##

**Task 1: Start Thinking Psychologically Total: 2 hours – 30 mins each week minimum**

**What to do**:
Psychologists are always observing and analyzing behaviour. Each week, engage with something psychological in the real world. Here are some suggestions (all free to access):

PSYCHOLOGY Y11 TO 12 TRANSITION WORK

**Youtube:**
-CrashCourse Psychology – core topic explainers
-SciShow Psych – quirky, engaging psychological topics

Each week, complete one entry in your Psychology Observation Diary. You should aim for at least 4 entries across the summer. **Each entry should include:**
1. Title and source of what you watched/listened/read. 2. A short summary of the key psychological topic. 3. One interesting thing you learned 4. A question it raised for you

 **Netflix:**-Mindhunter – Criminal profiling and forensic psychology (Netflix)
-The Mind, Explained – Clear breakdowns of memory, anxiety, dreams, etc. (Netflix)

**BBC iPlayer**
- All in the Mind (BBC Radio 4)
- Louis Theroux Documentaries (e.g. Extreme Love: Autism, America’s Most Hated Family)

## Task 2: Ps

**Task 2: Psychological Reading – Case Studies and Classic Research**

Read a short article or watch a video summary of one of these key psychological studies (you can choose):
**Loftus & Palmer** – Eyewitness memory **Zimbardo** – Prison simulation and social role **Milgram** – Obedience to authority
 **Ainsworth** – Attachment types

Then answer the following questions in full sentences:

1. What was the aim of the study? 2. What method was used (e.g. experiment, observation)? 3. What were the key findings? 4. How does this study help us understand human behaviour?

**Task 3. Your first Psychological Reflection**

Choose a psychological issue or behaviour you care about. This might be something you've experienced, something in the news, or something you've always found fascinating. Here are some possible areas to explore:

Why is anxiety increasing in young people? How does social media affect our self-esteem? What causes prejudice and discrimination? How reliable is our memory? What makes people commit crimes?

Write a one-page reflection, including:

**1. What is the issue?** Describe the topic and include key facts or findings from articles, videos, or podcasts (include your sources).
**2. Why does it matter to you?** Why did this topic interest you? How might it affect you or others around you?
**3. How does it link to Psycholog**y? (Think about how psychology is studied by different Psychologists – Which approach might be interested in your selected topic)

**Your Summer Psychology To-Do List**
 [ ] 4 x Psychology Observation Diary entries, [ ] 1 x Study summary (from Task 2), [ ] 1 x One-page psychological reflection