

# BRIDGING WORK and ACADEMIC READING



## Psychology



In Psychology you will look at many different topics. Please complete the following tasks to familiarize yourself with some of the information you will learn about.

Next year you will be introduced to a topic called '**Approaches in Psychology**'. This topic looks at the various different branches of Psychology and how Psychology has formed into different specialist areas. Approaches are simply a way of explaining human behaviours. Approaches are important because Psychologists disagree about how human behaviour can be explained.

There following main approaches are studied in Psychology.

- 1.) The Learning Approach: Behaviourism
- 2.) The Learning Approach: Social Learning Theory
- 3.) The Cognitive Approach
- 4.) The Biological Approach
- 5.) The Psychodynamic Approach
- 6.) The Humanistic Approach

**TASK:** For each approach above, briefly describe how the approach explains human behaviour. **The first one has been done for you.**

### 1.) The Learning Approach: Behaviourism

According to this approach our behaviours are shaped by our experiences and the environment. When we are born we are a 'blank slate'. Behaviours are learnt through different types of conditioning.

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### Conformity

Another topic you will study is **conformity**. This refers to a change in a person's opinions as a result of real or imagined pressure from a person or group of people.

**TASK:** Define the following key terms you will study more about in the conformity topic.

#### Types of conformity

##### **Internalisation**

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##### **Identification**

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##### **Compliance**

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#### Explanations for conformity

##### **Informational Social Influence**

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##### **Normative Social Influence**

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### Biopsychology

In **paper 2** you will cover three different topics. These topics include elements of biology.

Please find the definitions for the following key terms. You can use the internet to help you.

- Sensory neuron

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- Motor neuron

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- Relay neuron

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Neurons do not make direct contact (they do not touch each other). There is a very small gap between neurons called a *synapse*. The signal needs to cross this gap to continue on its journey. This is done using chemicals which diffuse across the gap between the two neurons. These chemicals are called neurotransmitters.

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Using the internet to help you, correctly label the diagram below.



### What you need to label:

1. Direction of impulse.
2. Axon
3. Synaptic vesicles containing neurotransmitter
4. Synaptic gap
5. Dendrite
6. Receptor

Academic Reading List		
The little book of Psychology: An introduction to the key Psychologists & Theories you need to know.	Psychology for dummies – Adam Cash	
The Psychology Book: Big ideas simply explained	Evolutionary Idea's – Sam Tatam	
Psychology: A degree in a book: everything you need to know to master the subject – Alan Porter		

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