

Summer Work



1. Find a newspaper article with something topical and relevant to psychology and write a paragraph or two analysing the psychological themes within the article. Themes might include:
 - Ethics of the research
 - Usefulness of the research in the 'real-world'
 - How generalisable is the research?
 - What can we learn from the conclusions of this research?

2. Please write a response to the following:
Why do you think that Psychology is important?

I expect at least a side of typed A4 work (about 400 words), which has been carefully checked for spelling, punctuation and grammar

3. Pick at least **three** items from the 'Reading/Watch Lists' (below) to listen to, watch or read about.

Write a review of each item, including details about:

- What psychological themes were explored in the item?
- Describe the psychological evidence produced/mentioned.
- What are the main conclusions you can draw from having looked at this item?

List 1: Reading and Podcasts

There are hundreds of books about different areas of psychology. Below are some links with some interesting lists of books you might enjoy.

<https://www.sparringmind.com/psychology-books/>

<https://www.waterstones.com/category/politics-society-education/psychology>

<https://www.lifehack.org/articles/communication/10-great-psychology-books-change-your-life.html>

<https://scottjeffrey.com/best-psychology-books/>

Books Recommended by Mr Barr & Mrs Craigen

I really enjoyed reading these. They are all fascinating and very easy to read (KC)

- **Opening Skinner's Box:** Great Psychological Experiments of the Twentieth, by Lauren Slater
- **Nudge:** Improving Decisions about Health, Wealth and Happiness, by Richard Thaler & Cass Sunstein
- **Predictably Irrational,** (the 'hidden forces' that shape our decisions) by Dan Ariely.
- **The Shock of the Fall** – a novel about a young man suffering from Schizophrenia by Nathan Filer
- **Why Men Don't Listen and Women Can't Read Maps** – a light-hearted book about the differences in thinking and behaviour between the sexes. By Barbara and Allan Pease

PODCASTS

“Happier with Gretchen Rubin”

Although not a psychologist by trade, Rubin's observation of happiness and human nature makes her podcast, “HAPPIER WITH GRETCHEN RUBIN,” a must-listen. With more than 42 MILLION podcast downloads, Rubin showcases her understanding of human behavior and how she has HELPED MOTIVATE PEOPLE

to accomplish their goals. Each episode, she and her co-host sister discuss tips and tricks on how to become and stay happy in life when challenges arise.

“Hidden Brain”

NPR science correspondent Shankar Vedantam hosts a weekly podcast called “HIDDEN BRAIN” focusing on social sciences to explain human behavior. Vedantam interviews psychologists and expert scientists to explore different facets of the brain and behavior. In a recent episode, John Hibbing, a political scientist at the University of Nebraska-Lincoln, said that he can tell if someone tends to lean toward a liberal or conservative point of view based on a brain scan. This claim suggests that political views could be in part influenced by our biology in addition to our environments.

“Speaking of Psychology”

“SPEAKING OF PSYCHOLOGY,” produced by the American Psychological Association, takes a deep dive into psychological research of contemporary issues. Each week, the rotating cast of hosts interviews scientists and medical professionals about a specific topic. During the episodes, the host and guest will offer advice to users to help them overcome issues related to psychology, like using critical cognitive thinking to avoid clicking phishing emails.

“Waking Up”

Sam Harris, a famous author who holds a degree in philosophy and a Ph.D. in neuroscience, hosts a weekly podcast called “WAKING UP.” In the podcast, Harris interviews guests who use psychological principles in their professions but don’t necessarily practice psychology in a clinical setting. In one episode, Harris interviews a former FBI hostage negotiator to discuss how he got inside the mind of criminals. In another interview with author Yuval Harari, Harris and his guest discuss the importance of meditation and the desire to update our beliefs about human civilization.

“All in The Mind”

BBC Radio’s “ALL IN THE MIND” examines various psychology topics each week, like tolerance in the brain and exercise to prevent depression. Claudia Hammond, a radio personality with college degrees in applied and health psychology, hosts a wide-variety of guests who work within the psychology field. In recent episodes, Hammond and her guests have broken down the results of the LONELINESS EXPERIMENT, an experiment designed to better understand how loneliness impacts people. Topics included why young people feel the loneliest and how people can feel less lonely.

