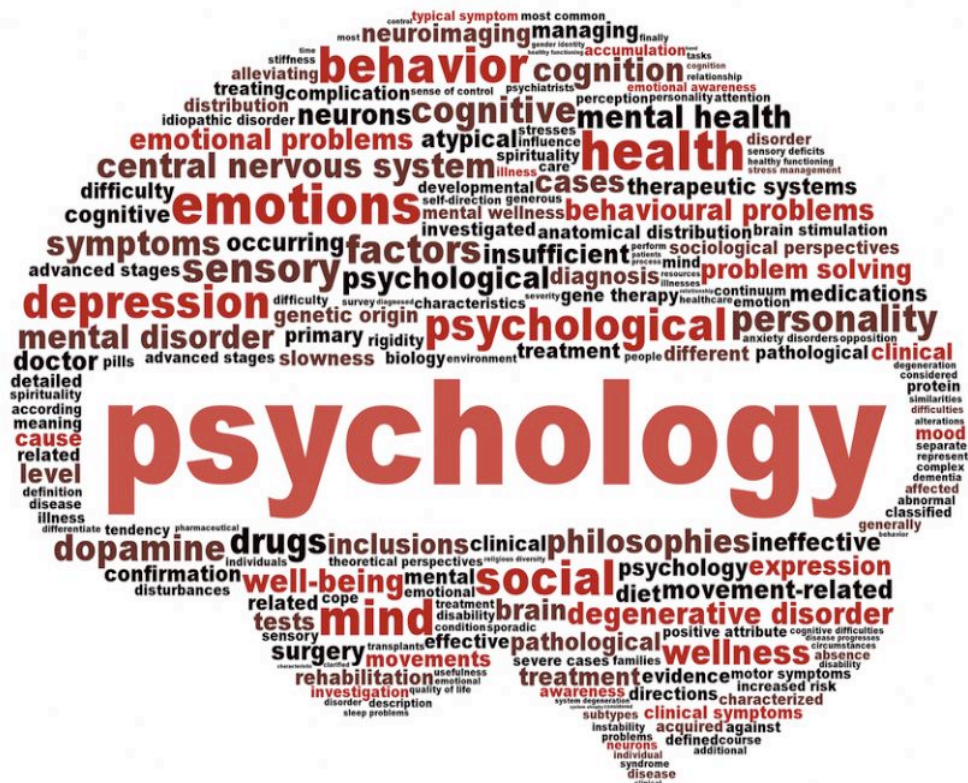


Sixth Form Transition Pack

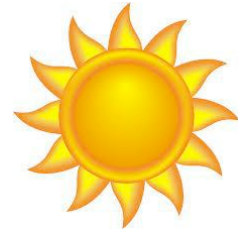
A Level Psychology

A guide to help you get ready for A-level Psychology...



This pack contains a programme of activities and resources to prepare you to start an A level in Psychology in September. It is aimed to be used after you complete your GCSE throughout the remainder of the summer term and over the Summer Holidays to ensure you are ready to start your course in September.

Your Summer Tasks!



- **Read as many of the following books and articles as you can, watch as many films and internet talks as possible and follow as many psychologists as you like on social media!**
- **You will need to write one review of a book you have read or a film you have watched and you will be expected to hand this review in at the start of your first lesson in September.**



Fathers play a surprisingly large role in their children's development

By [MICHIGAN STATE UNIVERSITY](#) July 14, 2016



Fathers play a surprisingly large role in their children's development, from language and cognitive growth in toddlerhood to social skills in fifth grade, according to new findings from Michigan State University scholars. The research provides some of the most conclusive evidence to date of fathers' importance to children's outcomes and reinforces the idea that early childhood programs such as Head Start should focus on the whole family, including mother and father alike. The findings are

published online in two academic journals, *Early Childhood Research Quarterly* and *Infant and Child Development*.

"There's this whole idea that grew out of past research that dads really don't have direct effects on their kids, that they just kind of create the tone for the household and that moms are the ones who affect their children's development," said Claire Vallotton, associate professor and primary investigator on the research project. "But here we show that fathers really do have a direct effect on kids, both in the short term and long term."

Using data from about 730 families that participated in a survey of Early Head Start programs at 17 sites across the nation, the researchers investigated the effects of parents' stress and mental health problems such as depression on their children. Parental stress and mental health issues affect how parents interact with their children and, subsequently, childhood development. The study found that fathers' parenting-related stress had a harmful effect on their children's cognitive and language development when the children were 2 to 3 years old, even when the mothers' influences were taken into account. This impact varied by gender; fathers' influence, for example, had a larger effect on boys' language than girls' language.

Another key finding: Fathers' and mothers' mental health had a similarly significant effect on behavior problems among toddlers. Further, fathers' mental health had a long-term impact, leading to differences in children's social skills (such as self-control and cooperation) when the children reached fifth grade. In fact, fathers' depression symptoms when children were toddlers were more influential on children's later social skills than were mothers' symptoms. In sum, the findings contribute to the small but growing collection of research affirming the effects of fathers' characteristics and father-child relationship qualities on children's social development, rather than just the fathers' residence in the home or presence in the child's life, according to the paper published in *Early Childhood Research Quarterly*.

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Tamesha Harewood, lead author on the paper in *Infant and Child Development*, said fathers, in addition to mothers, should be included in parenting research and family-intervention programs and policies.

