

# St. Bartholomew's School Psychology Department

## Introduction to A Level Psychology



Name:.....

Class:.....

### Sixth Form Psychology Preparation

Task	Interest
Freudian Personality	😊😊😊😊😊😊😊😊
Chrono-types	😊😊😊😊😊😊😊😊
Eysenck's Criminal personality Questionnaire	😊😊😊😊😊😊😊😊
Case studies	😊😊😊😊😊😊😊😊
Stressful Personality	😊😊😊😊😊😊😊😊
Hardiness: A defense against Stress	😊😊😊😊😊😊😊😊
Question 1: Memory research	😊😊😊😊😊😊😊😊
Question 2: Differences in play behaviour	😊😊😊😊😊😊😊😊
Page of links	😊😊😊😊😊😊😊😊

## A Level Course Outline 2020-2021

Year	Paper	Course descriptor	Specification content	Date/Term
12	1	1.1 A	Social Influence	12 T1
12	1	1.2 A	Memory	12 T1
12	1	1.3 A	Attachment	12 T1
12	1	1.4 A	Abnormality/Psychopathology	12 T1
12	2	2.1 A	Approaches	12 T2
12/13	2	2.2 A	Biological Psychology	12 T3/13T2
12/13	2	2.3 A	Research Methods	12 T2/13T3
12/13	3	3.8 A	Issues and Debates	12 T3/13T2
13	3	3.4 A	Cognitive Development	13 T1
13	3	3.5 A	Schizophrenia	13 T2
13	3	3.9 A	Forensic Psychology	13 T1

## Task notes

Tasks (complete this table once you have completed each activity)
What is your personality according to Freud?
What is your sleep/wake Chrono type?
Do you have the criminal personality?
Do you have a stressful personality? Type A?
Do you have stress resistant personality traits? Hardiness?

**Freudian Questionnaire**

Circle 'yes' or 'no' for the following questions.

**Section A**

- Do you bite your nails? Yes / No
- Do you suck your thumb? Yes / No
- Do you smoke? Yes / No
- Do you comfort eat? Yes / No
- Are you someone who looks toward role models or finds it easy to admire others? Yes / No
- Are you described as gullible? Yes / No

**Section B**

- Are you generally quite pessimistic? Yes / No
- If someone had something you would like, do you often feel envious of them? Yes / No
- Are you quite a sarcastic person? Yes / No
- When you meet someone for the first time, are you quite suspicious of them? Yes / No
- Are you easy to anger? Yes / No
- Are you verbally aggressive if something/someone doesn't go your way? Yes / No

**Section C**

- Are you very creative? Yes / No
- Can you sometimes be wasteful? Yes / No
- Are your notes generally disorganised? Yes / No
- Are you messy? Yes / No
- Are you generous with your time and/or money? Yes / No
- Do you often take risks? Yes / No

**Section D**

- Would people describe you as very orderly? Yes / No
- Would you describe yourself as very careful with your money and possessions? Yes / No
- Can you sometimes be controlling? Yes / No
- Would you describe yourself as obsessive? Yes / No
- When you do your work, do you like it to be a certain way? Yes / No
- Do you ever feel uncomfortable if your room or appearance isn't neat? Yes / No

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Now count up the 'yes'' in each section:

Section A	
Section B	
Section C	
Section D	

In which section did you answer 'yes' to the most? \_\_\_\_\_

Find out what Freudian psychosexual stage you are fixated upon!

If you answered yes to section A the most:

- You have an ***Oral receptive personality***. This means that you are preoccupied with eating/drinking, which often also occurs when you are trying to reduce tension. Smoking, sucking your thumb and biting your nails is also something you might do when under stressful conditions. IN terms of personality, you are generally optimistic, needy and sensitive to rejection. You easily 'swallow' other people's ideas i.e. you are gullible.
- Freud said that this personality comes from being overindulged when you were an infant. That is, your nursing urges were always and often excessively satisfied.