“99% Invisible”

“99% INVISIBLE” creates the full picture of a product from inception to modern day use. Hosted by Roman Mars, “99% Invisible” looks at a product or subject and digs deep into its history, life cycle, and how it’s subconsciously impacted our country. In one episode, Mars and his guest, author SELENA SLAVIC, discussed the

psychological impact of urban benches. Newer benches are being made of stone and designed in a way that becomes uncomfortable over time. Urban planners have designed these benches to allow people to rest for a short time and then urge them to move on.

WEBSITES (LOOK AT ARTICLES)

10 Psychological Studies That Will Change What You Think You Know About Yourself..

https://www.google.com/amp/s/www.huffpost.com/entry/20-psychological-studies-_n_4098779/amp

PsychCentral

From their about page: “Psych Central is the Internet’s largest and oldest independent mental health social network. Since 1995, our award-winning website has been run by mental health professionals offering reliable, trusted information and over 250 support groups to consumers.”

The NeuroSkeptic column

From their website: “Neuroskeptic is a British neuroscientist who takes a skeptical look at his own field, and beyond. His blog offers a look at the latest developments in neuroscience, psychiatry and psychology through a critical lens.”

Psychology Today

From their about page: “Psychology Today is devoted exclusively to everybody’s favorite subject: Ourselves. On this site, we have gathered a group of renowned psychologists, academics, psychiatrists and writers to contribute their thoughts and ideas on what makes us tick. We’re a live stream of what’s happening in ‘psychology today’.”

Scientific American Mind

From Wikipedia: “Scientific American Mind is a bimonthly American popular science magazine concentrating on psychology, neuroscience, and related fields. By analyzing and revealing new thinking in the cognitive sciences, the magazine tries to focus on the biggest breakthroughs in these fields.”

Research Digest

From their about page: “We digest at least one new psychology study every weekday. Published by the British Psychological Society since 2005, this blog aims to demonstrate that psychological science is fascinating and useful while also casting a critical eye over its methods.”

PsyBlog

From their about page: "This website is about scientific research into how the mind works. The studies I cover have been published in reputable academic journals in many different areas of psychology."

MindHacks

From Wikipedia: "Mind Hacks is an ongoing psychology and neuroscience blog that publishes daily news and commentary on mind and brain issues. It won a Scientific American Science and Technology Web Award in 2005 and was listed as a Top 30 science blog by The Times in 2010."

The National Institute of Mental Health news page

From their about page: "The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. NIMH is one of the 27 Institutes and Centers that make up the National Institutes of Health (NIH), the nation's medical research agency. NIH is part of the U.S. Department of Health and Human Services (HHS)."

The Association for Psychological Science news page

From their about page: "The Association for Psychological Science (previously the American Psychological Society) is a nonprofit organization dedicated to the advancement of scientific psychology and its representation at the national and international level."

The Public Library of Science's Mind and Brain blog

From Wikipedia: "PLOS (for Public Library of Science) is a nonprofit open access scientific publishing project aimed at creating a library of open access journals and other scientific literature under an open content license."

Psychiatric Times

From Wikipedia: "Psychiatric Times is a medical trade publication written for an audience involved in the profession of psychiatry. It is published monthly by MJH Associates and is distributed to about 50,000 psychiatrists monthly."

Below are some more websites that are not exclusively about psychology, but often feature quality articles about psychological research.

The Conversation

From their about page: "The Conversation is an independent source of news and views, sourced from the academic and research community and delivered direct to the public."

ScienceAlert

From their about page: "ScienceAlert is an independently run news website that covers the most important developments in the world of science and scientific research, while sharing fun, interesting information."

Medical News Today

From their about page: "Medical News Today (MNT) is owned and operated by Healthline Media UK Ltd., a leading healthcare publishing company. There are offices in the United States, the United Kingdom, and Taiwan. MNT is within the top 10 most popular health websites worldwide, as reported by Comscore, with more than 90 million monthly visits."