"A lot of family-risk agencies are trying get the dad more involved, but these are some of the things they could be missing," said Harewood, a researcher in MSU's Department of Human Development and Family Studies. "When the agency is talking with the dad, it's not just about providing for your child economically, but also to be there for your child, to think about how stress or depression might be influencing your child. In order to understand and help children in their development, there needs to be a comprehensive view of the whole family, including both mom and dad."

What does this article suggest about the role of the father?

How has the role of the father changed over time?

Rosemary sales surge during exam season

By Sean Coughlan - Education correspondent - 17 May 2017



A High Street health food chain says it has had to order extra stocks of rosemary after research claimed the scent of the herb could improve the memory of students revising for exams.

Holland & Barrett says there has been a 187% increase in sales of rosemary essential oil compared with last

year. A Northumbria University study showed pupils in a room scented with rosemary performed better in memory tests. It supported the traditional links between rosemary and memory.

A spokeswoman for Holland & Barrett said that after **the research about rosemary** was published "we saw a sharp rise in customer demand". "As the exam season continues, we have increased provision in store to meet demand," she said. The rush for rosemary saw almost a doubling in sales compared with the same time last year and a trebling compared with the previous week.

Hundreds of thousands of pupils are revising and taking GCSEs and A-levels - with the suggestion that the spike in rosemary sales has been driven by anxious parents trying to find a way to help their children. The research from Northumbria University, presented at the British Psychological Society's annual conference, backed up historical associations between rosemary and memory. It suggested that pupils who worked in a classroom with the aroma of rosemary oil achieved 5% to 7% better results in memory tests. Researcher Mark Moss said the human sense of smell was highly sensitive and sent messages to the brain, setting off reactions and responses. "It could be that aromas affect electrical activity in the brain or that pharmacologically active compounds can be absorbed," he said.

Rosemary has been connected with memory for centuries. In ancient Greece, students wore garlands of rosemary in exams and in Shakespeare's Hamlet, Ophelia says: "There's rosemary, that's for remembrance."

How can news articles impact behaviour in society? What forms of bias could be present with newspaper articles?

One in four girls have depression by the time they hit 14, study reveals

[Denis Campbell](#) *Health policy editor* Wed 20 Sep 2017

One in four girls is clinically depressed by the time they turn 14, according to research that has sparked new fears that Britain's teenagers are suffering from an epidemic of poor mental health.

A government-funded study has found that 24% of 14-year-old girls and 9% of boys the same age have depression. Their symptoms include feeling miserable, tired and lonely and hating themselves. That means that about 166,000 girls and 67,000 boys of that age across the UK are depressed. The findings are based on how more than 10,000 young people that age described how they were feeling. The data has prompted fresh questions about how social media, body image issues and school-related stresses affect young people's mental welfare. It also strongly suggests that being from a low-income family increases the risk of depression and that ethnicity is potentially a key factor too.

"We know that teenage girls face a huge range of pressures, including stress at school, body image issues, bullying, and the pressure created by social media," said Marc Bush, the chief policy adviser at the charity Young Minds. "Difficult experiences in childhood – including bereavement, domestic violence or neglect – can also have a serious impact, often several years down the line."

Dr Praveetha Patalay, the lead author of the research, said the findings revealed "worryingly high rates of depression" among 14-year-old girls and the "increasing mental health difficulties faced by girls today compared to previous generations".

The study was undertaken by academics from University College London and the University of Liverpool and funded by the Economic and Social Research Council. No reliable studies exist into previous prevalence of depression among UK teenagers. They found that between the ages of three and 11 small but growing proportions of boys and girls – up to around 10% – suffered from emotional problems such as feeling depressed and anxious, as reported by their parents.

However, while the prevalence of such problems remained constant among boys between the ages of 11 and 14, it rose from 12% to 18% among girls, again based on accounts submitted by their parents. But when 14-year-old boys and girls themselves were asked about their mental health, far more girls – 24% – disclosed that they were feeling depressed than the 18% whose parents said they were. The findings may suggest that parents underestimate the extent of, or fail to pick up on the signs of, depression among girls up to the age of 14 but overestimate how common the condition is among boys that age.

"At age 14, when children reported their own symptoms, 24% of girls and 9% of boys were suffering from high symptoms of depression," according to the academics' summary of their findings. That was based on the number of girls who answered "true" or "sometimes" when asked 13 questions including if, in the previous fortnight, "I felt miserable or unhappy", "I cried a lot", "I felt I was no good anymore" or "I thought nobody loved me". Other statements that they indicated did or did not apply to them included "I hated myself", "I felt lonely", "I was a bad person" and "I thought I could never be as good as other kids."

The study concludes that, given the high number of 14-year-old girls deemed to be depressed based on their responses to those questions: "This suggests that levels of depression among today's teenage girls are high."

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Anna Feuchtwang, chief executive of the National Children's Bureau, which also collaborated on the research, said: "We now have the strongest evidence yet that a huge number of young people are depressed. Many more are unhappy. Children are facing huge pressures."

Among 14-year-old girls, those from mixed race (28.6%) and white (25.2%) backgrounds were most likely to be depressed, with those from black African (9.7%) and Bangladeshi (15.4%) families the least likely to suffer from it. Girls that age from the second lowest fifth of the population, based on family income, were most likely to be depressed (29.4%), while those from the highest quintile were the least likely (19.8%).

Bush, of Young Minds, said: "To make matters worse, it can be extremely difficult for teenagers to get the right support if they're struggling to cope. [And] we need to rebalance our education system, so that schools are able to prioritise wellbeing and not just exam results." Janet Davies, chief executive of the Royal College of Nursing, said a fall in the number of school nurses was making it harder to identify young people with mental health problems. "Demand for adolescent mental health services is reaching new heights but the NHS is failing young people," she said.