If you answered yes to section B the most:

- You have an ***Oral aggressive personality***. This means that you are generally pessimistic. Also, you are often envious and suspicious of others around you. Your wit tends to be more sarcastic and when you are faced with opposition or things don't go to plan, you can be quite hostile and verbally abusive to others.
- Freud said that this personality comes from being orally frustrated when you were an infant. That is, you were probably not nursed on demand or often the nursing was finished earlier than you wanted. You may have been weaned too early.

If you answered yes to section C the most:

- You have an ***anal-expulsive personality***. This means that your attitude to work and tasks may often be disorganised. You might be quite messy and wasteful. When you want to do something, you may be quite reckless in pursuing it. On the other hand, you tend to be generous with your time and money and you can be quite creative.
- Freud said that this personality comes from being overindulged when you were toilet trained as a toddler. You were probably treated leniently, praised and rewarded when using a potty on your own.

If you answered yes to section D the most:

- You have an ***anal-retentive personality***. This means that you are generally very neat and organised. You probably like to keep everything in your life in order. You like to have control and are quite obsessive about it. You might also be quite stubborn when people don't do as you'd like or when tasks don't go to plan. You can be quite rebellious in reaction to it. Lastly, some people might describe you as being very careful or strict with your money.
- Freud said that this personality comes from being frustrated in the course of toilet training when you were a toddler. You were probably taught very early and harshly disciplined.

**Freud believed that some degree of fixation is present in everyone and that it is an important determinant of personality.**

# Are you an Owl or a Lark?

1.) What time would you get up if you were entirely free to plan your day?

- a) Before 7am
- b) 7-9 am.
- c) after 9am

2.) How easy is it for you to get up on work days?

- a) Very difficult
- b) Moderately difficult/depends on the day
- c) Fairly easy

3.) How alert do you feel during the first 30 minutes after you get up in the morning?

- a) Alert/fresh
- b) Varies
- c) Sleepy/tired

4.) What time would you go to bed if it were completely up to you?

- a) After midnight
- b) 10.30pm-midnight
- c) before 10.30pm

5.) How sleepy/tired are you 1½ hours before going to bed during the work week?

- a) Very tired/ready to fall asleep
- b) Not very tired
- c) Moderately tired/depends on the day

6.) When you've stayed up later than usual (had a late evening), when do you wake up the next morning (assuming you didn't have any alcohol)?

- a) Varies
- b) At your usual time with a desire to get out of bed
- c) Later than usual, with a desire to fall back asleep



**Now add up your scores:**

Question	A	B	C
1	1	2	3
2	3	2	1
3	1	2	3
4	3	2	1
5	1	3	2
6	2	1	3

My total =

- 6-8 Extreme Lark
- 8-10 Lark
- 10-14 Hummingbird
- 14-16 Owl
- 16-18 Extreme owl

**Owls** often skip breakfast, and they're always rushing to get to work in the morning. If you're an owl, you'd struggle to be a milkman. Most college students and 20-somethings are owls. They need multiple alarm clocks to get up in the morning!

**Hummingbirds** are somewhere in the middle between larks and owls. You're one of the lucky ones – you can occasionally get up early to get things done, but are also in your element at an all night party!

**Larks** rarely nap, and prefer to exercise in the morning. They are most productive late morning, and go to sleep on average 2 hours before owls, falling asleep faster. If you're a lark, you wouldn't enjoy a job as a night-time bartender.