List 2: Films, TV Shows and Documentaries

Here are some with links to Psychology that you might find interesting. There are many more to choose from.

(You do not need to watch everything on this list!)

DOCUMENTARIES

These have been downloaded to 'Planet eStream', accessed via your Firefly dashboard

The Brain: A Secret History (BBC4) 3 Part Series

- *1/3. Mind Control: Michael Mosley traces the sinister ways science has been used to try to control our minds, finding that its pursuit has led to some truly horrific experiments. (Classical & Operant conditioning, Milgram, obedience to authority, ECT,)*
- *2/3. Emotions: Dr Michael Mosley investigates how scientists have struggled to understand that most irrational and deeply complex part of our minds - emotions. (Little Albert, Harlow's monkeys, Bandura, ethics)*
- *3/3. Broken Brains: A look at how experiments on abnormal brains can reveal the workings of the normal brain. (Localisation of function)*

The Brain with David Eagleman (6 part series)

- *1/6. What Is Reality?: Exploring how the brain conjures up the world we all take for granted.*

- *2/6. What Makes Me?: How the brain gives rise to thoughts, emotions, memories and personality.*
- *3/6. Who Is in Control?: How almost every action we take is driven by parts of the brain we have no access to.*
- *4/6 How Do I Decide?: A journey through the unseen world of decisions, and how they get made.*
- *5/6 Why Do I Need You?: This episode explores how the human brain relies on other brains to thrive and survive.*
- *6/6. Who Will We Be?: Series exploring how the brain conjures up our world. Dr Eagleman journeys into the future, and asks what's next for the human brain and for our species.*

Social Influence

The BBC prison study (reicher & Haslam 2006) <http://www.bbcprisonstudy.org/>

Derren Brown – The Heist

Derren Brown – Pushed to the Edge

Bio psych

Body Clock: What Makes us Tick (BBC2) *A former commando spends ten days locked in a nuclear bunker, with no way of telling the time, to find out how best to manage our body clock and improve our health*

Psychopathology

Nadiya: Anxiety and Me (BBC2) *In this one-off documentary, Nadiya Hussain sets out to find the cause of her anxiety, exploring the most effective, available treatments. (includes CBT)*

Alastair Campbell: Depression and Me (BBC2). *Alastair Campbell candidly talks about his experience living with depression and explores if radical new treatments can make a difference.*

Schizophrenia

David Harewood: Psychosis and Me (BBC2) *David Harewood explores his experience of psychosis and meets young people living with it.*

Issue and Debates in Psychology

What makes a murderer? - Channel 4 (4OD)

This excellent three part series examines the psychological, sociological and biological processes involved in how people become murderers. It takes an interesting angle on the nature/nurture debate, as well as the role of free will and determinism in a criminal's decision making.

FILMS

12 Angry Men (U)

Specification Links: AS/A Level Paper 1 - Social Psychology; Minority Influence.

Story line: A jury deliberates behind closed doors on the fate of someone accused of murder. One lone dissenter within the jury (played by Henry Fonda) pleads a compelling case to convince the other eleven jurors that this is not a clear-cut case, unveiling and challenging prejudices and preconceptions as they arise in the debate.

The Wave (Die Welle) (15)

Specification Links: AS/A Level Paper 1 - Social Psychology; Obedience to Authority, Types of Conformity, Explanations of Conformity, Minority Influence, Social Change.

Story line: German (subtitled) fictionalised adaptation inspired by the true story of teacher Ron Jones's experiment in America during the 1960s. During activities week, Herr Rainer Wenger, the teacher leading sessions on autocratic society, tasks his students with constructing their own autocracy in order to understand national socialism. As the week progresses, things begin to get out of hand and a semblance of a Nazi Germany totalitarian movement becomes apparent.

The Experimenter (12)

Specification Links: AS/A Level Paper 1 – Social Psychology; Obedience to Authority, Explanations for Obedience, Milgram. A Level Paper 2 – Research Methods; Experimental Method, Types of Experiments.

