

Psychology Bridging Work

- **Welcome to Psychology!**
- Well done for choosing Psychology A Level! You've made a good choice!
- This bridging work will focus on introducing you to some of the units you will study in Y12.

The topics we cover in Y12 are:

Social Influence

Memory

Attachment

Psychopathology

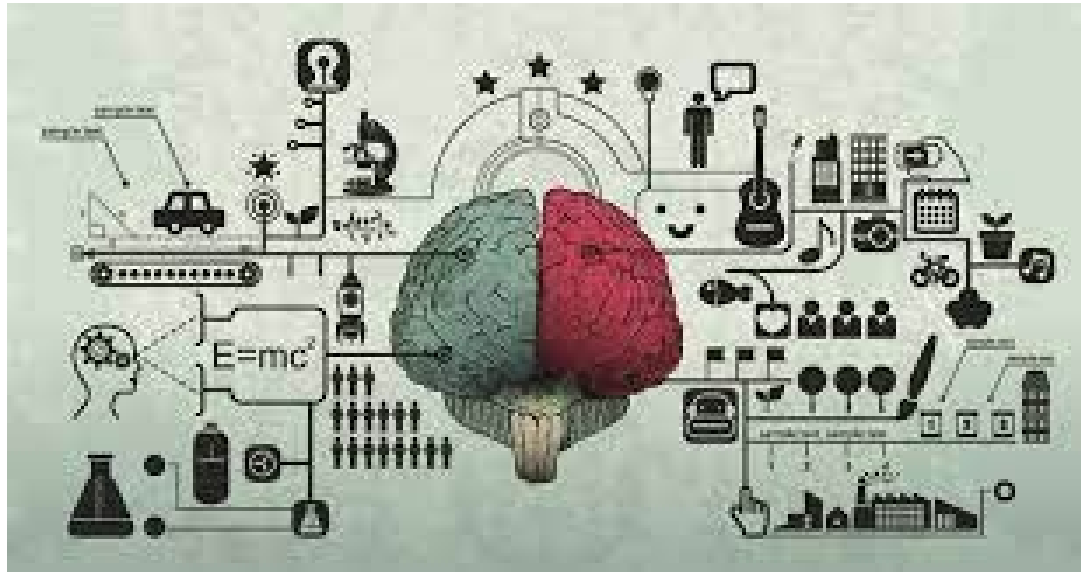
Approaches

Research Methods

Let's find out about...

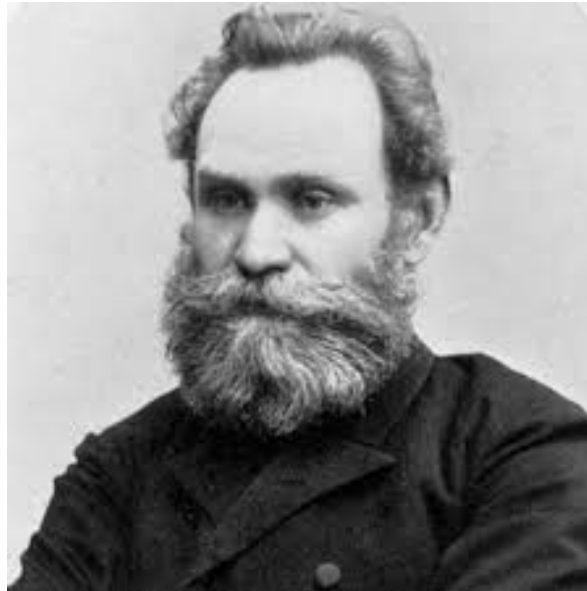
Psychology

- You will create a fact file for 4 different psychologists.
- You can complete the following activities on a sheet of paper or on a word document.
- Follow the instructions on each slide and use the prompt questions to structure your fact file.
- Your final task will be a mini research project.
- Include diagrams, pictures and illustrations in your work and make it look good.
- Enjoy!



Let's find out about...

