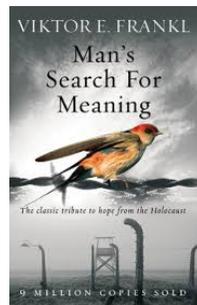


Year 12 & 13 Psychology resources



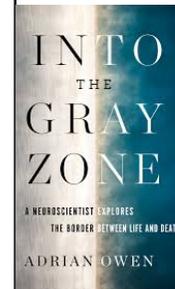
Reading Tasks

Books (These can be borrowed from BHGS's Library)



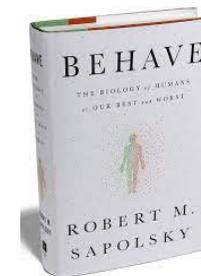
Man's Search for Meaning - Viktor Frankl

A deeply moving book, if at times, uncomfortable to read by Frankl, a Professor of Neurology and Psychiatry at the University of Vienna Medical School. The first half of the book describes Viktor Frankl's experiences in Nazi concentration camps and what it took to survive. The second half outlines the therapy he developed, "Logotherapy", which is based on the importance for people to find meaning in their lives. A very compelling read.



Into the grey zone - Adrian Owen

Owen writes about people who, often after some kind of traumatic brain injury, seem to be "lost" and seem to have no awareness of the external world. He describes research using the latest neuroimaging technology that demonstrates that there is sometimes an intact mind inside a seemingly broken brain; and, almost miraculously, shows how we can communicate with these people through the use of brain scanning techniques.



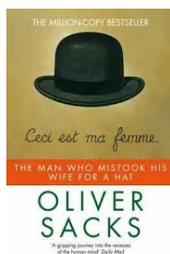
Behave: The Biology of Humans at Our Best and Worst - Robert Sapolsky

Excellent book explaining influences on human behaviour from environmental, social, cultural and biological perspectives.



Skeleton cupboard - Tanya Byron

Byron relates her experiences, in a semi-fictionalised account, of training to be a clinical psychologist in the NHS. It contains interesting and moving case studies of people she has treated; and what she learnt during her training.



The man who mistook his wife for a hat - Oliver Sacks

The late, great Oliver Sacks, in probably one of his best known books about neurology, writes about a variety of his patients in a sympathetic and fascinating way. These include people suffering from severe amnesia and those unable to recognise people or objects.



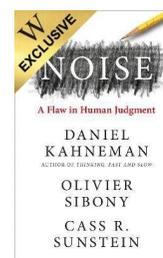
Sane new world - Ruby Wax

The writer, comedian and mental health campaigner, Ruby Wax, writes about her own experiences



Thinking fast and slow - Daniel Kahnemann

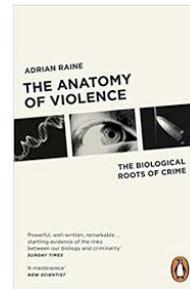
Another best-selling book, this time by a winner of the Nobel Prize for Economics. Kahnemann outlines research that may surprise you about the two different modes of thinking we use: fast, intuitive thinking, and slow, rational thinking. He shows how we are often self-deluded into thinking we are making rational, logical decisions, when in fact many of our decisions are clouded by biases we are unaware of.



Noise- Daniel Kahnemann, Olivier Sibony and Cass Sunstein

A book about how to make better decisions. We make thousands of decisions every day, from minute choices we don't even know we're making up to great, agonising deliberations. But when every decision we make is life-changing, the way we reach them matters. And for every decision, there is noise. This book teaches us how to understand all the extraneous factors that impact and bias our decision-making

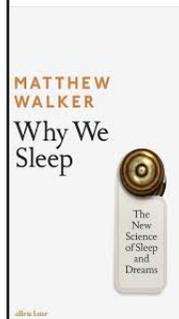
with depression and what she has learnt from her Masters' Degree in Mindfulness-based Cognitive Therapy that can help us challenge our self-critical thinking.



The anatomy of violence - Adrian Raine

This book explores questions such as "Are some criminals born, not made?" and "What causes violence and how can we treat it?"

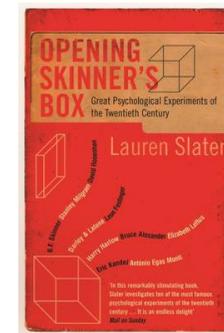
Raine explains what research reveals about the brains of murderers, psychopaths and serial killers. He writes about the complex interaction of genetics, biology and the environment in which a person is raised, which shapes anti-social behaviour.



