



Saint Benedict
Catholic Voluntary Academy

2026

**BE
PREPARED**

Psychology



St Ralph
Sherwin
Catholic Multi Academy Trust

Introduction to A-level Psychology



Transition work

2024 - 2025

Name: _____

Welcome to Psychology.

This booklet is designed to give you an ideal grounding for your A-Level Psychology course. Research and complete the tasks independently over the next few weeks to get a head start and prepare for the key topics within year one of your Psychology A-level. **Bring the completed booklet with you to your first lesson after the summer holidays.**

The activities in this booklet require a proactive attitude to learning. You will be expected to carry out independent research on different areas within psychology using suggested sources and the internet. The information that you acquire will help you to complete various different activities including two different long answer questions. You will also be required to complete some questions testing your numeracy skills which will also be required during the course.

Instructions

- 1. Read the textbook extract that has been attached alongside this document. You should highlight/annotate important information.**
- 2. Complete the activities detailed in this booklet.**

Conformity Key Term Glossary

Use the textbook extract attached to find the definitions of the following key terms. Give a real life example of your own for each.

KEY TERM	DEFINITION	EXAMPLE
Conformity		
Compliance		
Identification		
Informational social influence		
Normative social influence		
Cognitive dissonance		

Types/Explanations of Conformity Exercise

For each example below, state the type of conformity (*Compliance, Internalisation or identification*) and explain why conformity is happening (*Normative or Informational*).

Emma is a student. When she first went to university, she made friends with a group of students who were passionate about animal rights. At the time, Emma didn't have very strong opinions on animal research but over the past few months she has become very much against it. Now she has joined a campaign against animal research and has started attending public demonstrations with her friends.

Type of conformity:

Why?

Sam has just started work in an office. On his second day there, his colleagues had a discussion about asylum seekers coming to the UK. His colleagues thought that they received favourable treatment from the government and that this should stop. Sam doesn't agree with this view, but when he was asked what he thought, he said that his colleagues were right.

Type of conformity:

Why?

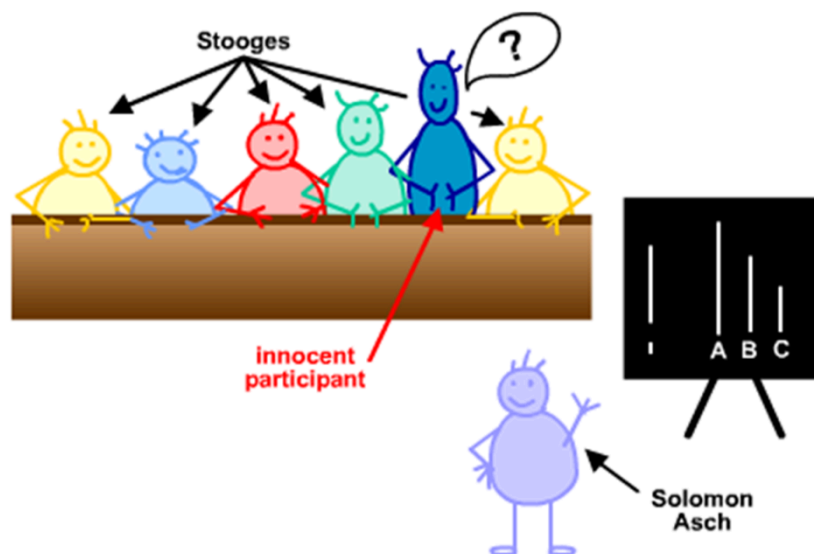
Why?

Grace joins the army and changes her beliefs in order to fit in with the views held by others in the group and the overall army culture. She adopts the belief that you should support your colleagues even when they are wrong. However, she does not keep these views after she leaves the army.

Type of conformity?

Why?

Studies of conformity - Asch (1951)



Read and annotate **Page 10** of the materials attached.

What evidence is there that some people in this study conformed due to the effects of normative social influence?

What evidence is there that some people in this study conformed to the effects of informational social influence?

Psychological Approaches

Below you have been given a bit of information about 4 psychological approaches; **behaviourist**, **cognitive**, **social learning theory** and **biological**. Use the following websites to gain a bit more information about the approaches and then list 4 strengths and 4 weaknesses of each approach.

