

Psychology

Why choose to study Psychology?

Psychology will allow you to have a better understanding of the workings of the human mind and how our behaviour is influenced by the world around us.

Entrance Requirements

- A willingness to learn and begin a 'new' subject.
- A sound GCSE background – suggested B grades in Science, and grade 5 in English and Maths.
- An interest in human behaviour.
- An ability to communicate effectively in writing and discussion.



Course Content & Learning Styles

Psychology is concerned with four main areas, these are:

- Cognitive Psychology including human memory, attention, perceptual processes and development.
- Physiological Psychology including stress, the brain and behaviour, biological rhythms, motivation and emotion.
- Social Psychology including social influence, conformity and obedience.
- Developmental Psychology including childhood attachment, the transition to adulthood, and the development of personality.

Research methods and analysis are a major component of the course.

What skills will I develop?

The skills developed in Psychology are relevant to higher education and the wider world.

- Research skills.
- Analysis of data – collecting recording and interpreting.
- Producing written reports.
- Discussion skills.
- Critical analysis.

Progression Opportunities

There are a number of areas where the study of Psychology can be of assistance:

- Personnel and recruitment.
- Social work.
- Teaching and other educational areas.
- Forensic work, such as profiling.
- Criminology / Probation service.
- Marketing / Public Relations.
- Medicine.

Causes or Triggers of Stress & Anxiety

External
Major Life Changes
Work
Relationship Difficulties
Financial Problems
Being Too Busy
Children And Family

Internal
Inability To Accept
Uncertainty
Pessimism
Unrealistic Expectations,
Perfectionism
Negative Self-Talk

