

Psychology

Level 3

Psychology Level 3 Summer Project Work

Introduction

Welcome to the Level 3 Psychology Summer Task! This handout outlines the requirements for your preparatory work on **Unit 1: Psychological Approaches and Applications**.

Completing this task thoroughly will provide you with a solid foundation for the course.

Unit 1: Psychological Approaches and Applications

This unit explores different psychological approaches and their applications to understanding human behaviour. You will learn about the key assumptions, concepts and research methods associated with each approach.

Approaches to Explore

The following approaches should be covered in your research:

- Cognitive Approach
- Social Approach
- Behaviourist/Social Learning Approach
- Biological Approach

Detailed Research Tasks

For *each* of the approaches listed above, research and understand the following elements:

- Key Assumptions
- Key Concepts

Cognitive Approach:

- **Assumptions:** Behaviour is influenced by internal mental processes (e.g. memory, perception, attention). These processes can be studied scientifically. The mind works like a computer (information processing). Mediation processes occur between stimulus and response.
- **Key Concepts:** Schema, cognitive bases, memory models (e.g. multi-store model, working memory model), cognitive behavioural therapy (CBT), information processing.

Social Approach:

- **Assumptions:** Behaviour is influenced by the social context. Individuals identify as a group member and adopt their values/attitudes. Situational factors are more important than dispositional (personality) factors.
- **Key Concepts:** Social influence, conformity, obedience, prejudice, discrimination, social identity theory, bystander effect.

Behaviourist/Social Learning Approach:

- **Assumptions:** Behaviour is learned from the environment. All behaviour is acquired through conditioning. Humans (and animals) learn in similar ways. Social learning theory includes mediational processes.
- **Key Concepts:** Classical conditioning, operant conditioning, reinforcement, punishment, social learning, modelling, imitation, vicarious reinforcement, mediational processes.

Task: Produce a Fact File

Your task is to produce a detailed fact file on the key assumptions of *each* of the four approaches outlined above. For each approach, clearly explain the assumptions and provide examples to illustrate their meaning. Ensure your fact file is well-organised, easy to read and properly referenced.

- **Word count:** Approximately 3000 words in total
- **Referencing:** Use Harvard style for all citations and your reference list. Ensure you use a variety of sources.

Steps:

1. **Begin your research:** Use textbooks, academic journals and reputable online resources to gather information on each approach.
2. **Take detailed notes:** Organise your notes by approach and key concept.
3. **Structure your Fact File:** Create a clear structure with headings and subheadings for each approach.
4. **Write clearly and concisely:** Explain the assumptions in your own words and provide relevant examples.
5. **Proofread carefully:** Ensure your work is free of grammatical errors and typos.
6. **Submit your Fact File:** Bring a printed copy of your work on the first induction day.