Theresa May has made young people's mental health one of her top priorities and a government green paper is due soon. [Mental health](#) care for under-18s is increasing, according to NHS England. "NHS services for children and young people are expanding at their fastest rate in a decade," a spokesperson said. "This year the NHS will treat an additional 30,000 children and young people, supported by an additional £280m of funding."

Read how the study was conducted, what are some of the strengths and weaknesses with their methodology?

Why do you think girls are more likely to experience Depression?

Why are only 9.7% of black African girls likely to experience Depression?

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Body clock linked to mood disorders

By James Gallagher. Health and science correspondent, BBC News. 16 May 2018



Disruption to the body's internal clock may put people at increased risk of mood disorders, scientists say.

A clock ticks in nearly every cell of the body. And they change how the tissues work in a daily rhythm.

A **Lancet Psychiatry** study of 91,000 people found a disrupted body clock was linked with depression, bipolar disorder and other problems. The Glasgow researchers said it was a warning to societies becoming less in tune

with these natural rhythms. Although the study did not look at mobile phone use, Prof Daniel Smith, one of the University of Glasgow researchers, told BBC Radio 4's Today programme that it was "likely" that some of the people in the study who had difficulties might be using social media at night.

"For me absolutely my mobile phone goes off before 22:00 at night and that's it, because obviously we didn't evolve to be looking at screens when we should be sleeping," he said. People in the study wore activity monitors for a week to see how disrupted their clocks were. Those who were highly active at night or inactive during the day were classed as being disrupted. And they were between 6% and 10% more likely to have been diagnosed with a mood disorder than people who had a more typical - active in the day, inactive at night - pattern.

Prof Smith, a psychiatrist, told the BBC: "These are not huge differences. "But what is striking is it is pretty robust across lots of interesting outcomes." The study found higher rates of major depression, bipolar disorder, more loneliness, lower happiness, worse reaction times and more mood instability in people with body-clock disruption. However, the study cannot tell if the disruption is causing the mental illness or is just a symptom of it. That will take further work.

The body clock certainly exerts a powerful effect throughout the body. Mood, hormone levels, body temperature and metabolism all fluctuate in a daily 24-hour rhythm. Even the risk of a heart attack soars every morning as the body gets the engine running to start a new day. Prof Smith said: "The study tells us the body clock is really important for mood disorders and should be given greater priority in research and in way we organise societies.

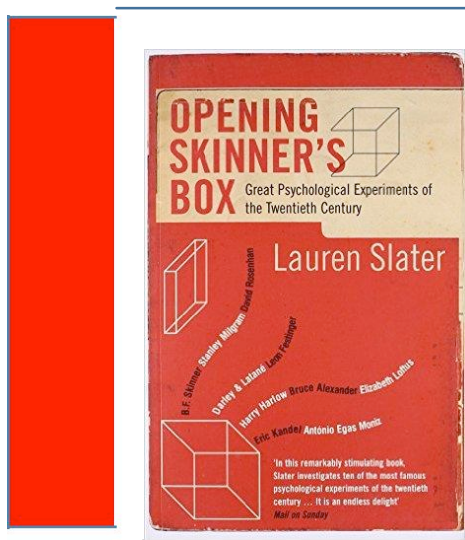
"It wouldn't be too controversial to say we need to reorganise the way we learn and work to be in tune with our natural rhythms." The study used data from the UK's Biobank research project. However, many of the participants were quite old. Dr Aiden Doherty,

from the University of Oxford, said: "The study population is not ideal to examine the causes of mental health, given that 75% of disorders start before the age of 24 years." But he added the study showed the way for a similar research in "adolescents and younger adults to help transform our understanding of the causes and consequences, prevention, and treatment of mental health disorders".

Using this article and your own research, what does this article suggest about the power of your body-clock? How do body-clocks work?

Book Recommendations

Kick back this summer with a good read. The books below are all popular books about Psychology, and great for extending your knowledge and understanding.



Opening Skinner's Box

A century can be understood in many ways - in terms of its inventions, its crimes or its art. In *Opening Skinner's Box*, Lauren Slater sets out to investigate the twentieth century through a series of ten fascinating, witty and sometimes shocking accounts of its key psychological experiments. Starting with the founder of modern scientific experimentation, B.F. Skinner, Slater traces the evolution of the last hundred years' most pressing concerns - free will, authoritarianism, violence, conformity and morality.

Thinking, Fast and Slow The phenomenal *New York Times* Bestseller by Nobel Prize-winner Daniel Kahneman, *Thinking Fast and Slow* offers a whole new look at the way our minds work, and how we make decisions.

Why is there more chance we'll believe something if it's in a bold type face? Why are judges more likely to deny parole before lunch? Why do we assume a good-looking person will be more competent? The answer lies in the two ways we make choices: fast, intuitive thinking, and slow, rational thinking.

