

Welcome to Psychology!



Psychology A-Level Taster Session

What is it?

Come up with 5 words
that you think of when
you hear 'psychology'





My journey





Psychology is...

- The study of people, behaviour and the mind
- Scientific
- Not an easy subject
- A broad subject with many different areas
- Always changing
- Fascinating and worthwhile!



What Psychology is not...

- All the same
- Always analysing people
- Able to read people's minds
- Only interested in people who are 'different' to the 'norm'

Is psychology a science?

Control

All extraneous variables need to be controlled in order to be able to establish cause (IV) and effect (DV).

Replication

This refers to whether a particular method and finding can be repeated with different/same people and/or on different occasions, to see if the

Discuss with the people around you -
Do you think psychology is a science?

Empirical evidence

Data being collected through observation

Objectivity

All sources of bias are minimized and that personal or subjective ideas are eliminated.

Hypothesis testing

A statement made at the beginning of an investigation that serves as a prediction and is derived from a theory

Predictability

Scientists should be aiming to be able to predict future behaviour from the findings of their research.



Psychology as a science

Psychology is the scientific study of the mind and how it dictates and influences our behaviour, from communication and memory to thought and emotion.



Cognitive Psychology

Investigates internal mental processes, such as problem solving, memory learning, and language.

It looks at how people think, perceive, communicate, remember, and learn.

It is closely related to neuroscience, philosophy and linguistics.

Cognitive psychology adopts a **scientific approach** to unobservable mental processes by advancing precise models and conducting experiments upon behaviour to accept or reject them.

Full understanding, prediction and control in psychology is probably unobtainable due to the huge complexity of environmental, mental and biological influences upon even the simplest behaviour (i.e. all extraneous variables cannot be controlled).

There is no easy answer to the question 'is psychology a science?'. But many approaches of psychology do meet the accepted requirements of the scientific method, whilst others lack to take a scientific approach.



Cognitive Lab breakout

We unfortunately are trapped in an advanced cognitive research laboratory where an experiment on various cognitive processes has gone awry.

To escape, you must navigate through different task, each representing a different aspect of cognitive psychology, and solve puzzles related to memory, attention, problem-solving, and decision-making.

Storyline:

A brilliant cognitive scientist, Dr. Cortex, was conducting groundbreaking experiments in the lab. However, an unexpected malfunction has locked down the facility, and you must use their cognitive abilities to solve puzzles and unlock the path to freedom.



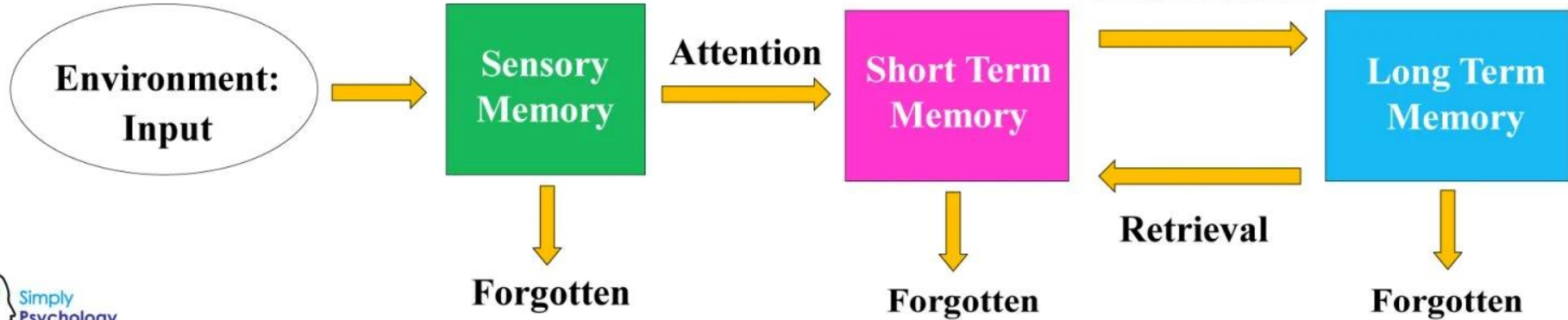
Hint

- "Focus your attention; distractions may lead you astray."
- "Apply logical reasoning; every problem has a solution."
- "Perception is key; sometimes things are not as they seem."

05:00

Multi-Store Memory Model

Atkinson and Shiffrin (1968)





Schema task

Event schema

Event schemas often called cognitive scripts, describe behavioral and event sequences and daily activities. These provide a basis for anticipating the future, setting objectives, and making plans.
For example, going to a restaurant.

Self schema

Self-schema is a term used to describe the knowledge that people accumulate about themselves by interacting with the natural world and with other human beings. In turn, this influences people's' behavior towards others and their motivations.

Object schema

Object schema helps to interpret inanimate objects. They inform people's understanding of what objects are, how they should function, and what someone can expect from them.
For example, someone may have an object schema around how to use a pen.

Role schema

Role schemas invoke knowledge about how people are supposed to behave based on their roles in particular social situations (Callero, 1994).
For example, at a polite dinner party, someone with the role of the guest may be expected not to put their elbows on the table and to not talk over others.

Event schema Bingo

Write down phrases/ words you would associate with going to a restaurant.

Are you ready to order?	Menu	Starter
Main course	Waiter/ waitress	Can I/we get the bill?
Enjoy your meal!	Would you like to see the dessert menu?	How many would you like a table for?
Can I have some tap water please	Any dietary restrictions or allergies?	How is everything so far?

Event schema Bingo

On the whiteboard write down phrases/ words you would associate with going to a restaurant. Once the timer has gone off, did you get Bingo? How many matches did you get?



Wordsearch

Find the hidden message



Brain hats

You are only allowed to use one hand (per person).

You can choose what hand you would like to use. But you must commit to this hand!

As a group you need to put the brain together and create the brain hat!

Link to cognitive: All essential cognitive processes (e.g. perception, attention, memory, language and thinking) work together to help us make sense of, and respond to, the world around us - to understand our environment



Decision making

You are the jury!

Sarah (our suspect) is being put on the stand!

You need to look at the evidence in front of you and work out the following:

- Is she guilty?
- What cognitive biases might occur that will make you think she is guilty?