Ivan Pavlov



Pavlov's Life facts

<https://www.britannica.com/biography/Ivan-Pavlov>

- His full name is:
- Where was he born and the date:
- What is he known for:

Pavlov's Professional life

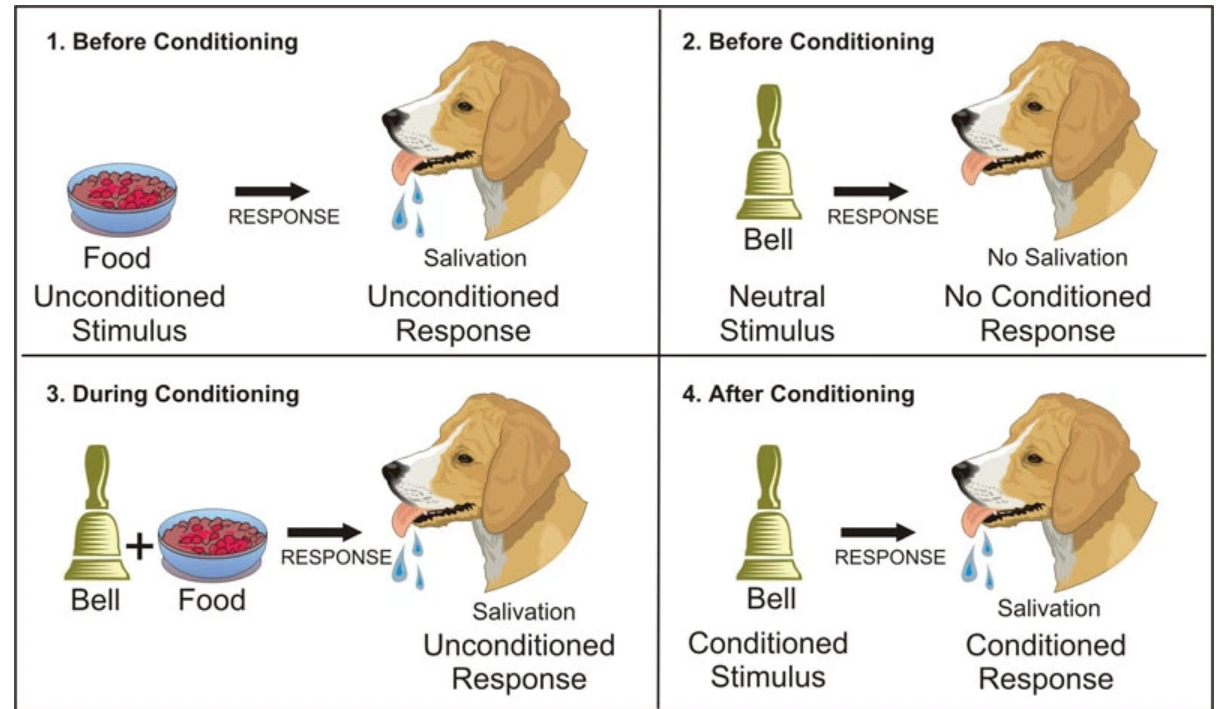
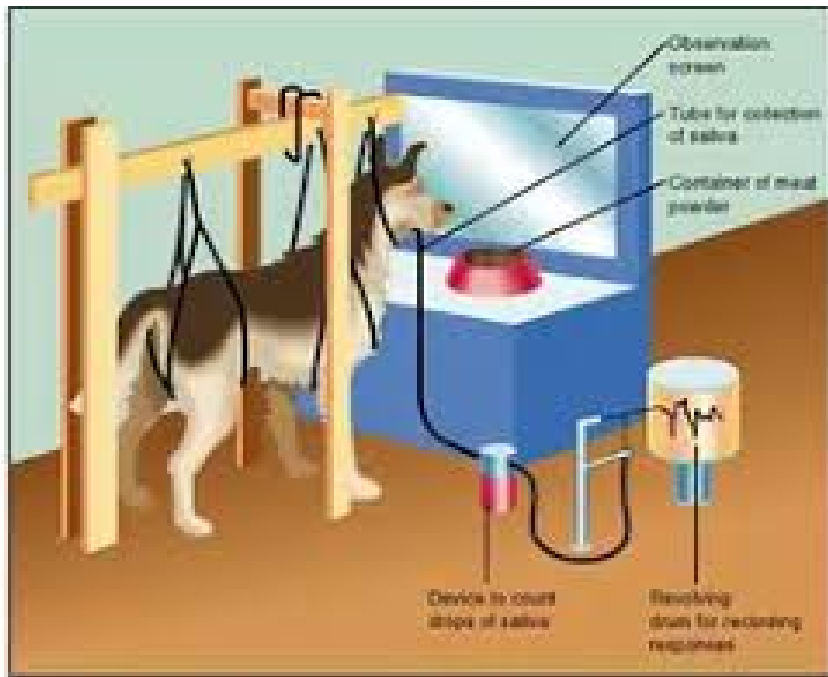
<https://youtu.be/asmXyJaXBC8>

Watch the clip to get an idea of the work that Pavlov carried out.