Placebo

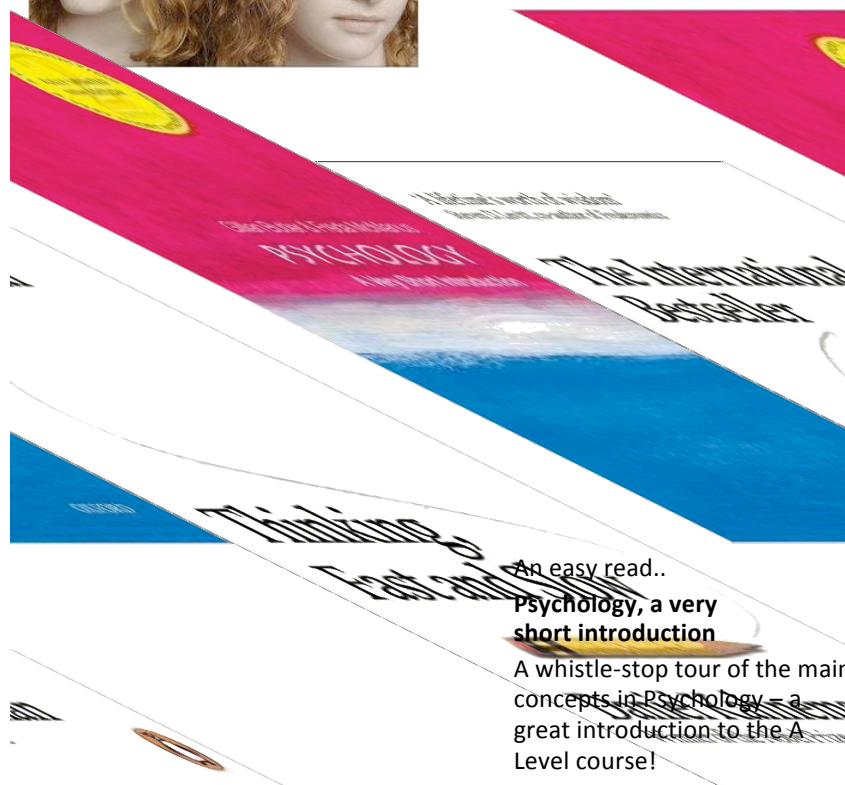
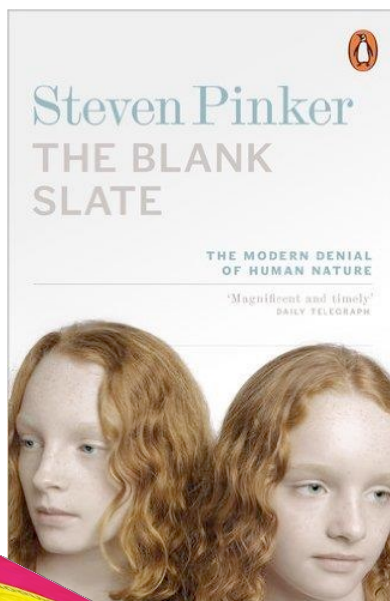
A lucid and stimulating explanation of how the body's natural healing mechanisms work – and how they can be triggered in non-chemical ways via the 'placebo effect'.

Do you cure ourselves of disease by the power of thought alone? Faith healers and alternative therapists are convinced that we can, but what does science say?



The Blank Slate

Recently many people have assumed that we are shaped by our environment: a blank slate waiting to be inscribed by upbringing and culture, with innate abilities playing little part. *The Blank Slate* shows that this view denies the heart of our being: human nature. Violence is not just a product of society; male and female minds are different; the genes we give our children shape the more than our parenting practices.



An easy read..
Psychology, a very short introduction

A whistle-stop tour of the main concepts in Psychology - a great introduction to the A Level course!

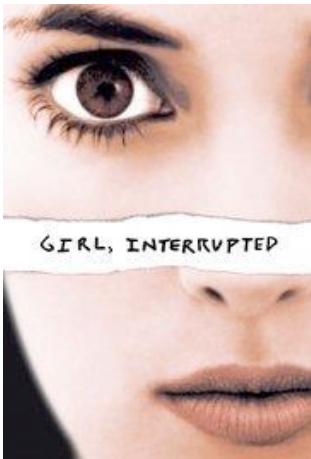
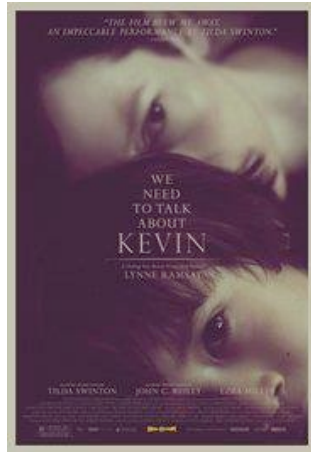
Movie Recommendations

Everyone loves a good story and everyone loves some great Psychology. You won't find any thrillers on this list, but we've looked back over the last 50 years to give you our top Psychological films you might not have seen before. Great watching for a rainy day.



We need to talk about Kevin (2011)

Kevin's mother struggles to love her strange child, despite the increasingly vicious things he says and does as he grows up. But Kevin is just getting started, and his final act will be beyond anything anyone imagined.



Girl, Interrupted (1999)

Based on a true story. Based on writer Susanna Kaysen's account of her 18-month stay at a mental hospital in the 1960s. This film questions what it means to be sane.

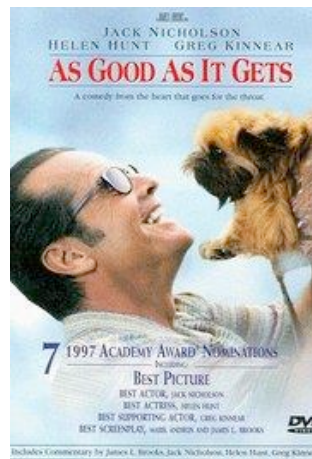


One Flew Over the Cuckoo's Nest (1975)

A criminal pleads insanity after getting into trouble again and once in the mental institution rebels against the oppressive nurse and rallies up the scared patients.