Story line: Based on the true story of Stanley Milgram's academic investigations on obedience to authority at Yale University during the 1960s. Shows simulated and archived footage of his original experiment as detailed on the specification as well as other investigations such as the lost-letter experiment.

A Beautiful Mind (PG)

Specification Links: AS Paper 2/A Level Paper 1 – Psychopathology; Definitions of Abnormality, A Level Paper 3 (Option 2) – Schizophrenia; Diagnosis and Classification of Schizophrenia, Explanations for Schizophrenia, The Interactionist Approach to Schizophrenia.

Story line: The film follows the life of John Forbes Nash, a maths genius, who suffers from a severe mental illness, the symptoms of which are consistent with schizophrenia. As the story progresses, the difficulties of coping are portrayed alongside the importance of having social support in dealing with the disorder.

Dangerous Method (15)

Specification Links: A Level Paper 2 – Approaches in Psychology; The Psychodynamic Approach: the role of the unconscious, the structure of personality, defence mechanisms.

Story line: Based in Vienna and a Zurich psychiatric hospital, this film follows Keira Knightley's character, Sabina, as she undergoes treatment from Dr Carl Jung who is using Sigmund Freud's cure of talking therapy to treat patients with 'hysteria'. Sabina is successfully cured using psychoanalysis and goes on to lead a fulfilling life with Jung himself.

Shutter Island (15)

Specification Links: AS Paper 2/A Level Paper 1 – Psychopathology; Definitions of Abnormality A Level Paper 3 (Option 2) – Schizophrenia; Diagnosis and Classification of Schizophrenia, Treatment of Schizophrenia, A Level Paper 2 – Biopsychology; Localisation of function in the brain.

Story line: Based in an American mental hospital for the clinically and criminally insane during the 1950's. A psychological thriller with twists and turns which creates an elaborate role-play into the world of clinical psychology which, at the last moment, reveals the narrative is actually centred around a psychosis of the main character, Teddy. Not to give the game away (sorry).

The Notebook (12)

Specification Links: AS Paper 1/A Level Paper 1 – Memory; Short-Term Memory, Long-Term Memory, Explanations for Forgetting. A Level Paper 3 (Option 1) – Relationships; Theories of Romantic Relationships.

Story line: A story of unwavering love in the face of challenges depicting the impact of dementia on both the patient and the family. As Allie's dementia progresses throughout the film, despite employing strategies to delay progression of the disease and enhance her memory function, she becomes increasingly distressed at the extent of her memory lapses.

50 First Dates

Specification Links: AS Paper 1/A Level Paper 1 – Memory; Short-Term Memory, Long-Term Memory, Encoding, Capacity and Duration, Explanations for Forgetting. A Level Paper 3 (Option 1) – Relationships; Theories of Romantic Relationships.

Story line: This film follows Drew Barrymore's character as she suffers with short-term memory loss following a car accident. Her family go to elaborate levels to help her avoid the grave reality of her condition and collude in her belief that time has stopped and restarted over and over again every 24 hours. Towards the end of the film there is a glimmer of hope that she is, in fact, able to encode new memories and fall in love with Adam Sandler's character.

The Bodyguard (PG)

Specification Links: A Level Paper 3 (Option 1) – Relationships; Parasocial Relationships, Levels of Parasocial Relationships, The Absorption Addiction Model, Factors Affecting Attraction in Romantic Relationships, Theories of Romantic Relationships.

Story line: Whitney Houston plays a famous pop star who becomes the victim of threatening behaviour from a fan. This quickly descends into stalking behaviour which gets dangerously out of hand. The bodyguard hired to protect her, played by Kevin Costner, successfully fulfils his duty to keep his ward safe.

Inside out - Memory, emotion

TV SHOWS

Anything by Derren Brown - Try YouTube for this.

The Mind Explained - Netflix

Babies - Netflix

Attachment, gender and development.

100 Humans - Life's Questions Answered - Netflix

Research methods.