**The criminal personality: Eysenck's Personality questionnaire**

**Yes or no?**

- 1 Are you a talkative person? .....
- 2 Does your mood often go up and down? .....
- 3 Are you rather lively? .....
- 4 Do you ever feel miserable for no reason? .....
- 5 Do you enjoy meeting new people? .....
- 6 Are you an irritable person? .....
- 7 Can you usually let yourself go and enjoy a lively party? .....
- 8 Are your feelings easily hurt? .....
- 9 Do you usually take the initiative when making new friends? .....
- 10 Do you often feel fed up? .....
- 11 Can you easily get some life into a dull party? .....
- 12 Would you call yourself a nervous person? .....
- 13 Do you tend to keep to the background on social occasions? .....
- 14 Are you a worrier? .....
- 15 Do you like mixing with people? .....
- 16 Would you call yourself tense or highly strung? .....
- 17 Do you like plenty of action and excitement around you? .....
- 18 Do you worry too long after an embarrassing experience? .....
- 19 Are you mostly quiet when you are with other people? .....
- 20 Do you suffer from nerves? .....
- 21 Do other people think of you as lively? .....
- 22 Do you often feel lonely? .....
- 23 Can you get a party going? .....
- 24 Are you often troubled with feelings of guilt? .....

## Scoring the Criminal personality questionnaire.

### The Criminal personality

- Score the following NO answers 1 point
  - NO: 3 5 7 10 15 16 17 19 20 22
- Score 1 point for the rest of the 'YES' responses (0 for a no).
  - YES: 1 2 4 6 8 9 11 12 13 14 18 21 23 24
- Label the following scores accordingly:
  - (E) Extraversion: 1 9 11 14 18 21
  - (N) Neuroticism: 2 4 13 15 20 23
  - (P) Psychoticism: 3 6 8 12 16 22
  - (L) Lie scale: 5 7 10 17 19 24

**Apply it**    **Concepts: Three offenders**

**Margaret Tibbs** is a company accountant for a small firm and has been stealing small amounts of money from petty cash for years. Since joining the firm 18 years ago, Margaret has stolen several thousands of pounds. She is quiet, unassuming and does not have a great many friends at work.

**Vince Douglas** is a family man with a highly-paid job. His many friends would describe him as a 'steady bloke' who is well-adjusted. Vince is also a serial killer. He has murdered dozens of women over the years, leaves no evidence at the scene and disposes of the bodies without a trace. Vince tells his wife of 25 years that he often stays behind at the office and she has no reason to disbelieve him.

**Barry Phillips** is 19 and a self-confessed 'boy racer'. Since passing his test two years ago, Barry has been convicted of stealing cars and writing them off and has spent time in a young offender's institute. Barry has also been given a six-month suspended sentence for burglary and has since had to wear an electronic tag. Barry also has drug and alcohol problems and sees a counsellor regularly to help him with his **depression**.

**Questions**

1. Which of the three cases above most clearly fits Eysenck's description of the criminal personality? Explain your answer.
2. How could the other two cases be seen as criticisms of Eysenck's theory?

1.

2.

## Type A & Type B Behaviour

For each statement, circle the response that most applies to you.

I am never late for appointments	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I am not a competitive person	0 strongly agree   1 agree   2 disagree   3 strongly disagree
I listen to what people say without interrupting	0 strongly agree   1 agree   2 disagree   3 strongly disagree
I always feel rushed, especially under pressure	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I can wait patiently for things	0 strongly agree   1 agree   2 disagree   3 strongly disagree
When I do a good job, I want others to recognise it	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I walk and eat very fast	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I rarely talk about my feelings	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I am an ambitious person	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I am an easy-going person	0 strongly agree   1 agree   2 disagree   3 strongly disagree

Now add up the scores for each response you selected, to give you an overall Type A score.

My score is \_\_\_\_\_



Mark your score on the scale to see where your personality type falls.

The higher the score the more Type A. Type A is associated with stress related illness



## Hardiness

For each statement, circle the response that most applies to you.

I enjoy college and find it interesting and satisfying	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I take an active interest in the people around me	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I use my leisure time creatively	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I enjoy involvement with my family	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I welcome change and see it as an opportunity	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I take decisive action to deal with challenges	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I take care of my health	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I believe I have control over my life	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I see solutions to personal problems	3 strongly agree   2 agree   1 disagree   0 strongly disagree
My life has meaning and a purpose	3 strongly agree   2 agree   1 disagree   0 strongly disagree

Now add up the scores for each response you selected, to give you an overall Hardiness score.