The Stanford Prison Experiment (2015)

Twenty-four male students out of seventy-five were selected to take on randomly assigned roles of prisoners and guards in a mock prison situated in the basement of the Stanford psychology building.

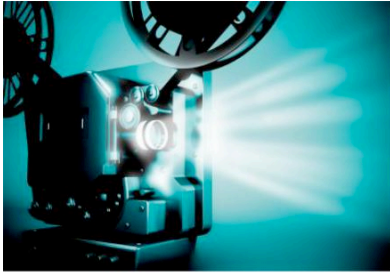


As good as it gets (1997)

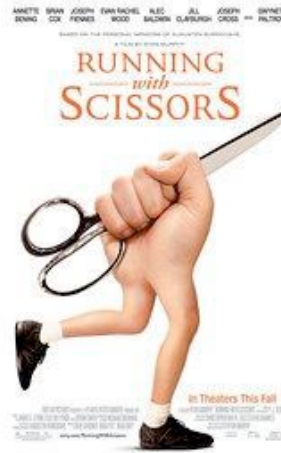
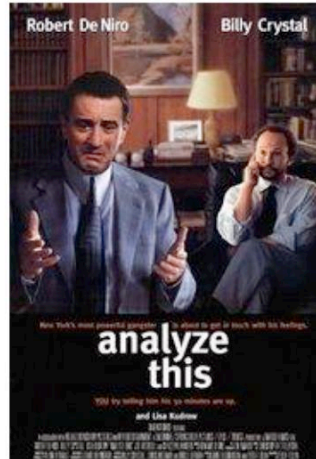
A single mother/waitress, a misanthropic author, and a gay artist form an unlikely friendship after the artist is assaulted in a robbery. Looks at what life is like when you live with OCD.

There are some great TV series and box sets available too, you might want to check out: Blue Planet, Planet Earth, The Ascent of Man, Catastrophe, Frozen Planet, Life Story, The Hunt and Monsoon.

More Movie Recommendations!

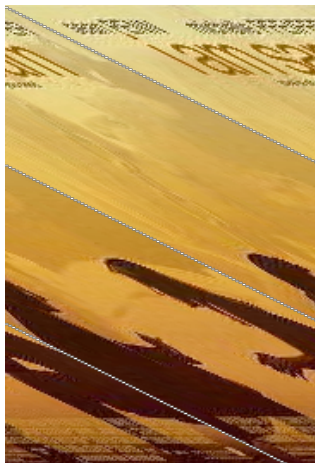
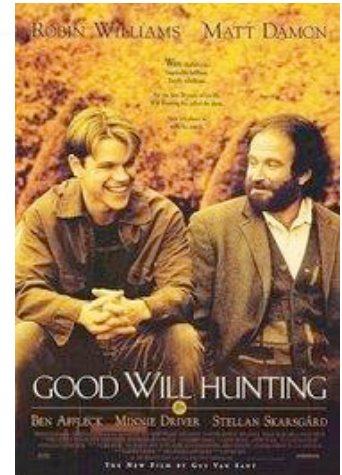


Analyze This (1999) A comedy about a psychiatrist whose number one-patient is an insecure mafia boss, played by a hilarious Robert De Niro.



Running with Scissors (2006) Young Augusten Burroughs absorbs experiences that could make for a shocking memoir: the son of an alcoholic father and an unstable mother, he's handed off to his mother's therapist, Dr. Finch, and spends his adolescent years as a member of Finch's bizarre extended family.

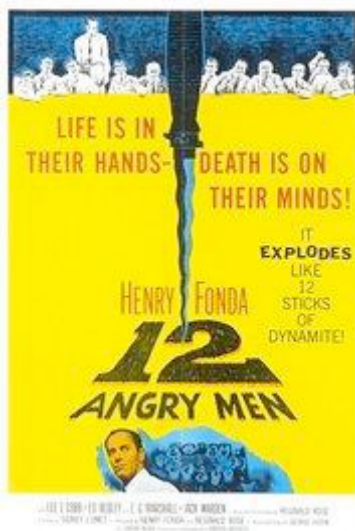
Good Will Hunting (1997) Will Hunting, a janitor at M.I.T., has a gift for mathematics, but needs help from a psychologist to find direction in his life.



I am Sam (2001) A mentally handicapped man fights for custody of his 7-year-old daughter, and in the process teaches his cold hearted lawyer the value of love and family.



Cool Hand Luke (1967) A man refuses to conform to life in a rural prison. This was recently produced as a West-End hit play, and teaches us a lot about prison life and the nature of conformity.



12 Angry Men (1957) A jury member holds out in his attempt to prevent a miscarriage of justice by forcing his colleagues to reconsider the evidence. Demonstrates the qualities necessary for persuasion and influence.



Memento (2000) A man with total memory loss creates a strange system to help him remember things; so he can hunt for the murderer of his wife without his short-term memory loss being an obstacle.

TED Talk Recommendations

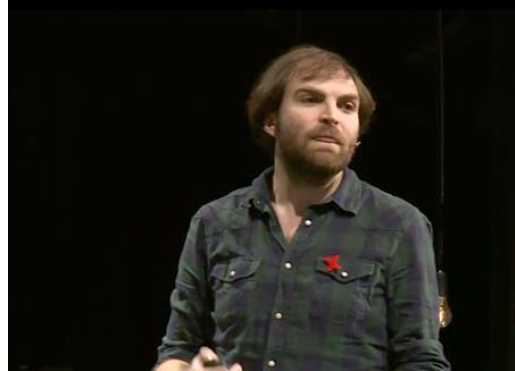
If you have 30 minutes to spare, here are some great presentations (and free!) from world leading scientists and researchers on a variety of topics. They provide some interesting answers and ask some thought-provoking questions.

