



Introduction to Post-16 Studies - Psychology

Psychology is the scientific study of the mind and behaviour, During the 2-year course you will gain an insight into different theoretical perspectives of human behaviour, you will delve into the world of forensic psychology to understand why people commit crime and to assess whether criminals can be rehabilitated. You will develop key skills such as analysis, evaluation, and critical thinking.

The following challenges will help you develop some of the initial skills and knowledge needed for this course.



Watch this documentary

VOX Document –

Why your shoddy memory is a good thing?

This will help you become more familiar with how your memory works and the centres of the brain that are most important in memory.



Listen to this radio programme

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Abraham Maslow's Psychology of Human Needs Develop a greater understanding of the Humanist Approach to human behaviour. Hear about the amazing work of Abraham Maslow.



Complete this online course

Biological Psychology: The science of sleep and dreaming.

Delve into sleep science to understand why we sleep and dream, how it affects the mind and body, and how to improve your sleep.



Investigation

How do different perspectives in Psychology explain behaviour? Research different psychological perspectives and summarise their views on human behaviour. Create a mind map to illustrate your findings.



Read this article

Lie Detector Tests for Convicted Terrorists in the UK

This article from Psychology Today discusses how the use of polygraph tests may pose more problems for the British Government.



Key questions in Psychology?

Do dreams have meaning?

Carry out some research to support or refute these claims. Present your ideas in the form of a 500-word report.



Useful links

The specification of the psychology course:

[AQA A Level Psychology](#)

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