



So what is this subject called psychology?

Psychology is the science of human nature and experience. You will have studied science at GCSE, and so you will know that scientists use scientific methodology in their investigations. They will conduct experiments and other types of studies, with the aim of finding out about the cause of things. Likewise in psychology, experiments are carried out to find out the cause of human behaviour. During a typical psychology class, you will be given a theory, examine the evidence which supports or contradicts the theory, and then evaluate both the theory and the evidence to come to a conclusion.

Although people have always been interested in human behaviour, psychology as a discipline is relatively new when compared against the more established sciences of physics, chemistry, biology etc. In psychology there is still a great deal of things that are unknown. The more we learn about the brain and behaviour, the more we realise we don't know! This is why in psychology there are often many competing theories to explain the same thing.



In psychology there are even competing arguments as to how human behaviour should be investigated. In the y12 psychology course, we will be looking at approaches to the study of psychology. Each approach has its own set of assumptions of how best to explain human behaviour.

- The **biological** approach argues that the best way to understand human behaviour is by looking at biological factors, such as genes, brain structures, neurochemistry and hormones.
- The **cognitive** approach on the other hand states that we should focus on the way a person thinks, and the thought processes they have.
- The **behaviourist** approach argues that people's thinking is immeasurable and therefore irrelevant. Psychology is best investigated through a person's behaviour.
- The **psychodynamic** approach argues that events in childhood, and unconscious thoughts and feelings that people are unaware of are the cause of nearly all behaviour.

Each of these approaches has well known psychologists associated with them, who either helped found the approach, or who have created influential theories or carried out research within the approach.

A note about plagiarism

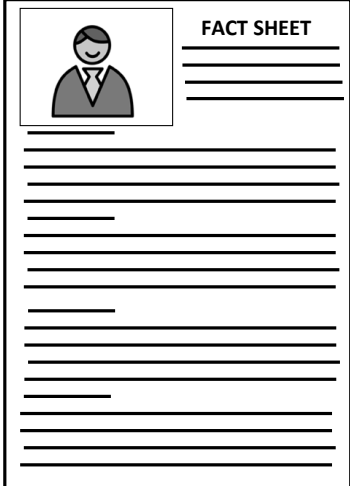
Plagiarism is when you copy the work of another and pass it off as your own.

How to avoid plagiarism? Do use the internet/textbooks/magazines for research. However, **don't** just copy/cut and paste sentences or paragraphs exactly or just change a few words. Try to paraphrase by taking the main idea of what you want to express but putting it into your own words

TASK

Using the internet, research **one** of the following psychologists and create a factsheet about them. These are all psychologists that you will come across during your studies in psychology. The factsheet should not be more than a side of A4. It may be written out by hand, or done on a computer.

1. Adrian Raine
2. Sigmund Freud
3. John Bowlby
4. BF Skinner
5. John B Watson
6. Elizabeth Loftus
7. Stanley Milgram
8. Mary Ainsworth
9. Albert Bandura



FACT SHEET

Success criteria

You must:

- Include the following **biographical information** about them: date of birth, date of death (if applicable), place of birth, where they lived, what University/Institute they are associated with (if any).
- Describe an **important theory** that your psychologist is famous for. Some may be known for more than one theory; you may choose just one theory, or include more if you feel confident
- Write about at least one piece of **research** that the psychologist carried out. Describe what they did and what they found
- Use **section headers** to make your factsheet easy to read
- Include details of where you got the information from (websites, textbooks etc)

You could:

- Include a **photo** of the psychologist if you have access to a printer/photocopier
- Write about the **influence** the psychologists has had on psychology/society
- Include some **interesting facts** about the psychologist, even if they are not directly linked to psychology

Notes:

- Read about a few of these famous psychologists before picking one. Choose the one that you find most interesting.