



PSYCHOLOGY: BRIDGING ACTIVITY

Name:

The topics that you will be studying are:

Year 12

- Approaches
- Psychopathology
- Research Methods
- Memory
- Social Influence
- Attachment

Year 13

- Issues and Debates
- Biopsychology
- Schizophrenia
- Gender
- Forensic Psychology

Textbooks are not mandatory but may support you in your private study periods and at home. If you wish to purchase a textbook, please discuss this with your teacher.

Please come prepared to your first lesson with an A4 ring binder folder, pens, pencil, calculator, and highlighters. It would be a good idea to also purchase plastic A4 plastic wallets.

TASK 1



Original footage of psychological experiments can be found on YouTube. Try searching for the following titles and make notes on the videos you watch. The quality may be 'old' – this is because some of the most ground-breaking studies were conducted in the 1960s.

- Zimbardo prison experiment: <https://www.youtube.com/watch?v=1jdOoxnr7AI>
- Bandura Bobo dolls: <https://www.youtube.com/watch?v=dmBqwWljg8U>
- Pavlov classical conditioning: <https://www.youtube.com/watch?v=hhqumfpxuzl>

Make brief notes below on each clip. Use the following headings: Aim of study, procedure, findings and conclusion (200-500 words):

TASK 2

Fathers play a surprisingly large role in their children's development

By MICHIGAN STATE UNIVERSITY July 14, 2016



Fathers play a surprisingly large role in their children's development, from language and cognitive growth in toddlerhood to social skills in fifth grade, according to new findings from Michigan State University scholars. The research provides some of the most conclusive evidence to date of fathers' importance to children's outcomes and reinforces the idea that early childhood programs such as Head Start should focus on the whole family, including mother and father alike. The findings are published online in two academic journals, *Early Childhood Research Quarterly* and *Infant and Child Development*.

"There's this whole idea that grew out of past research that dads really don't have direct effects on their kids, that they just kind of create the tone for the household and that moms are the ones who affect their children's development," said Claire Vallotton, associate professor and primary investigator on the research project. "But here we show that fathers really do have a direct effect on kids, both in the short term and long term."

Using data from about 730 families that participated in a survey of Early Head Start programs at 17 sites across the nation, the researchers investigated the effects of parents' stress and mental health problems such as depression on their children. Parental stress and mental health issues affect how parents interact with their children and, subsequently, childhood development. The study found that fathers' parenting-related stress had a harmful effect on their children's cognitive and language development when the children were 2 to 3 years old, even when the mothers' influences were taken into account. This impact varied by gender; fathers' influence, for example, had a larger effect on boys' language than girls' language.

Another key finding: Fathers' and mothers' mental health had a similarly significant effect on behavior problems among toddlers. Further, fathers' mental health had a long-term impact, leading to differences in children's social skills (such as self-control and cooperation) when the children reached fifth grade. In fact, fathers' depression symptoms when children were toddlers were more influential on children's later social skills than were mothers' symptoms. In sum, the findings contribute to the small but growing collection of research affirming the effects of fathers' characteristics and father-child relationship qualities on children's social development, rather than just the fathers' residence in the home or presence in the child's life, according to the paper published in *Early Childhood Research Quarterly*.

Tamesha Harewood, lead author on the paper in *Infant and Child Development*, said fathers, in addition to mothers, should be included in parenting research and family-intervention programs and policies.

"A lot of family-risk agencies are trying get the dad more involved, but these are some of the things they could be missing," said Harewood, a researcher in MSU's Department of Human Development and Family Studies. "When the agency is talking with the dad, it's not just about providing for your child economically, but also to be there for your child, to think

about how stress or depression might be influencing your child. In order to understand and help children in their development, there needs to be a comprehensive view of the whole family, including both mom and dad.”

What does this article suggest about the role of the father? How has the role of the father changed over time? (200-500 words)

TASK 3

Rosemary sales surge during exam season

By Sean Coughlan - Education correspondent - 17 May 2017



A High Street health food chain says it has had to order extra stocks of rosemary after research claimed the scent of the herb could improve the memory of students revising for exams.