10 myths about Psychology, debunked.

Available at :

https://www.ted.com/talks/ben_ambridge_10_myths_about_psychology_debunked?language=en#t-80890

How much of what you think about your brain is actually wrong? In this whistlestop tour of dis-proved science, Ben Ambridge walks through 10 popular ideas about psychology that have been proven wrong — and uncovers a few surprising truths about how our brains really work.



Jon Ronson: Strange answers to the psychopath test

Available at :

https://www.ted.com/talks/jon_ronson_strange_answers_to_the_psychopath_test?language=en#t-129957

Is there a definitive line that divides crazy from sane? With a hair-raising delivery, Jon Ronson, author of The Psychopath Test, illuminates the gray areas between the two.

Martin Seligman: A new era of positive psychology

Available at :

http://www.ted.com/talks/martin_seligman_on_the_state_of_psychology

As the founder of the newest modern emerging branch of Psychology, Martin Seligman utilizes this TED talk to discuss how positive psychology is revolutionizing the field by moving beyond a focus on mental illness and shifting towards examining human healthy states, including happiness and optimism.



Ben Goldacre: Battling Bad Science

Available at :

http://www.ted.com/talks/ben_goldacre_battling_bad_science?language=en#t-89077

Every day there are news reports of new health advice, but how can you know if they're right? Doctor and epidemiologist Ben Goldacre shows us, at high speed, the ways evidence can be distorted, from the blindingly obvious nutrition claims to the very subtle tricks of the pharmaceutical industry.

More TED Talk Recommendations!

Brain Magic

Available at :

https://www.ted.com/talks/keith_barry_does_brain_magic?language=en#t-99868

First, Keith Barry shows us how our brains can fool our bodies — in a trick that works via podcast too. Then he involves the audience in some jaw-dropping (and even a bit dangerous) feats of brain magic.



The Surprising Science of Happiness

Available at: https://www.ted.com/playlists/4/what_makes_you_happy

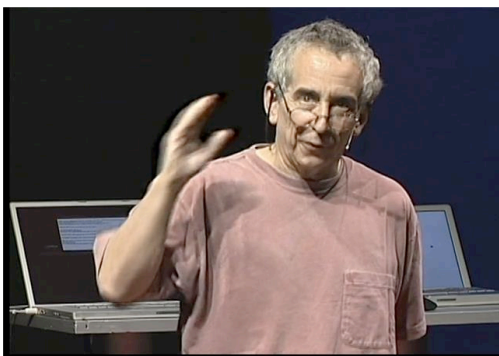
Dan Gilbert, author of "Stumbling on Happiness," challenges the idea that we'll be miserable if we don't get what we want. Our "psychological immune system" lets us feel truly happy even when things don't go as planned.

Carol Dweck: The power of believing that you can improve

Available at :

https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve#t-30982

Carol Dweck researches "growth mindset" — the idea that we can grow our brain's capacity to learn and to solve problems. In this talk, she describes two ways to think about a problem that's slightly too hard for you to solve. Are you not smart enough to solve it ... or have you just not solved it yet? A great introduction to this influential field.



The Paradox of Choice

Available at :

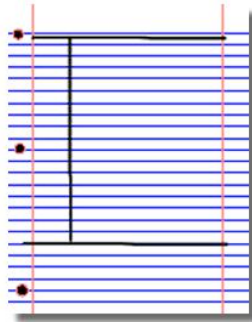
https://www.ted.com/playlists/164/how_we_make_choices

Psychologist Barry Schwartz takes aim at a central tenet of western societies: freedom of choice. In Schwartz's estimation, choice has made us not freer but more paralyzed, not happier but more dissatisfied.

Research Activities

Research, reading and note making are essential skills for A level Psychology. You are going to practice producing 'Cornell Notes' to summarise some of the TED talks you have listened to. Choose two of the talks, and complete notes in the following format for them:

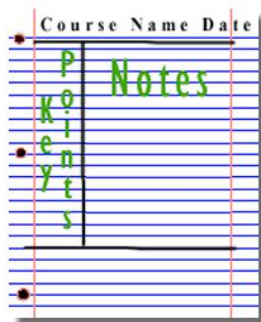
1. Divide your page into three sections like this



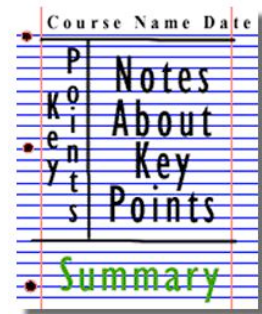
2. Write the name, date and topic at the top of the page



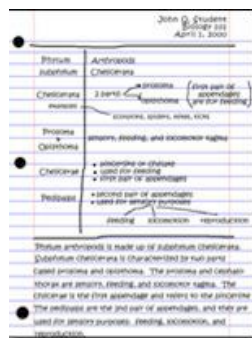
3. Use the large box to make notes. Leave a space between separate idea. Abbreviate where possible.



4. Review and identify the key points in the left hand box



5. Write a summary of the **main ideas** in the bottom space



Pre-Knowledge Topics

A level Psychology will require a huge amount of new knowledge – most of the topics you cover in this course will be entirely new to you. Complete the following tasks to make sure your knowledge is up to date and you are ready to start studying:

Social Influences

Humans behave very differently in groups than when they are alone; the psychology of social influence tries to unravel the processes which cause this to occur. Why do people conform? Why do they obey orders from others, even if they disagree or do not wish to comply? How do some individuals have an impact on others even if their views are not the views of the majority? How does social change occur? These are all questions which Psychologists have tried to answer.

