

On your mini whiteboard:

What is psychology?

Please read the rather contrived story below.

### A Case of Theft

Evening of 24<sup>th</sup> May, Peckham, London

Jake grew up in a manic household. He had 5 older brothers, all much bigger and stronger than him. One of Jake's brothers was in prison; the others all lived a life of crime. It was just the way things were on the estate they lived on. Jake's dad had been in prison for nearly his whole life, for carjacking.

Jake was leaving home one day and saw his older brother taking money from their mum's purse, a common occurrence. Jake did the same, taking £10 and dodging his mum's eye as he headed for the door. Jake knew his mum couldn't do anything to stop him, especially because she loved her sons so much. Jake's older brother winked at Jake as he headed out to meet his friends.

Jake decided to go and see his friends too. On his way, he passed his brother again, who was with his friends. 'Look, it's your midget brother!' one of them jeered. Jake's brother laughed and ruffled Jake's hair saying, 'All the better for fitting into small spaces, very light fingered, our Jake!'. Jake felt proud. He smiled up at his brother, who winked at him once more.

Jake caught up his friends under the overpass, where they usually hung out. As he arrived, he noticed that his friends were crowded in a circle. Inside the circle was a boy Jake had not seen before, not one of his usual friends. He was skateboarding; everybody was watching him.

'Alright Jake' said Tom, Jake's best friend. 'Check this guy out, he just nicked the skateboard from the shop round the corner, his name's Billy'. Tom watched as Billy did a kickflip, something Jake had been trying to master for ages. 'Nicked that, did you?' Jake asked suspiciously, not fully trusting of this new boy. 'We saw him do it,' said another of Jake's friends. 'Just walked into the shop, grabbed it and walked out, real casual like!'.

'I've been trying to do a kickflip for months,' said Billy, the new boy. 'This board makes it soooo easy'.

'Cool,' said Tom.

'Check this out,' commanded Billy, as he pulled some cans from his bag. 'Nicked these from the corner shop,' he bragged, holding up the 4-pack of beer. 'Who want's one?'. Jake's friends looked nervous and inched backwards. Jake thought about it, figured he had nothing to lose, and stepped forward saying, 'Me, I'll take one.' Jake's friends laughed in admiration. 'Down it!' they chorused. Jake drank the beer far too quickly. He felt queasy.

'Didn't think you had it in you, little man,' sneered Billy. 'Don't look like the type.' Jake felt his heart rate rise and his breathing become shallow. He felt jittery. 'Who did this guy think he was?' he thought. 'You think you're a big man?' goaded Jake.

'Bigger than you,' retorted Billy, 'And better. Isn't your Dad in the nick for stealing?' Jake couldn't believe what he was hearing. He felt sweaty and light-headed.

'You gonna take that Jake?' asked Tom. 'You can't let him dis you like that. You need to show him.' Jake looked around at the expectant faces, all directed at him.

Jake rushed into the skateboard shop, fed up of the way the others always underestimated him. He knew he should be the leader of his gang; he wasn't going to let Billy muscle in and take the top spot. He grabbed the most expensive skateboard and ran for the overpass. In the middle of his cluster of friends was a policewoman; Jake instantly knew his number was up. He couldn't believe his friends had grassed, but he still had an ace up his sleeve. As the policewoman confronted him, Jake told her about Billy and demanded the policewoman check his skateboard too. Billy pulled out a receipt, dated yesterday. He'd been collecting his customised board earlier in the day, not stealing it. Jake felt like an idiot. As he was led to the police car, he thought, 'Nothing ever goes my way, it never does.'

- 1. What explanations can you think of for Jake's behaviour?**
- 2. How do your ideas fit with the different approaches taken in psychology?**
- 3. Are you more convinced by some than others?**

### Social Learning Theory

We look up to role models and imitate their behaviour.

We are more likely to imitate role models if we have seen them being rewarded for the behaviour.

We do things because we have observed other people doing them.

### Social Psychology

Behaviour is influenced by the culture, people and context around us.

Society teaches us what is right and wrong.

We base our behaviour on what is expected of us.

### The Biological Approach

The genes we inherit from our parents shape our behaviour.

Evolution has taught us that certain behaviour ensure our survival.

Biological processes determine our behaviour e.g. levels of neurotransmitters, hormones and other substances like alcohol can change our behaviour.

### Behaviourism

All behaviour is learned from the environment.

The consequences of our behaviour (whether we are rewarded or punished) teach us to repeat or stop a behaviour.

Use the different approaches to explain Jake's behaviour.  
Which do you consider to be the most convincing?

