



**'Bridging the Gap'**

**IB PSYCHOLOGY**



**CHALLENGE • NURTURE • INSPIRE**



## Bridging the Gap Sixth Form Psychology

Welcome to IB Psychology

This booklet contains information about the course and activities you can complete prior to starting in September. We hope you enjoy the activities and look forward to meeting you in September!

### *Savage Chickens*

by Doug Savage



### Course Outline

Within psychology there are 3 papers and an internal assessment.

There are 3 exams at the end of the 2<sup>nd</sup> year and the internal assessment is completed by December of year 2. You can choose higher level or standard level. Those of you who choose higher level will have an increased workload. In year 1, this will be another small section of the topic. In year 2 this will be an additional topic.

### Course Content

Paper 1 – The Cognitive Approach, The Sociocultural Approach, The Biological Approach.

Paper 1 aims to give you a solid understanding of human behavior from 3 differing viewpoints. You will learn theories and supporting research and evaluations for the theory and research.

Paper 2 – Focuses on key behaviours – Abnormal psychology and Developmental psychology. You will use your knowledge from the previous paper to understand these behaviours as well as learning about each one in detail.

Paper 3 – assesses your knowledge of research methods. These are the ways in which psychologists test their theories

The IA – this gives you the opportunity to carry out a piece of research on fellow students



## Paper 1 Activities

### The Sociocultural Approach

A key idea of this approach is that we learn our behaviours from others. These can be culturally specific e.g. what do at a wedding.

The key theorist for this is Albert Bandura and his social cognitive theory.

Task 1: Research Albert Bandura and the Bobo Doll study. There are lots of video clips on Youtube, a useful website is Simply Psychology. Once you have researched the study – draw it as a cartoon on an A4 piece of paper which is divided into 6 boxes. You can only use 6 words per box. You must show what the children did, who they watched, how they behaved and any negative effects the study may have on them.

Task 2: Research the term, Enculturation and write a paragraph explaining what it is, giving two examples of behavior which you have developed through enculturation.

### The Biological Approach

A key idea for this approach is that much of our behaviour is governed by our physical structure and biology such as nerves and brain and hormones.

Task 1 – draw the following types of neuron: Motor neuron, Relay neuron, Sensory neuron. Remember to label your drawings – axon, dendrite, pre synaptic neuron, post synaptic neuron.

Task 2 – Dopamine and Serotonin are two types of neurotransmitter. They are involved in the nervous system and passing messages from one neuron to another. They are chemical messengers. Write 2 facts about each neurotransmitter e.g. which behaviour they are linked with, if they are excitatory, where they are found in the body.

### The Cognitive Approach

A key idea for this approach is that we use cognitive skills to control our behaviour. These skills, memory, attention, perception, are difficult to see but the behaviours they cause are easily observed.

Task 1- Watch a short video on the Multi Store Model of Memory by Atkinson & Shiffrin. This model was the first attempt at understanding how we store and recall information. Write down the capacity and duration of each store. Then test whether a family member has the same capacity as Atkinson and Shiffrin suggest. You can assess this by asking them to repeat a list of numbers, read the numbers to them, one by one adding a number each time e.g. 1 - , 1,3- 1,3,3- 1,3,3,6. Remember to write down your findings.

Task 2 – Flashbulb memories are memories for events that you don't think about very often but when asked to recall the incident, you can do so with clarity and accuracy. These are often global events such as The Twin Towers attack. Interview a family member or friend about a flashbulb event, then compare their recollection with news stories. How well did they remember the event?

## Paper 2

This paper has 2 topics for those studying higher level and 1 topic for those studying standard level.

This paper relies on the skills you will learn in yr12. Here are two tasks to give a glimpse of the topics

### Abnormal Behaviour

This looks at abnormal behaviours such as depression. You will analyse how mental disorders are diagnosed, causes of mental disorders and their treatments.

Task - Listen to the podcast in which specialists discuss depression.

[www.mentalhealth.org/podcasts-and-videos/depression-right-people-treated](http://www.mentalhealth.org/podcasts-and-videos/depression-right-people-treated)

### Developmental Psychology

This topic attempts to chart the development of cognitive abilities in babies and infants. At what age can children show true empathy? Does their development occur in stages or is it gradual?

Task – When you spend time with children e.g. younger brothers or sisters, observe their behaviour when they are completing a task e.g. homework or playing a game or playing with their friends. Make a note of their behaviour and the language they use. Is it very different to yours? How did they learn the skill they are showing e.g. kicking a football.

**Paper 3 and the Internal Assessment (IA)**

This paper covers a core element of psychology – investigating behaviour through experiments with participants. Without research, psychology would not be able to explain the cause of behaviour, to treat people with mental health issues, to help reduce prejudice.

**Task** – define the following terms, you will need to use a psychology website.

Aim

Hypothesis

Laboratory Experiment

Natural Observation

Right to Withdraw

Deception

**Final Task**

Psychology is a varied subject. It covers many aspects of human behaviour. You will develop essay writing skills, skim reading, analysing data, evaluating research and theories and an ability to debate.

If you would like to continue developing your knowledge, please look at the Reading List. This contains, books, websites, films, podcasts.