



PSYCHOLOGY

Reading List





This reading list is suitable for all students, whether you are studying A Level or IB Psychology. Psychology is a diverse and interesting field of study. Each of the items in this reading list have been included so that you can learn about many of the areas of psychology and how they are applied to real life situations. One of the aims of psychology is to make the research findings useful to society, some research achieves this aim, other pieces of research don't, but are interesting nonetheless. The books, blogs and websites will show you old and current research.

BOOKS

- The course textbook is a good place to start. There are copies in the classroom or it can be accessed online. Please email me if you would like more details.
 - A Level - AQA Psychology for Year 1
 - IB – Kognity or Inthinking.
 Both these textbooks are online only.

General Reading

- The Chimp Paradox - Steve Peters. This is a popular book. Throughout it there are tasks to complete making the read more interactive and practical." Leading consultant psychiatrist Steve Peters knows more than anyone how impulsive behaviour or nagging self-doubt can impact negatively on our professional and personal lives. In this, his first book, Steve shares his phenomenally successful mind-management programme that has been used to help elite athletes and senior managers alike to conquer their fears and operate with greater control, focus and confidence."
- Thinking Fast and Slow – Daniel Kahneman. . This book covers a difficult topic in an interesting way. Definitely not a book to read in one sitting. "Author Daniel Kahneman, a renowned psychologist and Nobel Prize winner, gives us valuable insights on how various factors affect the decisions we make which many a times, get us into trouble, as well as the system responsible for it. With many examples and clear explanations, we will learn when we can trust our intuition, and how we can engage our slow thinking better to our benefit."
- The Man Who Mistook His Wife for a Hat – Oliver Sacks. his classic book is often found on the reading list for First year psychology undergraduates. The tales inside are fascinating. "In his most extraordinary book, The Man Who Mistook His Wife for a Hat, Oliver Sacks recounts the stories of patients lost in the bizarre, apparently inescapable world of neurological disorders. These are case studies of people who have lost their memories and with them the greater part of their pasts; who are no longer able to recognize people or common objects; whose limbs have become alien; who are afflicted and yet are gifted with uncanny artistic or mathematical talents. In Dr Sacks's splendid and sympathetic telling, each tale is a unique and deeply human study of life struggling against incredible adversity."
- Outliers – Malcolm Gladwell. This book looks at people whose achievements are out of the ordinary. "Why do some people achieve so much more than others? Can they lie so far out of the ordinary? Malcolm Gladwell looks at everyone from rock stars to scientific geniuses to show that the story of success is far more surprising, and inspiring, than we ever imagined."

Audio-Visual

Online Resources

BPS research digest – www.digest.BPS.co.uk

This website is coordinated by the British Psychology Society. The BPS regulates many aspects of current psychology and organises talks and training for psychologists. The research digest covers research in many areas e.g mental health, child development, gender.



Simply Psychology – www.simplypsychology.org

This website is primarily for A level students. It details key research and theories and explains them in an accessible way. Some pages are suitable for IB students.

Psychology today – <https://www.psychologytoday.com/gb>

This is a popular magazine which can also be found on supermarket shelves. It contains articles written by psychologists on many topic areas e.g. coping in isolation, empathy, procrastination. Many of the articles are not in your exam but will broaden your mind and the way you see psychology.

Blogs

Mind Changers - <https://www.bbc.co.uk/programmes/b008cy1j>

This BBC radio 4 broadcast has episodes which can be downloaded. Each episode is 30 minutes. They cover the development of psychology as science in the 20th century.

Radio Lab - <https://www.wnycstudios.org/podcasts/radiolab>

This BBC radio 4 broadcast is in partnership with the Open University. Episodes cover a variety of topics, such as recognising dogs facial expressions, how to be less lonely. It also has short clips of interviews with psychologists.

BPS Blog Spot - <https://www.bps.org.uk/blogs>

This is a blog and podcast by the BPS. Topics and research are explained in short episodes.