Pavlov and the behaviourist approach

- Pavlov is a behavioural psychologist.
- He is interested in how people and animals learn.
- He believed they learn through classical conditioning.
- Write a definition of classical conditioning.

Pavlov's dogs



Classical Conditioning

Pavlov's experiment

- Write a brief overview of what happened during Pavlov's experiment. (A max of two paragraphs will do).
- Include the terms, conditioned stimulus/response, unconditioned stimulus/response and neutral stimulus.

Reflection

- <https://youtu.be/FMnhyGozLyE>
- What has Pavlov's experiment taught us about phobias.
- E.g. If a baby associates a white rat with a loud noise what will happen when they see a rabbit?

Let's find out about...

The case study of 'Genie' and the impact privation (no attachment) had on her development.

Please note:

This is a very sensitive topic and if you do not wish to continue at any point please let me know lanes@Meadowhead.Sheffield.sch.uk or communicate with your head of year. Please do not feel pressured to finish this if it causes you any distress or upset - just let us know. There are a lot of topics in Psychology similar to this which you will always be given this option before participating.

Attachment and development.

Positive attachment and development:

Parents attend to their children's needs from them being a baby. They give their child regular eye contact, physically and emotionally comfort them when they are distressed, regularly interact with their child so they develop physically and emotionally, and also keep their children clean and safe. This type of attachment means a person has a better chance of developing into a happy and healthy adult without extra support.

Negative attachment and development:

Parents who do not attend to their children's needs from them being a baby. Parents may not interact with children as much as they should, not give regular eye contact, not comfort children when they are upset and distressed. A child is not kept physically or emotionally safe. This type of attachment is also known as: **Neglect**. When a child is not given a positive start to life they need extra help to become a happy and healthy adult. However, in the case of Genie (which you will see) there was no way of helping her develop as she had missed very important stages in language development.

Describe how you would expect to see a toddler developing in a positive way.

Include the following: interactions / language development / movement / exploring their environment / keeping parents close while exploring / being comforted when expressing emotions / learning coordination (colouring, kicking a ball).

Privation

Privation occurs when there is a failure to form an attachment to any individual, perhaps because the child has a series of different carers. Bowlby (a famous Psychologist) found a failure to form attachments in childhood made individuals more likely to become juvenile thieves. Privated children do not show distress when separated from a familiar figure, which indicates a lack of attachment.

From his survey of research on privation, Rutter (another famous Psychologist) proposed that it is likely to lead initially to clinging, dependent behaviour, attention-seeking and indiscriminate friendliness, then as the child matures, an inability to keep rules, form lasting relationships, or feel guilt. He also found evidence of anti-social behaviour, affectionless psychopathy, and disorders of language, intellectual development and physical growth.

Define what privation is in one sentence.

What is a case study?

This relates to the research methods element of the course. A case study is a descriptive (mostly written and little numbers) research approach to obtain an in-depth **analysis** of a person, group, or phenomenon. A variety of techniques may be employed including personal interviews, direct-observation, psychometric (personality & behaviour) tests, and archival records.

In the case of Genie - she was observed interacting, many open ended interviews were conducted on her parents, Genie was given different tests to measure her intelligence level, emotions, interactions and track her development from being found at 13 years old.

Describe what a case study is.

The case study of 'Genie'.

- <https://www.youtube.com/watch?v=6H2POnmnbPo>
- <https://www.youtube.com/watch?v=bz8H5wWGpGc>

Please note:

Some distressful content on these videos of neglect.

The written case study is on the next page if you do not wish to watch these.

Genie Case Study- (Curtiss, 1977)

When Genie was between 14 and 20 months of age and was just beginning to learn speech, a doctor told her family that she seemed to be developmentally delayed and possibly have an intellectual disability.

Her father took the opinion more seriously than it was expressed by the doctor, apparently deciding that she was profoundly disabled, and subjected her to severe confinement and ritual ill-treatment in an attempt to "protect" her.

Genie spent the next 12 years of her life locked in her bedroom. During the day, she was tied to a child's potty chair in diapers; at night, she was bound in a sleeping bag and placed in an enclosed crib with a cover made of metal screening. Indications are that Genie's father beat her if she vocalized, and he barked and growled at her like a dog in order to keep her quiet. He also rarely allowed his wife and son to leave the house or even to speak, and he expressly forbade them to speak to Genie.

