7AhdGbDk> – Freud documentary (short)
16. <https://www.youtube.com/watch?v=5XFjLdNO4FU> – The Nurture room – child Psychology
17. <https://www.youtube.com/watch?v=OON81IJ9yos> – Charles Whitman documentary
18. <https://www.youtube.com/watch?v=L-DgV2vixSo> – Motivation and rewards in learning (Rats)

V. Knowledge Organiser Template



VI. Thinking Hard Revisit Template

Name of Topic: _____

Name: _____

Class: _____

Take a section of the text and do the following:

1) **Prioritise:** Underline the three most important sentences here. Rank 1-3, briefly explain number 1. Cross out the least important sentence

2) **Reduce:** Reduce the key information into 12 words

3) **Transform:** Transform this information into 4 pictures or images (no words allowed)

4) **Categorise:** Sort this information into three categories. Highlight and think of a suitable title for each category.

5) **Extend:** Write down three questions you'd like to ask an expert in this subject.

VII. A Model of the Thinking Hard Revisit document

Name of Topic: Psychology – Social Psychology. Milgram's research.

Name: A. Student

Class: Psychology A

Take a section of the text and do the following:

- 6) Prioritise: Underline the three most important sentences here. Rank 1-3, briefly explain number 1. Cross out the least important sentence

Milgram argued that people would commit atrocities if ordered to do so by someone in a position of authority.

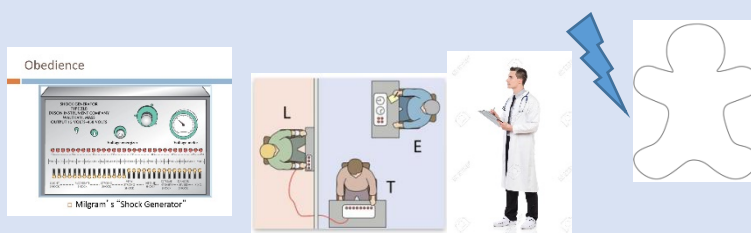
Milgram believed that there are situational explanations for behaviour and that anyone, given the situation and with consideration to those also present, has the ability to commit heinous acts.

Milgram did not find a dispositional explanation for obedience. Therefore dispelling the belief, and his hypothesis, that 'the German's are different'.

- 7) Reduce: Reduce the key information into 12 words

Milgram, Social, situational, explanation, authority, destructive, obedience, order, autonomous, diffusion, generator, confederate.

- 8) Transform: Transform this information into 4 pictures or images (no words allowed)



- 9) Categorise: Sort this information into three categories. Highlight and think of a suitable title for each category.

Social
Obedience
Order
Milgram
Situational
Explanation

Authority
Destructive
Autonomous
Diffusion of responsibility
Generator
Confederate
Learner
Teacher
Experimenter

10) Extend: Write down three questions you'd like to ask an expert in this subject.

Why do people diffuse responsibility?

What considerations do people make before acting in a heinous way?

Why do some people, as in Milgram's experiment, refuse to follow orders?

VIII. Cornell Notes Template

Name	Date
Topic	Subject

Main Ideas	Notes
------------	-------

Summary

IX. A Model of the Cornell Notes document

Name: A. Student

Date: 00.00.00

Topic: Psychology

Subject: Obedience - Milgram

Main Ideas

Many people believe there are situational explanations for behaviour. Through numerous pieces of research in social psychology, there is much evidence to suggest that this is the case.

Milgram believed that there are situational explanations for behaviour and that anyone, given the situation and with consideration to those also present, have the ability to commit heinous acts.

Notes

Milgram dispelled the belief that the Germans were different following the holocaust. From Jewish descent, Milgram wanted to find out why the Nazis during WWII committed atrocious acts, which led to the murder of 6 million Jews.

Milgram (1963) wanted to investigate how far people would go in obeying orders, even if it involved harming another person.

Participants were volunteers.

Participants responded to a newspaper advertisement – looking to investigate the effects of punishment on learning (deception).

40 males took part in the research. Experiment rigged so that the participant always played the role of the teacher. Learner and experimenter were in fact confederates of the experiment.

Electric shock generator up to 450V. Learner was not being shocked – further deception used in this piece of research.

Experimenter gave teacher orders to give an electric shock, increasing in severity for each wrong answer on a word pair test. Learner 'responses' had been pre-recorded on a tape recorder.

65% participants followed orders up to the maximum shock of 450v.

Summary

People will obey the orders of legitimate authority figures – even if they are destructive. People do this because they diffuse the responsibility onto the authority figure – who they believe will take responsibility for their actions. Ordinary people are likely to follow these orders and it is not a dispositional factor, just present in Germans. Therefore obedience and destruction is something we are all capable of if placed in certain situations.



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