Year 13 Psychology Revision Timetable

Name:

We 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 (Mindmaps, Revision Cards, etc)
- Get someone to test you.
- Assessment practice - download past papers from the AQA website. Complete and then mark them.

BOOKS   Cat & Dog Books

Scan to join o0mw30z0um

Seneca Assignments Psychology Revision Class 2026

https://app.senecalearning.com/join-class-student-sign-up?classId=o0mw30z0um

Useful revision websites & apps

Physics and Maths Tutor   **Seneca**
Psych Boost   **AQA Past Papers**
Simply Psychology   **Tutor 2 U Revision Session**

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

Date	Topic
w/b 9th Feb	Approaches
w/b 16th Feb	Research Methods 1
w/b 23rd Feb	Social Influence
w/b 2nd March	Research Methods 2
w/b 9th March	Memory
w/b 16th March	Research Methods 3
w/b 23rd March	Attachment
w/b 30th March	Relationships
w/b 6th April	Issues and Debates
w/b 13th April	Research Methods 4
w/b 20th April	Psychopathology
w/b 27th April	Research Methods 5
w/b 4th May	Biopsychology
w/b 11th May	Paper 1 Revision Recap
w/b 18th May	Paper 2 Revision Recap
w/b 25th May	Schizophrenia
w/b 1st June	Forensic Psychology

Exam Dates:

Paper 1: Friday 15th May am

Paper 2: Wednesday 20th May am

Paper 3: Friday 5th June am

When	What	Revision Notes	Assessment Practice	Seneca
Week 1 w/b 09/02/26	**APPROACHES** https://app.senecalearning.com/dashboard/class/o0mw 30z0um/assignments/assignment/42a46222-f223-4265- 9672-ce68e8697e17 1. **Origins of Psychology**: Wundt, introspection and the emergence of Psychology as a science. 2. **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 imitation, identification, modelling, vicarious reinforcement, the role of mediational processes and Bandura's research. 3. **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. 4. **The biological approach**: the influence of genes, biological structures and neurochemistry on behaviour. Genotype and phenotype, genetic basis of behaviour, evolution and behaviour. 5. **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. 6. **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. 7. **Comparison of approaches**.			
Week 2 w/b 16/02/26 (Half Term)	**RESEARCH METHODS 1** https://app.senecalearning.com/dashboard/class/o0mw 30z0um/assignments/assignment/fd4e6ada-3100-4409- 8d7e-10b2bedf03d7 1. **Aims**: stating aims, the difference between aims and hypotheses. 2. **Hypotheses**: directional and non-directional. 3. **Sampling**: the difference between population and sample; sampling techniques including: random, systematic, stratified, opportunity and volunteer; implications of sampling techniques, including bias and generalisation. 4. **Pilot studies** and the aims of piloting. 5. **Experimental designs**: repeated measures, independent groups, matched pairs. 6. **Observational design**: behavioural categories; event sampling; time sampling. 7. **Questionnaire construction**, including use of open and closed questions; design of interviews.			

Week 3 **w/b** 23/02/26	**SOCIAL INFLUENCE** https://app.senecalearning.com/dashboard/class/o0mw 30z0um/assignments/assignment/52a4cc13-bd33-48c2- 8230-98b0f886b780 1. **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. 2. **Conformity to social roles** as investigated by Zimbardo. 3. **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. 4. **Explanations of resistance to social influence**, including social support and locus of control. 5. **Minority influence** including reference to consistency, commitment and flexibility. 6. The role of social influence processes in **social change.**			
Week 4 **w/b** 02/03/26	**RESEARCH METHODS 2** https://app.senecalearning.com/dashboard/class/o0mw 30z0um/assignments/assignment/7ce93927-b1fa-4bc8- 9aa6-b64ae4514950 1. **Variables**: manipulation and control of variables, including independent, dependent, extraneous, confounding; operationalisation of variables. 2. **Control**: random allocation and counterbalancing, randomisation and standardisation. 3. **Demand characteristics and investigator effects**. 4. **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. 5. **The role of peer review** in the scientific process. 6. **The implications of psychological research for the economy.** 7. **Reliability** across all methods of investigation. Ways of assessing reliability: test-retest and inter-observer; improving reliability.			

