

Thank you for choosing to study Psychology. We are looking forward to welcoming you to the Social Sciences department. The next two years will challenge you, fascinate you and give you a real insight into the most current topics in our society such as mental health, transgender and forensic psychology.

The bridging work is designed to give you a taster of the next two years, hope you enjoy it and find it interesting.

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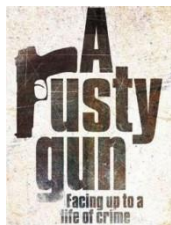
Book Recommendations

It is vital that you are accustomed to completing wider reading around topics you will cover during you're a levels.



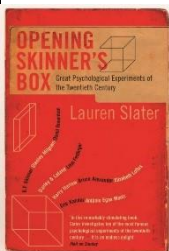
The Bell Jar – by Sylvia Plath.

This is a semi-autobiographical book detailing the protagonist's descent into mental illness which parallels Plath's own experiences with what may have been clinical depression. Plath died by suicide a month after its first UK publication. It provides a lot of good detail about ECT therapy which is in the AQA specification.



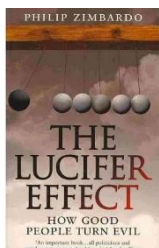
A Rusty gun – By Noel 'Razor' Smith

Razor is a violent ex-offender who details his account of prison. This is useful for Forensic psychology.



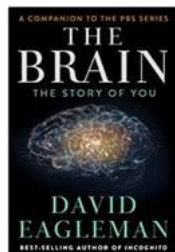
Opening Skinner's box – By Lauren Slater

In Opening Skinner's Box, Lauren Slater sets out to investigate the twentieth century through a series of ten fascinating, witty and sometimes shocking accounts of its key psychological experiments. Starting with the founder of modern scientific experimentation, B.F. Skinner, Slater traces the evolution of the last hundred years' most pressing concerns – free will and authoritarianism, violence, conformity and morality.



The Lucifer Effect – By Philip Zimbardo

In *The Lucifer Effect*, the award-winning and internationally respected psychologist, Philip Zimbardo, examines how the human mind has the capacity to be infinitely caring or selfish, kind or cruel, creative or destructive. He challenges our conceptions of who we think we are, what we believe we will never do - and how and why almost any of us could be initiated into the ranks of evil doers.



The Brain: The Story of You

'Neuroscientist David Eagleman explores the interior of the brain to reveal why people feel and think the way they do.

Film/ Documentary Recommendations

There are a number of useful films and documentaries that will develop your wider understanding of the topics covered.



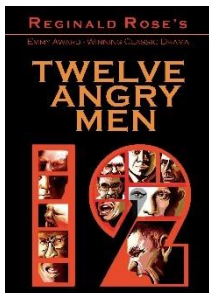
A Beautiful Mind

After John Nash, a brilliant but asocial mathematician, accepts secret work in cryptography, his life takes a turn for the nightmarish. (135 mins.)



One Flew Over The Cuckoo's Nest

A nice rest in a state mental hospital beats a stretch in the pen, right? Randle P. McMurphy (Jack Nicholson), a free-spirited con with lightning in his veins and glib on his tongue, fakes insanity and moves in with what he calls the "nuts."



12 Angry Men

In the definitive version of Reginald Rose's timeless script, an all-white jury decides the fate of a youth accused of murder. This tightly constructed searing exposé of prejudice in the American legal system stars Henry Fonda and a pantheon of great character actors.



50 First Dates

Playboy vet Henry sets his heart on romancing Lucy, but she has short-term memory loss; she can't remember anything that happened the day before. So every morning, Henry has to woo her again.



Reign Over Me

A man who lost his family in the September 11 attack on New York City runs into his old college roommate. Rekindling the friendship is the one thing that appears able to help the man recover from his grief.

Ted Talks To Watch

[Rebecca Saxe: How we read each other's minds](#)

[Daniel Kahneman: The riddle of experience vs memory](#)

[Barry Schwartz The paradox of choice](#)

[Dan Ariely: Are we in control of our own decisions](#)

[Mihaly Csikszentmihalyi: Flow the secret to happiness](#)

[Brene Brown: The power of vulnerability](#)

[Philip Zimbardo Stanford Prison Experiment](#)

Using the webpage provided read about Zimbardo's work. <http://www.zimbardo.com/>

Make notes on the key study: The Stanford Prison Experiment. Find out what conformity is and discuss whether this study demonstrates conformity or not. Use the examples from the study to demonstrate your point.

Other sources for further reading

WEBSITES (LOOK AT ARTICLES)

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

[10 Psychological Studies That Will Change What You Think You Know About Yourself](#)

Psychology Today

From their own 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 livestream 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 own 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."

<https://digest.bps.org.uk/>




PsyBlog

From their own 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."

Free online courses

<https://www.open.edu/openlearn/body-mind>

Range of courses available to suit your interest

 <p>2 LEVEL</p> <p>Health, Sports & Psychology</p> <p>Panic attacks: what they are and what to do about them</p> <p>Panic attacks: what they are and what to do about them is a free course that should be helpful to anyone who experiences panic or panic attacks, for...</p>	 <p>1 LEVEL</p> <p>Money & Business</p> <p>Sure, I know how to talk to people!</p> <p>This free course is one in a series focusing on leadership, decision-making and communication in the context of policing within the community. This...</p>	 <p>3 LEVEL</p> <p>Science, Maths & Technology</p> <p>Exploring anxiety</p> <p>This free advanced level course, Exploring anxiety, serves as an introduction to masters level study in neurosciences and mental health...</p>
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<https://www.futurelearn.com/courses/good-brain-bad-brain-basics>

The course is highly recommended as this knowledge is part of specification (learned in year 12)

Online Courses / Healthcare & Medicine

UNIVERSITY OF
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Good Brain, Bad Brain: Basics

What do we know and what are we discovering about the form and function of the human brain? Find out with this online course.

Join course for free