Holland & Barrett says there has been a 187% increase in sales of rosemary essential oil compared with last year. A Northumbria University study showed pupils in a room scented with rosemary performed better in memory tests. It supported the traditional links between rosemary and

memory.

A spokeswoman for Holland & Barrett said that after the research about rosemary was published "we saw a sharp rise in customer demand". "As the exam season continues, we have increased provision in store to meet demand," she said. The rush for rosemary saw almost a doubling in sales compared with the same time last year and a trebling compared with the previous week.

Hundreds of thousands of pupils are revising and taking GCSEs and A-levels - with the suggestion that the spike in rosemary sales has been driven by anxious parents trying to find a way to help their children. The research from Northumbria University, presented at the British Psychological Society's annual conference, backed up historical associations between rosemary and memory. It suggested that pupils who worked in a classroom with the aroma of rosemary oil achieved 5% to 7% better results in memory tests. Researcher Mark Moss said the human sense of smell was highly sensitive and sent messages to the brain, setting off reactions and responses. "It could be that aromas affect electrical activity in the brain or that pharmacologically active compounds can be absorbed," he said.

Rosemary has been connected with memory for centuries. In ancient Greece, students wore garlands of rosemary in exams and in Shakespeare's Hamlet, Ophelia says: "There's rosemary, that's for remembrance."

How can news articles impact behaviour in society? What forms of bias could be present with newspaper articles? (200-500 words)

TASK 4

Employers 'cannot ignore' mental health in the workplace

By Brian Meechan BBC Wales business correspondent

1 June 2018

Employers cannot afford to ignore the mental health of staff, according to the Equality and Human Rights Commission in Wales.

It said it could reduce sick days and boost productivity.

Andrew Tamplin, from Barry, who had a breakdown while working as a manager for a global bank, wants to see "parity between mental and physical health".

Employment charity Shaw Trust has calculated that Welsh employers lose £292m a year in lost work days.

Wales TUC, which represents 49 member unions and about 400,000 workers, said it was trying to improve workplace wellbeing - including tackling bullying and sexual harassment - often causes of mental health issues.

Trade unionists discussed these issues at a recent conference and it is likely they will push for better education and more investment from the UK and Welsh governments and employers.

Ruth Coombes, head of the EHRC in Wales, said it made "sound business sense" to have mental health policies in place.

She added: "It will probably cost you more not to address the issue than it will to leave it and let it ride... it's about managers [and] business owners talking with their employees and realising that just like any other illness having a mental health problem doesn't mean that you can't work and you can't get back to work."

The Health and Safety Executive estimates 49% of sick days are down to stress, anxiety or depression.

Mr Tamplin, who now works as a consultant helping companies identify and support workers experiencing mental health problems, said: "If I ring in sick with the flu that would be OK. What if I rang in and said 'I can't cope' or 'I'm having a bad day'? How would that be perceived?"

The entertainment industry has been in the spotlight recently due to allegations about sexual harassment and assault.

Acting union, Equity, has been lobbying employers and supporters of the creative industries such as the Welsh Government to "recognise their duty of care with regards to preventing bullying and harassment in the workplace".

Abbie Hirst, a member of Equity's Welsh National Committee, said the issues of mental health, bullying and sexual harassment were especially difficult for actors due to the precarious nature of the work which often involved short-term freelance contracts and the fear they would not be "used again, recommended or promoted".

She added: "I think it's something we're going to have to deal with in the wider economy. There's much more need for anybody, not just creatives, to make their own work, and there is a huge rise in the number of people who are their own small business."

The percentage of working people in Wales who are self-employed has risen over the last 10 years from 12.8% to 14.3%.

While EHRC and others argue addressing mental health problems makes business sense, this rise in the number of self-employed - who have fewer employment protections - has led unions to talk about these issues with increasing urgency.