Why we sleep - Matthew Walker

A Sunday Times best-seller, Walker argues that sleep is one of the most important aspects of our life, health and longevity and writes about the devastating consequences of a lack of sleep:

- and how to combat them and improve our thinking.



Opening Skinner's Box: Lauren Slater

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.

	<p>with links to Alzheimer's, cancer, obesity, and diabetes. He writes about the purpose of different stages of sleep and dreaming, including their role in the consolidation of memories and in creativity.</p> <p>Latest psychology research from Science Daily https://www.sciencedaily.com/news/mind_brain/psychology/</p>	<p>Science Friday A range of resources covering different areas of Psychology. https://www.sciencefriday.com/?s=psychology</p>
 <p>Listening Tasks</p>	<p>Podcasts: The Curious Cases of Rutherford and Fry on BBC iPlayer (16 minute podcasts) https://www.bbc.co.uk/programmes/b08hqgqb</p> <p>The Forgetful Child - an episode about the development and fallibility of memory</p> <p>The Power of Love - changes in the brain and to behaviour</p> <p>The Deja Vu - why do we get it?</p> <p>The Curious Face Off - are humans or computers better at recognising faces?</p>	<p>All in the mind (Radio 4) Programme exploring the limits and potential of the human mind https://www.bbc.co.uk/programmes/b006qxx9/episodes/downloads</p> <p>Mind Changers (BBC Sounds) Series exploring the development of the science of psychology during the 20th century https://www.bbc.co.uk/sounds/brand/b008cy1j</p>

	<p>Adventures in Dream Land - why do we dream?</p>	
 <p>Research Tasks</p>	<p>Investigate ICD-10 Version:2019 classification of mental and behavioural disorders: https://icd.who.int/browse10/2019/en#/V</p> <p>Investigate different career paths for psychologists using British Psychological Society's website https://www.bps.org.uk/find-your-career-psychology</p> <p>There are some excellent Psychology on-line courses on the FutureLearn platform. These cover areas of psychology within and outside the A Level specification. For example:</p> <p>Forensic Psychology: Witness Investigation https://www.futurelearn.com/courses/forensic-psychology</p> <p>Understanding Anxiety, Depression and CBT https://www.futurelearn.com/courses/anxiety-depression-and-cbt</p>	<p>Food for Thought: The Relationship between Food, Gut and Brain https://www.futurelearn.com/courses/food-for-thought</p> <p>Music Psychology: Why does Bohemian Rhapsody Feel so Good? https://www.futurelearn.com/courses/music-psychology</p>



Writing Tasks

Royal Holloway University essay competition

Royal Holloway runs a national Psychology competition for schools, enabling Year 12 students to pit their psychology skills against pupils from across the UK.

<https://www.royalholloway.ac.uk/studying-here/schools-and-colleges/activities-by-subject/psychology/psychology-resources/national-psychology-competition/>



Watching Tasks

Documentaries: 'Babies' on Netflix

Episode 1 - Love - looks at attachment processes, very relevant to one of our topics

Episode 4 - First words - looks at language development

The rest are interesting but these have the most psychological content.

Netflix: Three Identical Strangers

A documentary which looks at twin studies, ethics, schizophrenia and mental health and nature v nurture. Available on Netflix

Know thyself with a brain scanner (15 minutes)
https://www.ted.com/talks/ariel_garten_know_thyself_with_a_brain_scanner

How risk taking changes a teenagers brain (11 minutes)
https://www.ted.com/talks/kashfia_rahman_how_risk_taking_changes_a_teenager_s_brain

3 kinds of bias that shape your worldview (12 minutes)
https://www.ted.com/talks/j_marshall_shepherd_3_kinds_bias_that_shape_your_worldview

The surprisingly logical brains of babies (20 minutes)
https://www.ted.com/talks/laura_schulz_the_surprisingly_logical_minds_of_babies

What we learn before we're born (16 minutes)
https://www.ted.com/talks/annie_murphy_paul_what_we_learn_before_we_re_born

BBC - Psychology of the mind. Clips and documentaries.

