



# PSYCHOLOGY

## Read

- 'The Memory Illusion' (Shaw, J. 2017) - forensic psychologist and memory expert. Dr Julia Shaw draws on the latest research to show why our memories so often play tricks on us.
- 'Eleanor Oliphant is Completely Fine' (Honeyman, G. 2018) – A novel about living with loneliness and mental health awareness. A good read if you enjoy psychopathology
- 'The Shock of the Fall' (Filer, N.2013) - A novel about a man who is Schizophrenic and how he deals with the mental health system.
- 'Behind the Shock machine' (Perry, G.) Would you give electric shocks to another person because you were ordered to do so? Milgram did just this in his experiment. Gina Perry explores this investigation and the people behind the shock machine further in this book about the impact of social influence
- 'Mindset' (Dweck, C, Dr. 2017) Changing the way you think to fulfil your potential. Dweck explains why it's not just our abilities and talent that bring us success-but whether we approach them with a fixed or growth mindset
- 'Inventing Ourselves (Blakemore, S. 2019) Sarah-Jayne Blakemore explains how the adolescent brain transforms as it develops and shapes the adults we become.

## Watch

- [How reliable is your memory? | Elizabeth Loftus - YouTube](#) TED talk which discusses the reliability of memory and the impact of false memory.
- [Ruby Wax: What's so funny about mental illness? | TED Talk](#) TED talk about mental health
- *A Beautiful Mind*- John Nash's struggle with schizophrenia. The film journeys through his battles, ending in Nash's eventual triumph over the devastating effects of the illness.
- The Stanford Prison Experiment - (2015) Movie about how people conform to their social roles – prisoner or guard – to try to identify if people are born bad or just follow orders and act to their social role due to social influence.
- [PHILIP ZIMBARDO: The Lucifer Effect Understanding How Good People Turn Evil - YouTube](#) Dr Philip Zimbardo discusses research including Milgram, Milgram's variations and real world application of people following orders and acting in social roles to explain why good people do bad things.

## Websites

- [Public | BPS](#) The British Psychological Society has regularly updated news and blogs, as well as information on topics and issues
- [Mental health conditions - NHS \(www.nhs.uk\)](#) Information on some psychopathology topics such as OCD and schizophrenia (amongst others that are not covered in the AQA specification)
- [Types of mental health problems - Mind](#) Information on diagnosis, treatment options and support on a range of mental health conditions.
- [BPS](#) The British Psychological Society
- [What is Psychology? | Simply Psychology](#) A useful website to support revision
- [Psychology resources \(royalholloway.ac.uk\)](#) specifically designed for A level students keen on exploring Psychology outside of their curriculum - there are different fields of Psychology students can explore, by clicking on a link, which then have an article, clips and 5 questions to guide students through progression. Fields of psychology students can explore include: Applied

## Subscriptions

**Remember that if you have been accepted onto the 16-19 Bursary, Thirsk Sixth Form College can support you with academic subscriptions**

- [Psychology Today Magazine Subscription - subscription-service.co.uk](#) A magazine that explores the emotional, physical and spiritual aspects of daily life,
- [Student Subscription | New Scientist](#) Covers a range of recent scientific articles, some of which explore our behaviour and psychological explanations.
- [Subscribe to the BPS | BPS](#) A level students can opt for the e-subscription to the British psychological Society's magazines.

<p>Psychology; Clinical Psychology; Developmental Psychology; Neuroscience; Social science in action</p> <ul style="list-style-type: none"> <li>• <a href="#">Learning Resources - Freud Museum London</a> Explore the life and work of the founder of psychoanalysis, his theory of dream interpretation- includes articles and clips to watch</li> <li>• <a href="#">How we read each other's minds   Rebecca Saxe - YouTube</a> According to Saxe, a professor of neuroscience at MIT, you don't need tarot cards or ESP to read people's minds. A functioning right temporo-parietal junction will do just fine. In her talk, Saxe explains how this brain region allows humans to be good at sensing other people's feelings, thoughts, and motivations.</li> </ul>	
<p><b><u>Listen</u></b></p> <ul style="list-style-type: none"> <li>• <a href="#">BBC Radio 4 - All in the Mind</a> A range of interesting podcasts – some brief (4 minutes to longer podcasts – half an hour)</li> <li>• <a href="#">BBC Radio 4 - Mind Changers - Available now</a> podcasts that discuss BF Skinner, Carol Dwek, Carl Rogers, A Maslow, Rotter and Loftus and many more on topics covered in the AQA spec such as Operant conditioning, person centred approach in health care, eye witness testimonies etc</li> </ul>	<p><b><u>Visit</u></b></p> <ul style="list-style-type: none"> <li>• <a href="#">Freud Museum London - The Home of Sigmund Freud</a></li> <li>• Flamingo Land, Lightwater Valley – look for social influence and phobias. Do people follow the crowd go onto rides and frightening experiences just because their peers do? Do they conform by saying they enjoyed it, when privately they disagree? Are phobias of heights, rides, spiders overcome by flooding?</li> </ul>
<p><b><u>Courses</u></b></p> <ul style="list-style-type: none"> <li>• MOOCs ( Massive Open Online Courses) – learn about your interests and bolster your CV. Three main providers are: <ul style="list-style-type: none"> <li>✓ <a href="#">FutureLearn: Online Courses and Degrees from Top Universities</a></li> <li>✓ <a href="#">edX   Free Online Courses by Harvard, MIT, &amp; more   edX</a></li> <li>✓ <a href="#">Open Learning - OpenLearn - Open University</a></li> <li>✓ <a href="#">Exploring sport coaching and psychology - OpenLearn - Open University</a> Exploring sport coaching and psychology (free course)</li> <li>✓ <a href="#">Understanding depression and anxiety - OpenLearn - Open University</a> Understanding depression and anxiety (free course)</li> <li>✓ <a href="#">Forensic psychology - OpenLearn - Open University</a> Forensic psychology (free course)</li> </ul> </li> </ul> <p>Just make sure you look for the free courses. You can complete some courses and only have to pay to receive the certificate.</p> <p><b>If you are a Bursary student, remember that the Student Discretionary Bursary can pay for certification or courses.</b></p>	<p><b><u>Competitions</u></b></p> <ul style="list-style-type: none"> <li>• <a href="#">National psychology competition (royalholloway.ac.uk)</a> We run a national Psychology competition for schools, enabling Year 12 students to pit their psychology skills against pupils from across the UK. To enter the competition, student teams answer the competition question with a two-minute video and a corresponding poster. An example of a question would be, "How can psychology help solve societal and global problems?"</li> </ul>
<p><b><u>Apps</u></b></p> <ul style="list-style-type: none"> <li>• <a href="#">Free A Level Psychology Revision App - Prepare 2x Faster (senecalearning.com)</a></li> <li>• Research Digest BPS</li> </ul>	<p><b><u>Work experience ideas</u></b></p> <ul style="list-style-type: none"> <li>• Primary Schools and nurseries – observing how children play, and interact with each other can develop awareness of developmental psychology , social influence and attachment.</li> <li>• Counselling services, retreats – observing how growth mindset, and counselling can be used to help overcome mental illness and phobias.</li> </ul>