What impact can psychological research have on the economy? This article discusses the costs of mental health problems to the Welsh economy. What was the total cost of mental health problems in the workforce to the UK economy in 2017? (200-500 words)

TASK 5

Mathematical Content

The following are individual participants' scores on a memory test:

14, 8, 12, 10, 8, 8, 7, 6, 13, 11, 6, 6, 6, 14, 15, 13, 8, 14, 8, 11

Calculate the:

- a) Mean: (1 mark) _____
- b) Median: (1 mark) _____
- c) Mode: (1 mark) _____
- d) Range: (1 mark) _____

1. 85% of the people who filled in the survey were 25 or younger. In total, 60 people filled out the survey. How many people filled in the survey that were 25 or younger?
2. Emily scored 16/20 in a memory test taken in the morning after a good night's sleep. She retok the test the morning after a night where she had not been able to sleep and scored 8/20. What was the percentage decrease in her score?

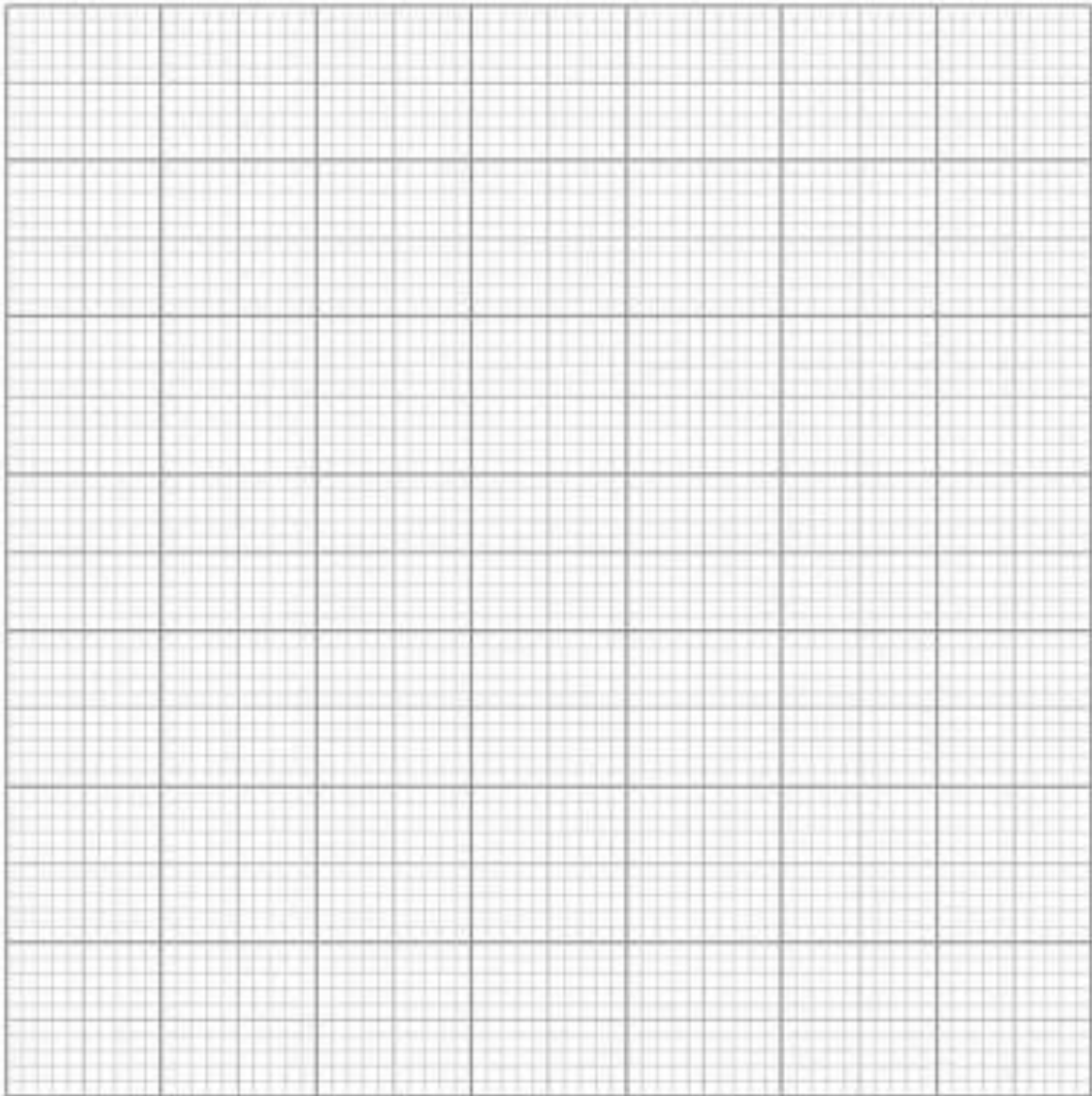
3. When comparing the data for males and females, the psychologist found that there was a difference in the proportion of friendly and aggressive social interactions. This is shown in **Table 2**.