Read the information on this website (you could make more Cornell notes if you wish):

https://en.wikipedia.org/wiki/Social_influence

And take a look at these videos:

<https://www.youtube.com/watch?v=Ao5JTMc5GUM>

https://www.ted.com/talks/morgana_bailey_the_danger_of_hiding_who_you_are?language=en

Memory

We all remember things all the time – but do you know how you do it? Becoming aware of memory processes can help us to make our memories better, and might even be able to help you revise more effectively! This topic includes the study of eyewitness testimony and the processes which police use to extract the best evidence possible from their witnesses.

<https://www.psychologytoday.com/topics/memory>

https://www.sciencedaily.com/news/mind_brain/memory/

And take a look at these videos:

<https://www.youtube.com/watch?v=rzpgyIKBS40>

https://www.ted.com/playlists/196/the_complexity_of_memory

Pre-Knowledge Topics

A level Psychology will require a huge amount of new knowledge – most of the topics you cover in this course will be entirely new to you. Complete the following tasks to make sure your knowledge is up to date and you are ready to start studying:

Psychopathology

What is meant by mental illness? To answer that we first need to answer a more difficult question – what is meant by mental health? In the broad field of human behaviours, which behaviours should be classified as ‘sane’ or ‘insane’, and which should be medicated or otherwise treated? Perhaps we shouldn’t treat any mental illness and embrace the diversity of human experience? This topic attempts to answer some of these questions, defining ‘abnormal’ mental experience and looking at different ways of approaching psychopathology.

Unsurprisingly, there are hundreds of resources around this topic, so these are just some ideas to start you off!

<http://www.theguardian.com/society/mental-health>

<http://www.nhs.uk/news/pages/newsarticles.aspx?TopicId=Mental+health>

And take a look at these videos:

<https://www.ted.com/topics/mental+health>

https://www.ted.com/talks/ruby_wax_what_s_so_funny_about_mental_illness?language=en

https://www.ted.com/talks/vikram_patel_mental_health_for_all_by_involving_all?language=en

https://www.ted.com/playlists/175/the_struggle_of_mental_health

Attachment

This topic takes a look at our earliest and perhaps most influential relationship – that with our mother. How does this bond form, and why is it so influential later in life? What happens if that bond is weak or broken, or if a mother simply cannot care for her infant? Can we overcome these early setbacks to go on to live a life full of love? Can this field of study tell us why some people appear better-prepared than others for adult romantic relationships?

<http://www.helpguide.org/articles/relationships/attachment-and-adult-relationships.htm>

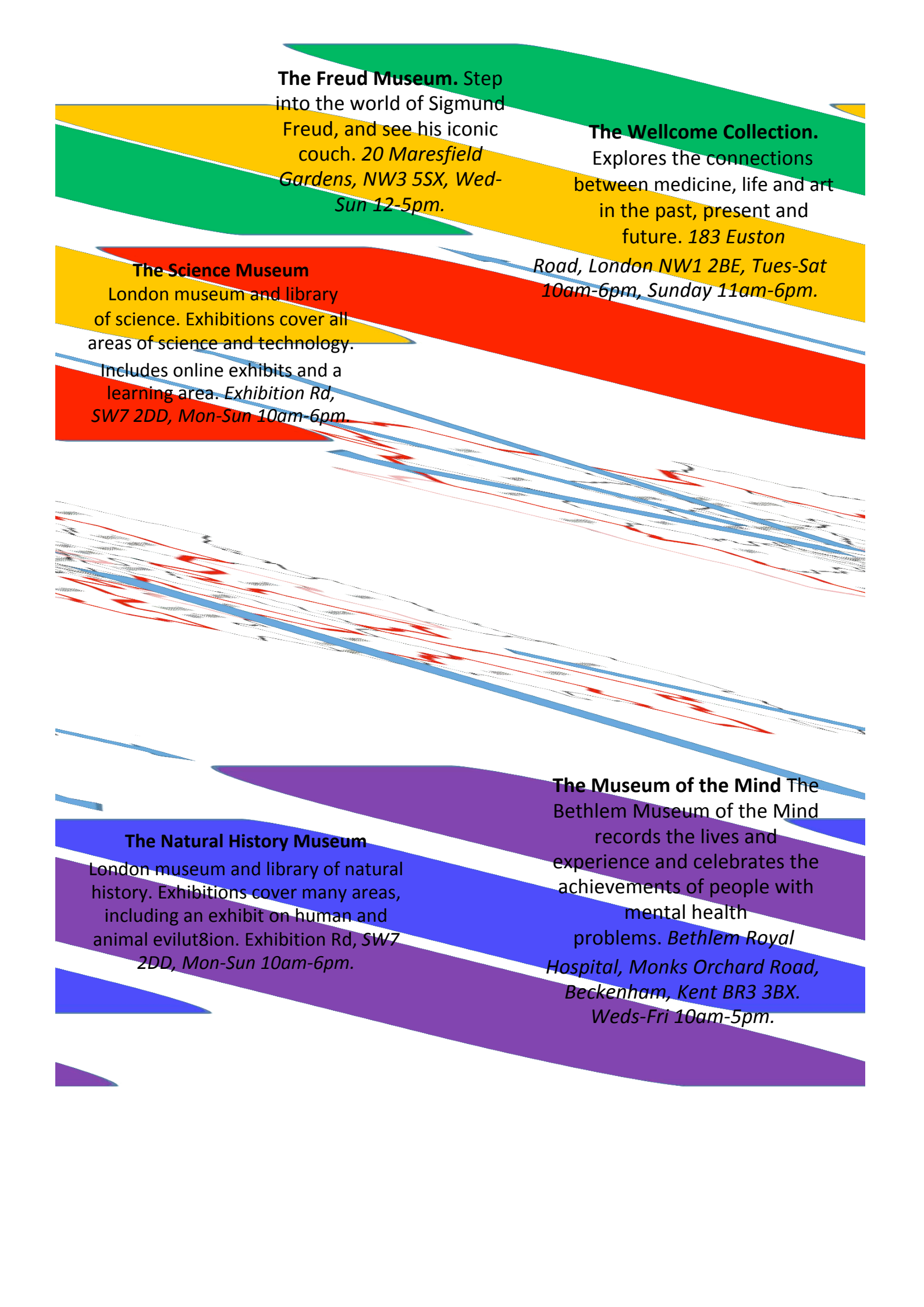
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2724160/>