My score is \_\_\_\_\_

Score	Analysis
0 - 9	LOW hardiness. You can be quite badly affected by stress and could benefit from reappraising how you manage stress.
10 - 20	MODERATE hardiness. You deal with stress fairly well, but there are areas where you could improve your approach.
21 - 30	HIGH hardiness. You are very good at dealing with stress and run a very low risk of stress related illness

**Introduction to A Level Psychology at St. Bartholomew's School**

In preparation for the A level course starting in September you are required to complete the following tasks to ensure A level readiness. The Specification places an emphasis on mathematical and scientific ability therefore this booklet is designed to support your pre course reading and preparation.

1)

A psychologist showed participants 100 different cards, one at a time.

Each card had two unrelated words printed on it, eg DOG, HAT.

Participants in one group were instructed to form a mental image to link the words.

Participants in the other group were instructed simply to memorise the words.

After all the word pairs had been presented, each participant was shown a card with the first word of each pair printed on it. Participants were asked to recall the second word.

The following results were found.

**Number of words correctly recalled**

	<b>Mental Image Group</b>	<b>Memorising Group</b>
<b>Mean Score</b>	80	45

a) What is the independent variable? *The one being manipulated/changed*

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.....

b) What is the dependent variable? *The one being measured*

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c) Explain what these findings show about memory.

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**Introduction to A Level Psychology at St. Bartholomew's School**

2)

A pilot study has indicated that boys and girls play differently. Boys have been shown to engage more in rough and tumble play (eg pushing, hitting) and girls have been shown to engage in more co-operative play (eg clapping games, skipping games).

A psychologist wished to study the differences between boys' and girls' play in primary schools. She asked the head teachers of several schools for permission to observe children playing. She observed the children from a window and recorded the ways in which boys and girls were playing.

The results of the observations are presented in **Table 1** below.

**Table 1: Frequency of types of play observed in boys and girls**

Types of play	Boys	Girls
Pushing	85	45
Hitting	115	70
Clapping games	3	132
Skipping games	0	127
Running	189	176

a) What are the advantages of observational studies?

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b) What are the disadvantages of observational studies?

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c) Write a prediction (hypothesis) for this study above


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d) What is a pilot study? In this study, what would you pilot? (2 marks)

.....  
.....  
.....

e) Draw and label a bar chart that represents the data (2 marks)



f) Identify two or more ethical issues in this study (2 marks)

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g) How would you deal with the ethical issues you identified in question f? (2 marks)

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Links:

### **Psychology**

Something to think about... Is free will a myth? Would you be a good eyewitness to a crime?

Something to read about... Simply Psychology, Research digest and Psychology Review magazines available via Hodder Education

Something to listen to... 'PsychCrunch' The British Psychological Society research digest podcast <http://psychcrunch.libsyn.com/category/Psychology>

### **Criminology/Forensic Psychology**

Something to think about... What different types of crime take place in our society? What kinds of crime exist about which we know very little, or which are simply not reported to the police? How do we explain why people commit crime? What makes someone a serial killer?

Something to listen to... BBC Sounds have several podcasts that explore real-life crimes. This can be found on their true crime page <https://www.bbc.co.uk/podcasts?q=murder>

Something to read about... Whether it's learning more about how criminal evidence is collected or finding out how the legal system uses the information, this is a great place to start exploring Forensics and how crimes are solved: [www.exploreforensics.co.uk](http://www.exploreforensics.co.uk)

Other useful links

[http://www.bbc.co.uk/science/humanbody/mind/articles/psychology/what\\_is\\_psychology.shtml](http://www.bbc.co.uk/science/humanbody/mind/articles/psychology/what_is_psychology.shtml)

<https://www.verywellmind.com/perspectives-in-modern-psychology-2795595>

Our online year 1 textbook <https://illuminate.digital/aqapsych1/>

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