### The Cognitive Approach

Behaviour originates from the way that we think.

Our past experiences shape the way that we think.

Our thought processes can become irrational/faulty.

### Psychodynamic Approach

Unconscious problems from childhood determine our behaviour.

Our relationships with our parents influences our later behaviour.

People are battling to control their impulses.

### Humanistic Approach

People have a choice about how they behave.

People need to feel loved and wanted.

Every individual is trying to fulfil their potential.

## The Orange Analogy

Write (in a vertical direction) explanations of human behaviour on your orange.

Prize for explaining the orange analogy.



Mini-plenary

Can you refine your definition?

**You are invited to a mocktail party.**

**The theme for the party is the history of psychology.**



**Guests are expected to be knowledgeable and enquiring.**

**Guests will include: Rene Descartes, John Locke, Charles Darwin, Wilhelm Wundt, Sigmund Freud, John B. Watson, B. F. Skinner, Abraham Maslow, Carl Rogers, Mr Cognitive, Albert Bandura, Mr Biological, Mr Cognitive Neuroscience**

**To prepare for the party, create a card (see template) about each guest to stash in your handbag/man bag!**

**Need help? Digital text book: [www.illuminate.digital/aqapsych1](http://www.illuminate.digital/aqapsych1)**

**Student Username: SHARDENHUIHSN14**

**Student Password: STUDENT**

**Note: please bring your cards along to your enrolment meeting.**

## History of Psychology Mocktail Party



**Guest name:**

**Date:**

**Position on timeline:**

**Group membership:**

**Methods:**

**Key ideas:**

**Reason for loss of popularity:**

**Contribution to the emergence of psychology as a science:**

**LOs:**

To understand why there are so many different approaches to explaining thinking and behaviour in the field of psychology

To understand how psychology has become increasingly scientific in its approach to explaining thinking and behaviour

To be able to explain particular developments in the history of psychology in detail e.g. Wundt and structuralism

## History of Psychology Mocktail Party



**Guest name: Rene Descartes**

**Date:**

**Position on timeline:**

**Group membership:**

**Methods: Philosophical**

**Key ideas:**

**Reason for loss of popularity:**

**Contribution to the emergence of psychology as a science:**

**LOs:**

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## History of Psychology Mocktail Party



**Guest name: John Locke**

**Date:**

**Position on timeline:**

**Group membership:**

**Methods:**

**Key ideas:**

**Reason for loss of popularity:**

**Contribution to the emergence of psychology as a science:**

LOs:

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## History of Psychology Mocktail Party



**Guest name: Charles Darwin**

**Date:**

**Position on timeline:**

**Group membership:**

**Methods:**

**Key ideas:**

**Reason for loss of popularity:**

**Contribution to the emergence of psychology as a science:**

**LOs:**

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# History of Psychology

## Mocktail Party



**Guest name: Wilhelm Wundt**

**Date: 1832-1920 (key date: 1879, when he opened his lab in Leipzig, Germany)**

**Position on timeline: After philosophical roots, before Freud. First psychologist?**

**Group membership: Structuralism**

**Methods: Introspection; scientific (controlled experimental conditions)**

**Key ideas:**

- The human mind could be studied scientifically (under strictly controlled experimental conditions)
- Based on empiricism (the belief that all knowledge is derived from sensory experience)
- Sought to study the structure of the human mind by breaking down behaviours (such as sensation and perception) into their basic elements, such as sensations (e.g. sights, sounds, smells) and feelings (e.g. love, hate, sadness)
- The technique used by structuralists was called introspection. Worked by asking individuals to engage in a task and then reflect on and report precisely the mental processes they were performing. Used to establish general theories about mental processes.

**Reason for loss of popularity:**

- Unreliable method - Skinner claimed that the results of introspection are subjective and cannot be verified because only observable behaviour can be objectively measured. Results not replicated.

**Contribution to the emergence of psychology as a science:** move towards scientific methods (e.g. controlled lab environment, standardised procedures and instructions). Still has some relevance today e.g. used by Griffiths in a study of gambling behaviour (studied in the A2 course).