- **Youtube** - Has a number of really good factual clips. In particular 'Crash Course' have produced a number of introductory videos to key elements in Psychology.
- **<http://www.simplypsychology.org/a-level-psychology.html>** - Tailored to the old specification, but has all the relevant key information for A Level Psychology.
- **<http://tutor2u.net/psychology>** - Has a significant amount of information on each topic and revision resources (quizzes, etc).

Then use the information that you have acquired to identify which approach can be linked to conformity and give reasons explaining your choice in the space provided below.

[illegible]

Behaviourist Approach



ASSUMPTIONS OF THE APPROACH

- Majority of all behaviour is learned from the environment after birth.
- Behaviour is determined by the environment
- Only observable behaviour should be studied if psychology is to be an objective science.

STRENGTHS OF THE APPROACH

WEAKNESSES OF THE APPROACH

COGNITIVE Approach

**Assumptions of the Approach**

- Behaviour can largely be explained in terms of how the mind operates
- The mind works in a manner which is similar to a computer; inputting, storing and retrieving data.
- Internal mental processes should be studied scientifically.

STRENGTHS OF THE APPROACH

WEAKNESSES OF THE APPROACH

Social Learning Theory



ASSUMPTIONS OF THE APPROACH

- Much of our behaviour is learned from experience.
- We learn how to behave through observation and imitation of others within a social context.
- There are important mental processes that mediate between stimulus and response in the context of learning.

STRENGTHS OF THE APPROACH

WEAKNESSES OF THE APPROACH

Biological approach



ASSUMPTIONS OF THE APPROACH

- Everything psychological is at first biological
- To fully understand behaviour, we must look at biological structures and processes within the body such as genes, neurochemistry and the nervous system.
- An understanding of brain structure and function can explain our thoughts and behaviour.

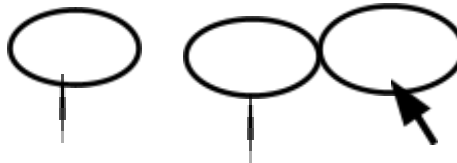
STRENGTHS OF THE APPROACH

WEAKNESSES OF THE APPROACH

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Use the websites mentioned previously to research how to answer essay questions in Psychology. Once you have determined how to structure a 16 mark essay, complete the following exam question:

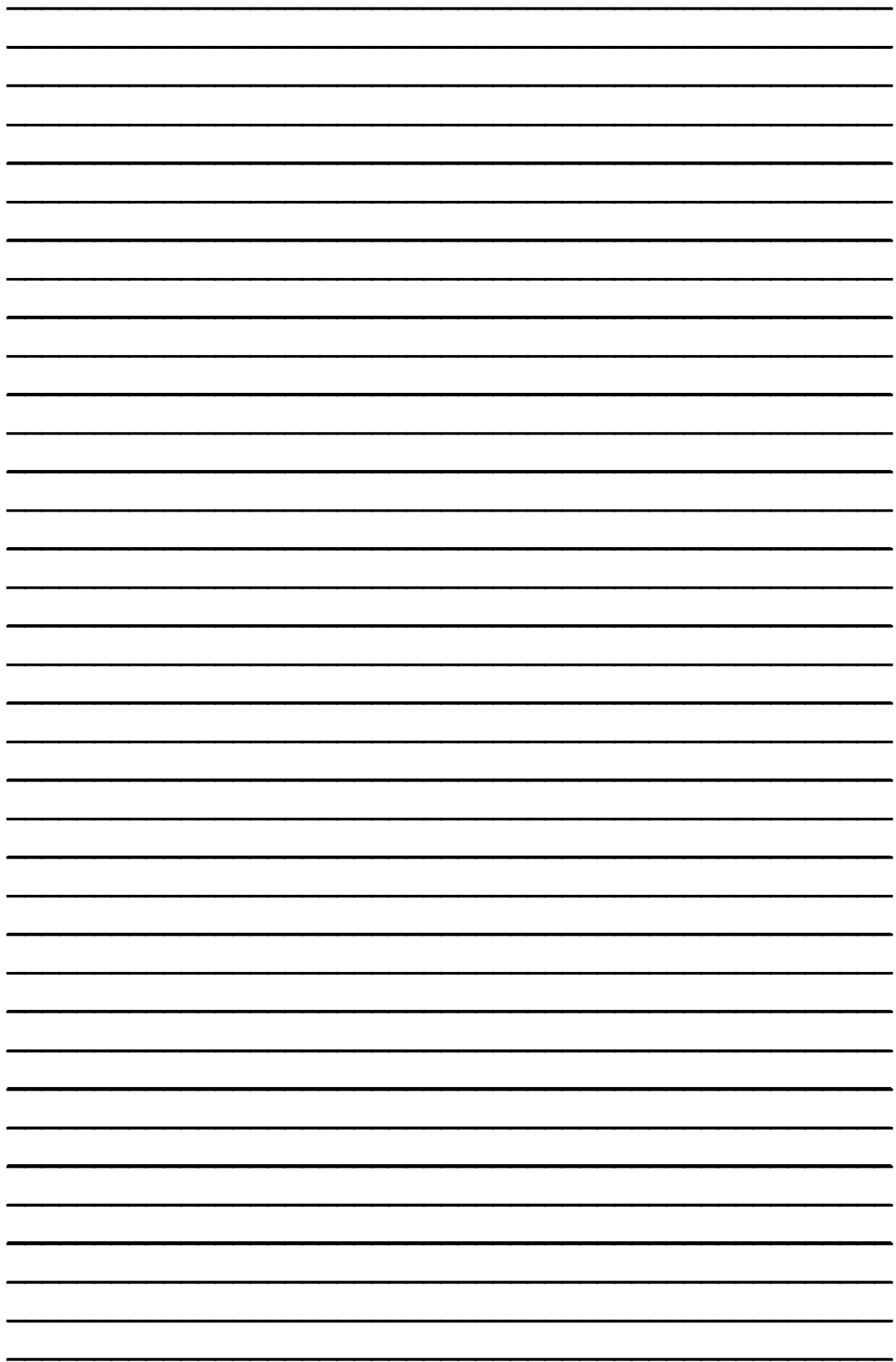
Exam Question



Outline and evaluate research into conformity.
(16 marks)

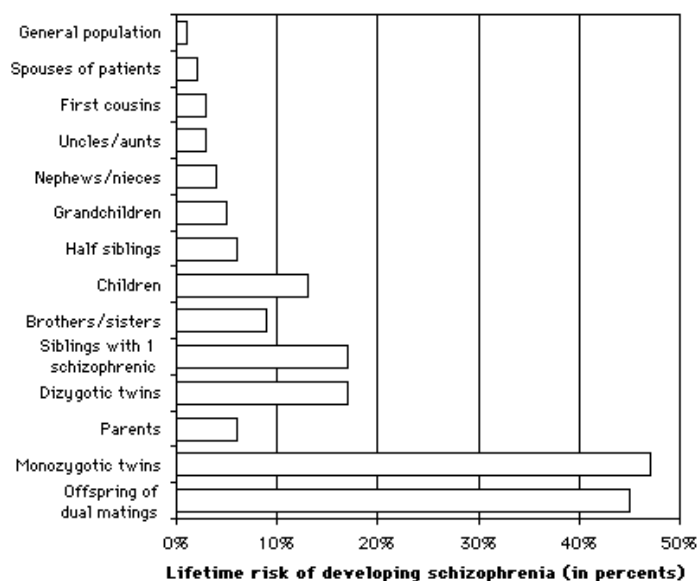
AO1 6 marks Briefly describe Asch's study: Use: Aim Method Procedure Results Conclusion E	AO3 10 marks Give strengths and limitations of the study described – aim for at least 3 evaluations	Relate to Asch's study
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[illegible]



Numeracy Skills

Use the graph to answer questions 1 and 2. Circle the correct response.



1. Given one person develops schizophrenia, what is the *approximate* percent possibility that a first cousin will also develop schizophrenia?
a) 3% b) 7% c) 10% d) 30%
2. Given that a person develops schizophrenia, a monozygotic twin is how much more likely than a dizygotic twin to develop schizophrenia?
a) no relationship b) less than twice as likely
c) twice as likely d) more than twice as likely

Use the information in the box to answer questions 3-6

The following IQ scores were received by a group of students:

55, 115, 115, 115, 120, 125, 125

3. What is the mean score? _____
4. What is the mode? _____
5. What is the median number? _____
6. Given a data set of 20 test scores with 19 scores between 90 and 100 and 1 score below 50, which measure of central tendency best represents the data set? Justify your answer.