Table 2 Percentage of friendly and aggressive social interactions in dreams reported by males and females

	Males	Females
Friendly	40%	56%
Aggressive	60%	44%

On the next page, draw a suitable graphical display to represent the data in Table 2. Label your graph appropriately [4 marks]

Title _____



TASK 6

Approaches

Within psychology there are several approaches (views) about human behaviour. The approaches make assumptions on the way that humans function, how they should be studied and the methods that should be used when undertaking psychological research. Whilst there may be different theories within the same approach, they will all share the same broad assumptions. We will study the following approaches:

Behaviourism; Biological; Cognitive Psychology; Humanism; Psychodynamic; and Social Learning Theory.

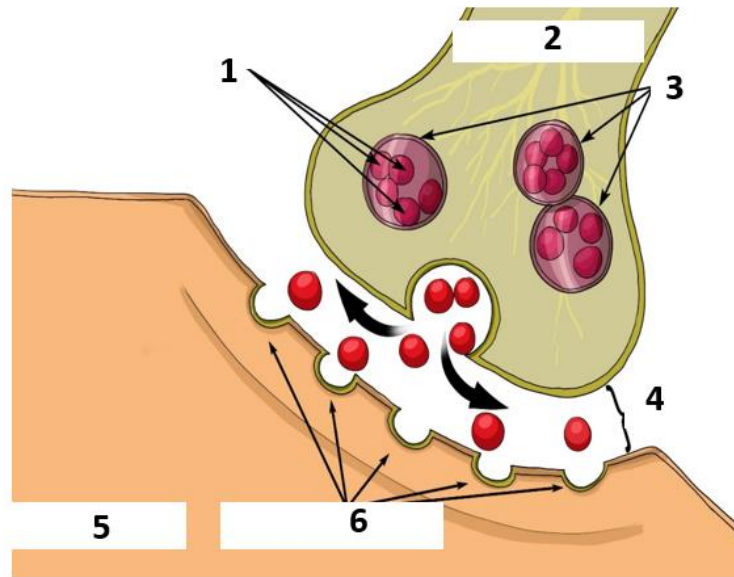
Create a timeline for the above approaches and also include the work of Wundt.

TASK 7

Biological Approaches

Synaptic transmission is an important process that psychologists consider when studying conditions such as Schizophrenia.

1. Research synaptic transmission and label the following diagram:



2. Fill in the gaps using the following key terms: Synaptic gap, presynaptic neuron, axon, synaptic transmission, neurotransmitters, neuron

_____ is the process by which one neuron communicates with another. Information is passed down the _____ of the neuron as an electrical impulse known as action potential. Once the action potential reaches the end of the axon it needs to be transferred to another _____ or tissue. It must cross over the synaptic gap between the _____ and post-synaptic neuron. At the end of the neuron (in the axon terminal) are the synaptic vesicles, which contain chemical messengers, known as _____. When the electrical impulse (action potential) reaches these synaptic vesicles, they release their contents of neurotransmitters. Neurotransmitters then carry the signal across the _____. They bind to receptor sites on the post-synaptic cell, thereby completing the process of synaptic transmission.

TASK 8

Summary of approaches

APPROACH	BRIEF OUTLINE
BEHAVIOURISM	
SOCIAL LEARNING THEORY	
COGNITIVE PSYCHOLOGY	
BIOLOGICAL	
PSYCHODYNAMIC	
HUMANISM	

TASK 9

Watch the following documentary about the Reimer twins:

<https://www.youtube.com/watch?v=9LQBcAVghu4>

Write an essay: The nature/nurture debate

Include the following:

- What is meant by nature?
- What is meant by nurture?
- Apply these terms to the documentary about the Reimer twins
- Conclusion: Which out of nature/nurture best explains gender? Explain your answer

(500 words)