Love is blind (*if you fancy it*) - look at the methods used in this experiment. Are the participants acting in certain ways because they are being filmed? Are they being paid to take part? What are their motivations? These are known as **demand characteristics**.

Killer: In the Mind of Aaron Hernandez - Netflix (Specification links to aggression - A Level)

I am killer - Netflix

This might be something you wouldn't have thought of as a first pick, but psychologically, this is a very interesting topic. In I am a Killer, criminals who have received the death penalty relay the events for which they have been convicted from their own perspective. Speaking from death row, these criminals give you a very different side to the stories you hear about on the news. Along with the stories, the events are re-enacted without being too graphic. Do these killers feel guilty? Some do, but not all respond in a way you might want to see (with remorse).

Some come across as (surprisingly?) regular people, while others seem closer to the "stereotypical" image you may have of a murderer. This can make the series unsettling at times, but also turns it into a very compelling watch. I am a Killer doesn't veer either way of the judgement, you're left to make up your own mind about what

has happened. How guilty do you think they are? It's a well thought-out series, and definitely interesting for anyone interested in psychology. Especially for fans of criminology, forensic psychology and social psychology; this is a good one.

Mindhunter - Netflix

This one is topically related to I am a Killer, but is set in the late 1970s. As you may know, compared to all the big fields of science – chemistry, physics, biology etc. – psychology is quite young. During the time the series is set criminal psychology and profiling were just about starting to gain serious interest. The premise of the series revolves around FBI agents and a psychologist from the FBI's behavioural science unit who interview serial killers in the hopes of gaining insight as to why these people turned out this way. They hope to be able to apply this knowledge to solving future cases.

Innsaei - Netflix

Okay before we get into this, the approximate way to pronounce this Icelandic word is 'inn-sigh-ei' (apparently). Are there any Icelandic speakers who can verify? Innsaei is an Icelandic concept that allows people to connect through empathy and intuition. This is a documentary in which creative people and loads of others from different walks of life go on a journey to learn more about connecting with others and finding peace amongst the stress of a hectic modern lifestyle.

Take your pills - Netflix

This is also a documentary. As opposed to Innsaei, Take Your Pills focuses on use of Adderall. Under the pressure of modern culture and a stressful lifestyle more people take drugs or supplements to get by. What are their reasons for using them? Do they think it works, and is it worth the costs and the possible risks. People discuss how and why they use it, and what side-effects they have experienced, and what possible dangers can lie in sometimes innocent looking supplements that enhance your performance.

Afflicted

In Afflicted people with mysterious and unusual symptoms for which there is not a clear diagnosis. It kind of relates to stigmas people with mental health face sometimes; disbelief, playing down people's suffering. In this series, people look for an explanation for what is happening to them, and ultimately, a possible cure.

Sense8

The premise of Sense8 is as follows: 8 people who have never seen each other and live spread out across the globe, get the same vision. From that moment on these 'sensates' can occasionally see, hear, feel and smell each other – and even talk to each other. In this way they can help the others out in difficult situations, as all of them have particular skills and talents.

True Detective

IMDB describes the series as 'seasonal anthology series in which police investigations unearth the personal and professional secrets of those involved, both within and outside the law'. It's often described as a dark, brooding and brilliant detective drama, with an interest in the minds of all those involved in the crime. It switches between present times and flashbacks, and has garnered a lot of praise not only for its storylines, but also for the dramatic and thoughtful way it is shot.

Hannibal

Mads Mikkelsen plays the character very compellingly, gaining a mass following for his portrayal of the brilliant psychiatrist/murderer. Some may find it disturbing – who could say that a corpse being turned into a cello, and it's vocal chords being played like the strings isn't a bit... troubling – but the series is more than that. For those with an interest in psychology it provides a lot of food (haha, get it) for thought. How do people turn out the way they do? What makes a murderer a murderer?

VIDEOS

Type psychology into youtube and take your pick. There are TED Talks, CrashCourse videos and so much more. If you can, copy and paste the URL into your Psychology Media Project Review.