<http://www.bbc.co.uk/news/education-26667036>

And take a look at these videos:

<http://ed.ted.com/on/3Pg4lwvN>

https://www.ted.com/talks/helen_fisher_tells_us_why_we_love_cheat?language=en



The Freud Museum. Step into the world of Sigmund Freud, and see his iconic couch. *20 Maresfield Gardens, NW3 5SX, Wed-Sun 12-5pm.*

The Wellcome Collection. Explores the connections between medicine, life and art in the past, present and future. *183 Euston*

Road, London NW1 2BE, Tues-Sat 10am-6pm, Sunday 11am-6pm.

The Science Museum
London museum and library of science. Exhibitions cover all areas of science and technology. Includes online exhibits and a learning area. *Exhibition Rd, SW7 2DD, Mon-Sun 10am-6pm.*

The Museum of the Mind The Bethlem Museum of the Mind records the lives and experience and celebrates the achievements of people with mental health problems. *Bethlem Royal Hospital, Monks Orchard Road, Beckenham, Kent BR3 3BX. Weds-Fri 10am-5pm.*

The Natural History Museum
London museum and library of natural history. Exhibitions cover many areas, including an exhibit on human and animal evolution. *Exhibition Rd, SW7 2DD, Mon-Sun 10am-6pm.*

Psychologists on Twitter!

Online communication is essential in the modern world and all of the major researchers working today have their own social media accounts. Here are some of our top tips on who to follow to keep up to date with developing news or interesting stories:

David Buss – Prolific Evolutionary Psychologist.

@ProfDavidBuss

Ben Goldacre – GP, and campaigner for better media communication of science, and popular scientific communicator.

@bangoldacre

Richard Wiseman – Magician turned Psychologist!

@RichardWiseman

Elizabeth Loftus – Memory researcher and founder of 'false memory' theory.

@eloftus1

Philip Zimbardo – Conducted the Stanford Prison Experiment.

@PhilZimbardo

The Beck Institute – Centre for developing cognitive therapies.

@BeckInstitute

Freud Museum – Follow this to see upcoming events you might be interested in.

@FreudMuseum and @FreudMusLondon

David Eagleman – Neuroscientist who recently had his own series on the BBC.

@DavidEagleman

Michael Mosely – Very popular science communicator and founder of the 5:2 diet.

@DrMichaelMosely

Derren Brown – Magician with an interest in all things psychological!

@DerrenBrown

Stephen Pinker – Cognitive scientist, wrote 'the Blank Slate'.

@sapinker

Martin Seligman – Founded the area of Positive Psychology.

@MartinEPSeligma and @PositiveNewsUK

Mark Griffiths – Researches the psychology of Addiction.

@DrMarkGriffiths

Daniel Kahneman – Author of *Thinking: Fast and Slow*, and founder of 'pop psychology'.

@DanielKahneman



Psychology Websites

These websites all offer an amazing collection of resources that you can (and should!) use again and again throughout your course.



Simply
Psychology

Simply Psychology

Revision Resources for your AS Level.

<http://www.simplypsychology.org/a-level-psychology.html>



S-cool

Another useful revision website...

<http://www.s-cool.co.uk/a-level/psychology>

Psychology4A.com

A Level Psychology Revision

Great website with items from the news, videos to watch and up to date revision activities and materials to help you learn...

<http://www.psychology4a.com/>



The British
Psychological Society

Promoting excellence in psychology

Opportunities to read current research and find out about events, plus the chance for free students membership of the BPS!

<http://www.bps.org.uk/>



A pack of resources promoting mental health and explaining mental health problems.

<http://www.mentalhealtheducation.org.uk/home/>



Information on mental conditions and disorders; Psychological tests & quizzes; Ask The Therapist and Q&A; Medication drugs library; Over a dozen blogs with different focus areas; Latest news from the world of psychology; Research section with information on clinical trials.

<http://psychcentral.com/>



The NIMH website features:

Extensive information on mental health topics; Access to free NIMH publications on a host of topics from disorders to treatment; Information about clinical trials for both participants and researchers; Access to statistical information about mental disorders; News in the science of mental health. <http://www.nimh.nih.gov/index.shtml>



Tutor2u includes useful summaries of the topics studied at AS level, as well as a blog of recent uploaded materials, videos and opportunities to buy revision packs.

<http://www.tutor2u.net/psychology>

