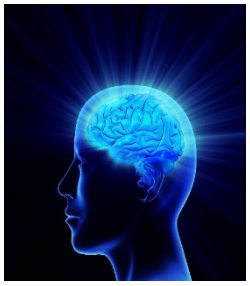
Summer Work



1. Find a news article from the past 12 months , which is about the mind, behaviour or the brain and write a paragraph or two analysing the psychological themes within the article.
   - Briefly outline the findings.
   - Why is the psychology mentioned in the article potentially useful? How could the findings improve people's lives?

Guardian: https://www.theguardian.com/science/psychology

BBC: https://www.bbc.co.uk/news/topics/cz4pr2gdge5t

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

   Write approximately 300 - 400 words, which you have carefully checked for spelling, punctuation and grammar.

3. **READ – WATCH – LISTEN**
   Pick something to read, something to watch and something to listen to (you can use the lists below as a starting point).

   For each, complete the following:

   Briefly summarise what you found out in 300 words.

   (Meaning that you are writing 900 words in total, about 3 different items)

******Please note we will be screening for use of AI in this work. Therefore DO NOT use AI for any part of this homework******

READ

There are loads of places where you can read about psychology research on different aspects of behaviour, many that you will find interesting. For example, you could take a look at journals like Psychology Review or the New Scientist on the Library tab on the pupil Hub.

Or take a look at some of our book recommendations:

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.

I found the following titles varied and thought-provoking (MB):

- **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
- **Why we sleep** – a popular science book by neuroscientist Matthew Walker about the power of sleep and how it enriches our ability to learn, memorize, and make logical decisions.

WATCH

Here are some links to a wide variety of fascinating Psychology documentaries. Don't feel limited to the list here, if you want to branch out elsewhere, please do explore.

DOCUMENTARIES

These have been downloaded to 'Planet eStream', accessed via the Student Hub

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.*

Derren Brown

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.

LISTEN

There are many great psychology podcasts and radio programmes. Here are a couple that we enjoy, but as before, please feel free to branch out.

PODCASTS

"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.

"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.