Genie was discovered at the age of 13 when her mother left her husband and took Genie with her. Could not stand erect and had a vocabulary of about 20 words. She scored as low as a normal one year old on a social maturity scale. She could only understand her own name. Didn't socialize, didn't know how to chew, salivated constantly, and was not toilet trained. Within a few months of therapy, she had advanced to one-word answers and had learned to dress herself. But Genie didn't progress the way normal children would do as in she never asked questions, did not understand grammar, and had no advancements in vocabulary.

After considerable therapy from doctors, Genie later learned to vocalize and express herself through sign language. Her demeanor changed considerably, and she became social with adults she was familiar with. Genie had a strange "bunny walk", in which she held her hands up in front, like paws. However, she never reached any sort of normal cognitive or emotional development. Genie now lives in a sheltered accommodation in an undisclosed location in Southern California; it is at least her sixth adult foster home. Her mother died in 2003.

In 1975, Genie was returned to the custody of her mother, who wished to care for her daughter. After a few months, the mother found that taking care of Genie was too difficult, and Genie was transferred to a succession of six more foster homes. In some of the homes she was physically abused and harassed, and her development regressed severely.

The case study of 'Genie'.

- <https://www.youtube.com/watch?v=6H2POnmvbPo>
- <https://www.youtube.com/watch?v=bz8H5wWGpGc>
- Write a couple of paragraphs about Genie's story.

What happened to her?

How did her childhood impact her development?

How was Genie helped?

What couldn't Genie be helped with?

Reflection & Summary

- How was Genie's development different to that of someone with a healthy attachment and development? What impact did this lack of attachment have on her development?
- (Try and include some of the key terms we have talked about)

Let's find out about...

B.F. SKINNER



Skinner's Life facts

[https://www.softschools.com/facts/scientists/b f skinner facts/1036/](https://www.softschools.com/facts/scientists/b_f_skinner_facts/1036/)

- His full name is:
- Where was he born and the date:
- What is he known for:

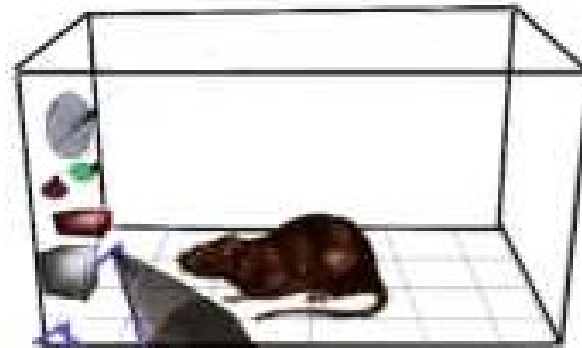
Skinner and the behaviourist approach

- [Behaviourism 101 – YouTube](#)
- Skinner is a behavioural psychologist.
- He is interested in how people and animals learn.
- He believed they learn through operant conditioning.
- Write a definition of what a behaviourist believes in.