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History of Psychology  
Mocktail Party



**Guest name:** Sigmund Freud

**Date:**

**Position on timeline:**

**Group membership:**

**Methods:**

**Key ideas:**

**Reason for loss of popularity:**

**Contribution to the emergence of psychology as a science:**

LOs:

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# History of Psychology

## Mocktail Party



**Guest name: John Watson and Skinner**

**Date:**

**Position on timeline:**

**Group membership:**

**Methods:**

**Key ideas:**

**Reason for loss of popularity:**

**Contribution to the emergence of psychology as a science:**

LOs:

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## History of Psychology Mocktail Party

**Guest name: Carl Rogers and Abraham Maslow**

**Date:**

**Position on timeline:**

**Group membership:**

**Methods:**

**Key ideas:**

**Reason for loss of popularity:**

**Contribution to the emergence of psychology as a science:**



LOs:

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## History of Psychology Mocktail Party



**Guest name: Mr Cognitive**

**Date:**

**Position on timeline:**

**Group membership:**

**Methods:**

**Key ideas:**

**Reason for loss of popularity:**

**Contribution to the emergence of psychology as a science:**

**LOs:**

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To be able to explain particular developments in the history of psychology in detail e.g. Wundt and structuralism

## History of Psychology Mocktail Party



**Guest name: Albert Bandura**

**Date:**

**Position on timeline:**

**Group membership:**

**Methods:**

**Key ideas:**

**Reason for loss of popularity:**

**Contribution to the emergence of psychology as a science:**

**LOs:**

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To be able to explain particular developments in the history of psychology in detail e.g. Wundt and structuralism



## History of Psychology Mocktail Party



**Guest name: Mr Biological Approach**

**Date:**

**Position on timeline:**

**Group membership:**

**Methods:**

**Key ideas:**

**Reason for loss of popularity:**

**Contribution to the emergence of psychology as a science:**

LOs:

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To be able to explain particular developments in the history of psychology in detail e.g. Wundt and structuralism

## History of Psychology Mocktail Party



**Guest name: Mr Cognitive Neuroscience**

**Date:**

**Position on timeline:**

**Group membership:**

**Methods:**

**Key ideas:**

**Reason for loss of popularity:**

**Contribution to the emergence of psychology as a science:**

**LOs:**

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To be able to explain particular developments in the history of psychology in detail e.g. Wundt and structuralism

AS Psychology	
<b>Paper 1: Introductory Topics in Psychology</b>	<b>Paper 2: Psychology in Context</b>
<b>Content</b> <ul style="list-style-type: none"> <li>• Social Influence</li> <li>• Memory</li> <li>• Attachment</li> </ul>	<b>Content</b> <ul style="list-style-type: none"> <li>• Approaches in Psychology</li> <li>• Psychopathology</li> <li>• Research Methods</li> </ul>
<b>Assessment</b> <ul style="list-style-type: none"> <li>• 1 hour 30 minutes written exam</li> <li>• 72 marks</li> <li>• 50% of AS</li> </ul>	<b>Assessment</b> <ul style="list-style-type: none"> <li>• 1 hour 30 minutes written exam</li> <li>• 72 marks</li> <li>• 50% of AS</li> </ul>
<b>Questions</b> Three compulsory sections all requiring written answers.	<b>Questions</b> Three compulsory sections all requiring written answers.

A-level Psychology		
<b>Paper 1: Introductory Topics in Psychology</b>	<b>Paper 2: Psychology in Context</b>	<b>Paper 3: Issues and Options in Psychology</b>
<b>Content</b> <ul style="list-style-type: none"> <li>• Social Influence</li> <li>• Memory</li> <li>• Attachment</li> <li>• Psychopathology</li> </ul>	<b>Content</b> <ul style="list-style-type: none"> <li>• Approaches in Psychology</li> <li>• Biopsychology</li> <li>• Research Methods</li> </ul>	<b>Content</b> <ul style="list-style-type: none"> <li>• Issues and Debates in Psychology</li> <li>• One from: Relationships; Gender; Cognition and Development</li> <li>• One from: Schizophrenia, Eating Behaviour; Stress</li> <li>• One from: Aggression; Forensic Psychology; Addiction</li> </ul>
<b>Assessment</b> <ul style="list-style-type: none"> <li>• 2 hour written exam</li> <li>• 96 marks</li> <li>• 33.3% of A-level</li> </ul>	<b>Assessment</b> <ul style="list-style-type: none"> <li>• 2 hour written exam</li> <li>• 96 marks</li> <li>• 33.3% of A-level</li> </ul>	<b>Assessment</b> <ul style="list-style-type: none"> <li>• 2 hour written exam</li> <li>• 96 marks</li> <li>• 33.3% of A-level</li> </ul>
<b>Questions</b> Four compulsory sections all requiring written answers.	<b>Questions</b> Three compulsory sections all requiring written answers.	<b>Questions</b> One compulsory section. Three sections each offering a choice of three topics. Students answer one question from each section.