<https://www.bbc.co.uk/programmes/p01xkr8n>

The brain: A secret history (BBC 4)

<https://www.bbc.co.uk/programmes/b00xccsg/episodes/guide>

Video on childhood development (58 minutes)
<https://www.aspenideas.org/sessions/the-big-bang-in-learning-brain-changes-and-childhood-learning>

TED Talks are an excellent source of psychological content. Some examples are:

Elizabeth Loftus: how reliable is your memory (17 minutes)

https://www.ted.com/talks/elizabeth_loftus_how_reliable_is_your_memory

How your working memory makes sense of the world (9 minutes)

https://www.ted.com/talks/peter_doolittle_how_your_working_memory_makes_sense_of_the_world

Are we in control of our decisions (17 minutes)
https://www.ted.com/talks/dan_ariely_are_we_in_control_of_our_own_decisions

Why we get mad and why it's healthy (13 minutes)
https://www.ted.com/talks/ryan_martin_why_we_get_mad_and_why_it_s_healthy

The neuroscience of criminality (14 minutes)
https://www.ted.com/talks/dan_reisel_the_neuroscience_of_restorative_justice

Why are some people more altruistic than others? (12 minutes)
https://www.ted.com/talks/abigail_marshall_why_some_people_are_more_altruistic_than_others

Optical illusions show how we see (16 minutes)
https://www.ted.com/talks/beau_lotto_optical_illusions_show_how_we_see

Helping others makes us happier (14 minutes)
https://www.ted.com/talks/elizabeth_dunn_helping_others_makes_us_happier_but_it_matters_how_we_do_it

Why we laugh (17 minutes)
https://www.ted.com/talks/sophie_scott_why_we_laugh

	<p>Depressed dogs and cats - what animal madness means for us humans (19 minutes) https://www.ted.com/talks/laurel_braitman_depressed_dogs_cats_with ocd_what_animal_madness_means_for_us_humans</p> <p>You aren't at the mercy of your emotions, your brain creates them (18 minutes) https://www.ted.com/talks/lisa_feldman_barr_ett_you_aren_t_at_the_mercy_of_your_emotions_your_brain_creates_them</p> <p>Human nature and the blank slates - we are born with innate traits (22 minutes) https://www.ted.com/talks/steven_pinker_human_nature_and_the_blank_slate</p> <p>What percentage of our brain do we use (5 minutes) https://www.ted.com/talks/richard_e_cytowic_what_percentage_of_your_brain_do_you_use</p>	<p>The optimism bias (17 minutes) https://www.ted.com/talks/tali_sharot_the_optimism_bias</p> <p>Understanding autism (15 minutes) https://www.ted.com/talks/wendy_chung_autism_what_we_know_and_what_we_dont_know_yet</p> <p>How language transformed humanity (20 minutes) https://www.ted.com/talks/mark_pagel_how_language_transformed_humanity</p>
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Brain Day (in-school event)

The school organises "Brain Day" every other year which is provided by Dr Guy Sutton, Director, Medical Biology Interactive & Honorary Lecturer at the University of Nottingham Medical School. The event focuses on the anatomy of the Brain and how brain anatomy and processes link to behaviour.

Volunteering opportunities:

Mencap:

Volunteering
Volunteer with Mencap and support people with a learning disability to live happy and healthy lives.

<https://www.mencap.org.uk/get-involved/volunteering>

MIND

<https://www.mind.org.uk/get-involved/volunteering-and-participating/>

Opportunities for independent visits include:

The Freud museum

<https://www.freud.org.uk/>

Bethlem Museum of the Mind

Bethlem Museum of the Mind records the lives and experience and celebrates the achievements of people with mental health problems.

<https://museumofthemind.org.uk/>

The **Science Museum** in London often has exhibits relating to the brain and psychology.

<https://www.sciencemuseum.org.uk/search?term=psychology>

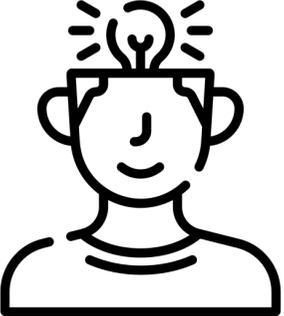
Work Experience opportunities:

Springpod: virtual work experience

<https://www.springpod.com/virtual-work-experience/psychology-work-experience>

UCL Research Placement

Are you a Year 12 student interested in doing a research placement in psychology or neuroscience? The Department of Experimental Psychology offers hands-on research projects where students have the opportunity to make a meaningful contribution towards cutting-edge research

		https://www.ucl.ac.uk/pals/research/experimental-psychology/opportunities/research-placements-2/
 <p>Student-led Creative Thinking Tasks</p>	Do an independent research project (approved by your psychology teacher). Ideas include: https://www.verywellmind.com/psychology-experiment-ideas-2795669	