Skinner's Professional life

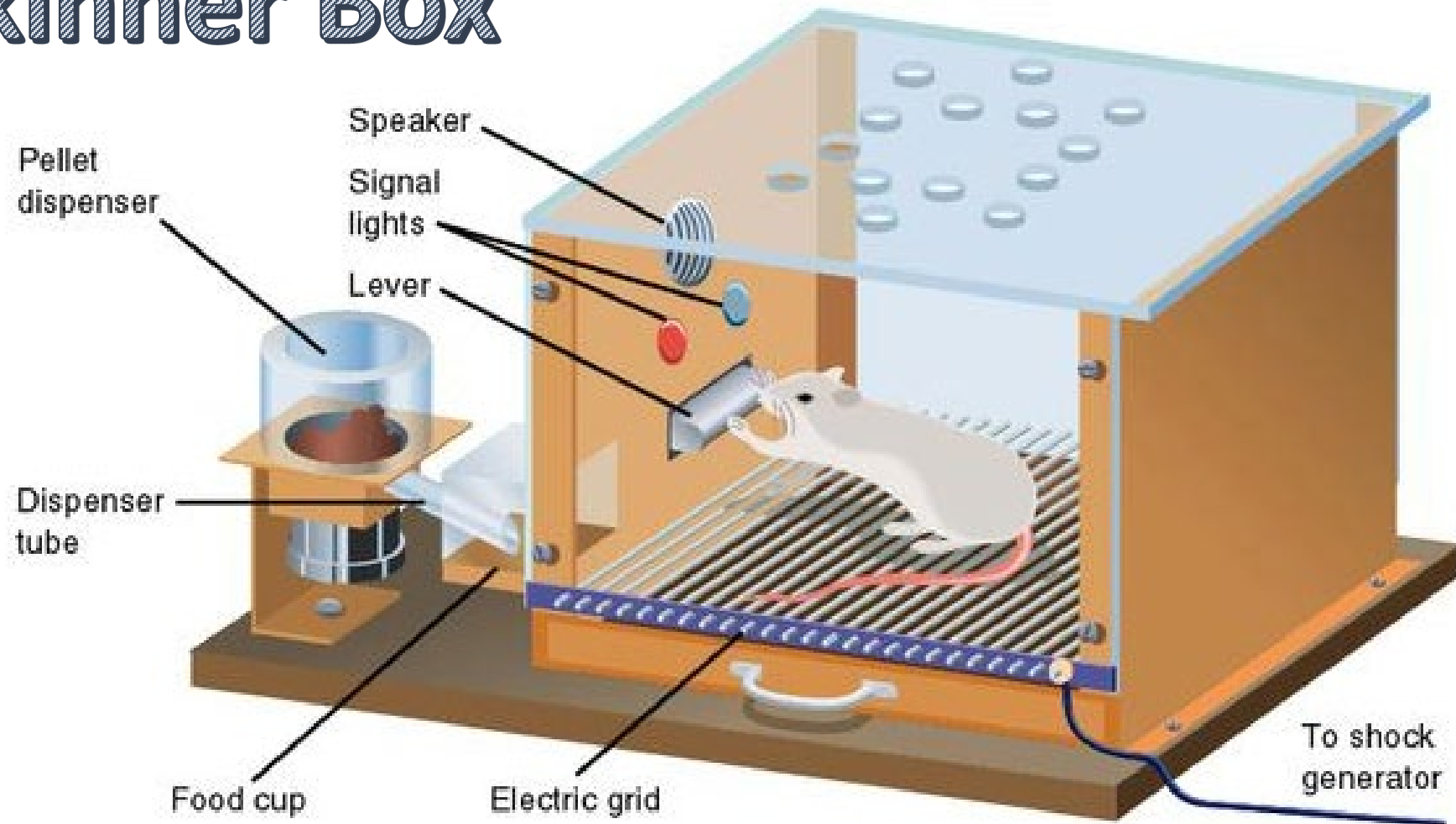
Why does the rat
first press the lever?

Skinner Box



Food dispenser

The Skinner Box



Watch the video clip (second one down on the page) on reinforcement theory:

<https://www.simplypsychology.org/operant-conditioning.html>

The Skinner box experiment

- Write a brief overview of what happened during the Skinner box experiment. (A max of two paragraphs will do).

Reflection

- <http://atlspeechtherapy.com/3-super-nanny-episodes-to-help-parents-improve-behavior-management/>
- What has the Skinner box experiment taught us about how people learn?

E.g. If someone is given positive reinforcement for a behaviour e.g. a sweet for tidying their room, what will happen to their behaviour.

Let's find out about...

Phillip Zimbardo



Zimbardo's Life facts

- His full name is:
- Where was he born and the date:
- What is he known for:

Use the internet to try and find the answers to these questions.

Zimbardo and Social Psychology

- Zimbardo is a Social Psychologist.
- He is interested in how and why people behave in certain social situations.
- Social Psychology is all about looking at human behaviour in all areas of society.
- Write a definition of what a social Psychologist is.

Zimbardo's Professional life

- <https://www.goodtherapy.org/famous-psychologists/philip-zimbardo.html>
- **Write 3 facts about Zimbardo's professional life**
(Professional life paragraph is at the top of the web page).

Zimbardo's Most famous experiment

The Stanford prison experiment:

Zimbardo created a mock prison environment in the basement of Stanford university USA. It was to test how mock guards and mock prisoners behave when given that role in society. The purpose of this experiment was to understand how terrible imbalance of power had occurred in real war situations.

