

Year 12 Psychology Revision Timetable

Paper 1 w/b 5th June 2023

Paper 2 w/b 12th June 2023

Name:

I recommend that you follow the revision schedule set out below for each week. You **SHOULD**:

- Create your own revision notes so ... choose the technique that works for you **or** ask your teacher or your friends for suggestions of how to do this. Put your class notes, homeworks and text book information into a revisable format.
- Get someone to test you.
- Do assessment practice. Download exam papers from the AQA website (or take the Research Methods papers from outside SF4 (Focus on AS RM Papers))

USEFUL RESOURCES (books, websites, apps)

Cat Book

[Physics and Maths Tutor](#)

[Psych Boost](#)

[Simply Psychology](#)

[Save my exam](#)

[Seneca](#)

[AQA](#)

[British Psychological Society](#)

If you are already revising and have your own plan, stick to yours.

Paper 1 w/b 5th June 2023

Paper 2 w/b 12th June 2023

THE ASSESSMENT – 90 minutes

- Social Influence
- Memory
- Psychopathology

THE ASSESSMENT – 90 minutes

Approaches
Biopsychology
Research Methods

When	What	Revision Notes	Assessment Practice	Revisit
Week 1 wb 17/04/23	SOCIAL INFLUENCE <ul style="list-style-type: none">• Types of conformity: internalisation, identification and compliance. Explanations for conformity: informational social influence and normative social influence, and variables affecting conformity including group size, unanimity and task difficulty as investigated by Asch.• Conformity to social roles as investigated by Zimbardo.• Explanations for obedience: agentic state and legitimacy of authority, and situational variables affecting obedience including proximity and location, as investigated by Milgram, and uniform. Dispositional explanation for obedience: the Authoritarian Personality.• Explanations of resistance to social			

	<p>influence, including social support and locus of control.</p> <ul style="list-style-type: none"> • Minority influence including reference to consistency, commitment and flexibility. • The role of social influence processes in social change. 			
<p>Week 2 wb 24/04/23</p>	<p>MEMORY</p> <ul style="list-style-type: none"> • The multi-store model of memory: sensory register, short-term memory and long-term memory. Features of each store: coding, capacity and duration. • Types of long-term memory: episodic, semantic, procedural. • The working memory model: central executive, phonological loop, visuo-spatial sketchpad and episodic buffer. Features of the model: coding and capacity. • Explanations for forgetting: proactive and retroactive interference and retrieval failure due to absence of cues. • Factors affecting the accuracy of eyewitness testimony: misleading information, including leading questions and post-event discussion; anxiety. • Improving the accuracy of eyewitness testimony, including the use of the cognitive interview. 			
<p>Week 3 wb 01/05/23</p>	<p>PSYCHOPATHOLOGY</p> <ul style="list-style-type: none"> • Definitions of abnormality, including deviation from social norms, failure to function adequately, statistical infrequency and deviation from ideal mental health. • The behavioural, emotional and cognitive characteristics of phobias, depression and obsessive-compulsive disorder (OCD). • The behavioural approach to explaining and treating phobias: the two-process model, including classical and operant conditioning; systematic desensitisation, including relaxation and use of hierarchy; flooding. • The cognitive approach to explaining and treating depression: Beck's negative triad and Ellis's ABC model; cognitive behaviour therapy (CBT), including challenging irrational thoughts. 			
<p>Week 4 wb 08/05/23</p>	<p>APPROACHES</p> <ul style="list-style-type: none"> • Learning approaches: i) the behaviourist approach, including classical conditioning and Pavlov's research, operant conditioning, types of reinforcement and Skinner's research; ii) social learning theory including 			

	<p>imitation, identification, modelling, vicarious reinforcement, the role of mediational processes and Bandura's research.</p> <ul style="list-style-type: none"> • The cognitive approach: the study of internal mental processes, the role of schema, the use of theoretical and computer models to explain and make inferences about mental processes. The emergence of cognitive neuroscience. • The biological approach: the influence of genes, biological structures and neurochemistry on behaviour. Genotype and phenotype, genetic basis of behaviour, evolution and behaviour. • The psychodynamic approach: the role of the unconscious, the structure of personality, that is Id, Ego and Superego, defence mechanisms including repression, denial and displacement, psychosexual stages. • Humanistic Psychology: free will, self-actualisation and Maslow's hierarchy of needs, focus on the self, congruence, the role of conditions of worth. The influence on counselling Psychology. • Comparison of approaches. 			
<p>Week 5 wb 15/05/23</p>	<p>RESEARCH METHODS</p> <ul style="list-style-type: none"> • Experimental method. Types of experiment, laboratory and field experiments; natural and quasi-experiments. • Experimental designs: repeated measures, independent groups, matched pairs. • Observational techniques. Types of observation: naturalistic and controlled observation; covert and overt observation; participant and non-participant observation. • Observational design: behavioural categories; event sampling; time sampling. • Aims: stating aims, the difference between aims and hypotheses. • Hypotheses: directional and non-directional. • Sampling: the difference between population and sample; sampling techniques including: random, systematic, stratified, opportunity and volunteer; implications of sampling techniques, including bias and generalisation. • Variables: manipulation and control of variables, including independent, dependent, extraneous, confounding; operationalisation of variables. • Control: random allocation and 			

	<p>counterbalancing, randomisation and standardisation.</p> <ul style="list-style-type: none"> • Demand characteristics and investigator effects. • Ethics, including the role of the British Psychological Society's code of ethics; ethical issues in the design and conduct of psychological studies; dealing with ethical issues in research. • Reliability across all methods of investigation. Ways of assessing reliability: test-retest and inter-observer; improving reliability. • Types of validity across all methods of investigation: face validity, concurrent validity, ecological validity and temporal validity. Assessment of validity. Improving validity. 			
<p>Week 6 wb 22/05/23</p>	<p>BIOPSYCHOLOGY</p> <ul style="list-style-type: none"> • The divisions of the nervous system: central and peripheral (somatic and autonomic). • The structure and function of sensory, relay and motor neurons. The process of synaptic transmission, including reference to neurotransmitters, excitation and inhibition. • The function of the endocrine system: glands and hormones. • The fight or flight response including the role of adrenaline. • Localisation of function in the brain and hemispheric lateralisation: motor, somatosensory, visual, auditory and language centres; Broca's and Wernicke's areas, split brain research. Plasticity and functional recovery of the brain after trauma. • Ways of studying the brain: scanning techniques, including functional magnetic resonance imaging (fMRI); electroencephalogram (EEGs) and event-related potentials (ERPs); post-mortem examinations. • Biological rhythms: circadian, infradian and ultradian and the difference between these rhythms. The effect of endogenous pacemakers and exogenous zeitgebers on the sleep/wake cycle. 			