- **WARNING** there are some graphic images on the following link.
13.40min
- <https://www.youtube.com/watch?v=xPO6BrFTsWM>

The Stanford Prison Experiment


- <https://www.prisonexp.org/the-story>
- Write a brief overview of what happened during the Stanford prison experiment. (A max of two paragraphs will do).

Reflection

- <https://www.bbc.co.uk/news/world-us-canada-14564182>

- What has the Stanford prison experiment taught us about how people follow roles in society?

E.g. If someone is given the role of a guard do they behave like a guard? Yes - and any expectations of power that are associated with being a guard as well.



Does Music affect mood?

Mini Psychology research
study for you to complete.

You are going to complete your own piece of research, and it will have the following sub headings when you have completed it:

- Background research (slide 34 and 35)
- The hypothesis (slide 36)
- The method (slide 37)
- The results (slide 38)
- The conclusion (slide 39)
- The evaluation (slide 40)

I would recommend you read through all of the slides before you start the task.

Background research

In psychology we look at previous research to help us make predictions in our own research.

- Have you ever felt chills down your spine while listening to music? According to a study by Nusbaum and Silvia (2010), over 90% of us have. How powerful the effects of music, though, depends on your personality. People who are high in one of the five personality dimensions called 'openness to experience', are likely to feel the most chills while listening to music (Nusbaum and Silvia, "Shivers and Timbres Personality and the Experience of Chills From Music," *Social Psychology & Personality Science*, 2010).
- A Stanford study shows that music engages areas of the brain which are involved with paying attention, making predictions and updating events in our memory (Baker, Mitzi. "Music moves brain to pay attention, Stanford study finds." *Stanford Medicine*. Accessed February 24, 2015).
- Much like expert technical skills, mastery in arts and humanities is closely correlated to a greater understanding of language components (Trei, Lisa. "Musical training helps language processing, studies show." *Stanford News*. Accessed February 24, 2015).
- Musicians are found to have superior working memory compared to non-musicians (Berti, et al., 2006; Pallesen et al., "Cognitive Control in Auditory Working Memory Is Enhanced in Musicians," *PLOS One*, June 15, 2010).

https://www.nammfoundation.org/articles/2014-06-01/benefits-learning-and-playing-music-adults?gclid=CjwKCAjw5vz2BRAtEiwAbcVIL3z_xPzGmiBeTmfK03U79CMWgLdH8NqyCZhJAshX16_bpHZbx3M-TRoCUhoQAvD_BwE

Background research

- Sum up in one paragraph what research has demonstrated about music and mood.

Using the background research, create your own hypothesis...

- Complete the sentence with the correct word:

Individuals will have an **increased/decreased** mood on a scale of 1 (no mood change) to 5 (significant positive mood change) after they have listened to their favourite piece of music.

The method:

- Ask 5 people if they want to take part in your experiment. Then given them a brief about what the experiment is. This experiment is about music and mood (keep it simple as if you give too much away they may deliberately give you an answer you want to hear and this will make your results untruthful).
- After they have listened to this music ask them to rate how they feel compared to before listening to the piece of music. Do they feel:
 - 1 – No change in mood since before listening to the music.
 - 2 – A very small positive change in mood since before listening to the music.
 - 3 – A relatively positive change in mood since before listening to the music.
 - 4 – A good noticeable positive change in mood since before listening to the music.
 - 5 – A significant positive change in mood since before listening to the music
- Record your findings on a sheet of paper. E.g. The participants initials, the music they listened to and how they rated their mood after listening to the piece of music.

The results

- Look at your findings and write into one paragraph what you found. You could also create a table of your findings if you want as well.
- **Take it further:** you could create a graph to represent the details. Don't worry too much if you cannot do this though.

The conclusion

- Thinking back to our hypothesis, complete the following statement using your results as evidence.
- Individuals did/did not have an increased/decreased mood on a scale of 1 (no mood change) to 5 (significant positive mood change) after they listened to their favourite piece of music. This has been demonstrated in the results.
- WHY DO YOU THINK THIS HAPPENED?
- In Psychology when we conduct research we want to be sure that only one factor is being manipulated at once. In our case this time it was Music affecting mood. Were there any other factors that could have affected this persons mood as well? E.g. The time of day? The weather outside? Where the person was in the house? These are called confounding variables, other variables that may have also affected mood. So when we conduct research we have to make sure we control all of these things.

The evaluation

- What are the strengths of your research – what was good about it?
- What are the weaknesses of your research – what was not so good about it?

Take it further: Do some research online to add to your evaluation/