Week 5 w/b 09/03/26	**MEMORY** https://app.senecalearning.com/dashboard/class/o0mw30z0um/assignments/assignment/14c722a1-6d43-4457-abb8-a91e01313aeb 1. **The multi-store model of memory**: sensory register, short-term memory and long-term memory. Features of each store: coding, capacity and duration. 2. **Types of long-term memory**: episodic, semantic, procedural. 3. **The working memory model**: central executive, phonological loop, visuo-spatial sketchpad and episodic buffer. Features of the model: coding and capacity. 4. **Explanations for forgetting**: proactive and retroactive interference and retrieval failure due to absence of cues. 5. **Factors affecting the accuracy of eyewitness testimony**: misleading information, including leading questions and post-event discussion; anxiety. 6. Improving the accuracy of eyewitness testimony, including the use of **the cognitive interview**			
Week 6 w/b 16/03/26	**RESEARCH METHODS 3** https://app.senecalearning.com/dashboard/class/o0mw30z0um/assignments/assignment/dd36875f-01de-41c6-bef7-90a9986a90d9 1. **Types of validity** across all methods of investigation: face validity, concurrent validity, ecological validity and temporal validity. Assessment of validity. Improving validity. 2. **Features of science**: objectivity and the empirical method; replicability and falsifiability; theory construction and hypothesis testing; paradigms and paradigm shifts. 3. **Reporting psychological investigations**. Sections of a scientific report: abstract, introduction, method, results, discussion and referencing. 4. **Quantitative and qualitative data**; the distinction between qualitative and quantitative data collection techniques. 5. **Primary and secondary data**, including meta-analysis. 6. **Descriptive statistics**: measures of central tendency – mean, median, mode; calculation of mean, median and mode; measures of dispersion; range and standard deviation; calculation of range; calculation of percentages; positive, negative and zero correlations. 7. **Presentation and display of quantitative data**: graphs, tables, scattergrams, bar charts, histograms.			

Week 7 w/b 23/03/26	**ATTACHMENT** https://app.senecalearning.com/dashboard/class/o0mw30z0um/assignments/assignment/693400ec-364b-4054-9a97-e3e0ec461b08 1. **Caregiver-infant interactions in humans**: reciprocity and interactional synchrony. Stages of attachment identified by Schaffer. Multiple attachments and the role of the father. 2. **Animal studies of attachment**: Lorenz and Harlow. 3. **Explanations of attachment**: learning theory and Bowlby's monotropic theory. The concepts of a critical period and an internal working model. 4. **Ainsworth's 'Strange Situation'**. Types of attachment: secure, insecure-avoidant and insecure-resistant. Cultural variations in attachment, including van Ijzendoorn. 5. **Bowlby's theory of maternal deprivation**. Romanian orphan studies: effects of institutionalisation. 6. **The influence of early attachment on childhood and adult relationships**, including the role of an internal working model.			
Week 8 w/b 30/03/26 (Easter Holidays)	**RELATIONSHIPS** https://app.senecalearning.com/dashboard/class/o0mw30z0um/assignments/assignment/6e3b4e0e-c887-4acc-ba27-0216a22622f5 1. **The evolutionary explanations for partner preferences,** including the relationship between sexual selection and human reproductive behaviour. 2. **Factors affecting attraction in romantic relationships:** self-disclosure; physical attractiveness, including the matching hypothesis; filter theory, including social demography, similarity in attitudes and complementarity. 3. **Theories of romantic relationships: social exchange theory, equity theory and Rusbult's investment model of commitment, satisfaction, comparison with alternatives and investment.** 4. **Duck's phase model of relationship breakdown:** intra-psychic, dyadic, social and grave dressing phases. 5. **Virtual relationships in social media:** self-disclosure in virtual relationships; effects of absence of gating on the nature of virtual relationships. 6. **Parasocial relationships:** levels of parasocial relationships, the absorption addiction model and the attachment theory explanation.			

Week 9 w/b 06/04/26 (Easter Holidays)	**ISSUES & DEBATES**			
	https://app.senecalearning.com/dashboard/class/o0mw30z0um/assignments/assignment/ea052bd1-f180-4f18-8e64-67729e446963			
	1. **Gender and culture in Psychology** – universality and bias. Gender bias including androcentrism and alpha and beta bias; cultural bias, including ethnocentrism and cultural relativism.			
	2. **Free will and determinism**: hard determinism and soft determinism; biological, environmental and psychic determinism. The scientific emphasis on causal explanations.			
	3. **The nature-nurture debate**: the relative importance of heredity and environment in determining behaviour; the interactionist approach.			
	4. **Holism and reductionism**: levels of explanation in Psychology. Biological reductionism and environmental (stimulus-response) reductionism.			
	5. **Idiographic and nomothetic** approaches to psychological investigation.			
	6. **Ethical implications of research studies and theory**, including reference to social sensitivity.			
Week 10 w/b 13/04/26	**RESEARCH METHODS 4**			
	https://app.senecalearning.com/dashboard/class/o0mw30z0um/assignments/assignment/0639ece8-911a-40ef-83b1-d8240bb939ef			
	1. **Distributions**: normal and skewed distributions; characteristics of normal and skewed distributions.			
	2. **Analysis and interpretation of correlation**, including correlation coefficients.			
	3. **Levels of measurement**: nominal, ordinal and interval.			
	4. **Content analysis and coding**. Thematic analysis.			
	5. **Introduction to statistical testing**; the sign test. When to use the sign test; calculation of the sign test.			
	6. **Probability and significance**: use of statistical tables and critical values in interpretation of significance; Type I and Type II errors.			
	7. **Factors affecting the choice of statistical test**, including level of measurement and experimental design. When to use the following tests: Spearman's rho, Pearson's r, Wilcoxon, Mann-Whitney, related t-test, unrelated t-test and Chi-Squared test.			

Week 11 w/b 20/04/26	**PSYCHOPATHOLOGY** https://app.senecalearning.com/dashboard/class/o0mw30z0um/assignments/assignment/6e7c8fab-dcd2-42f2-b677-547c0da8ec88 1. **Definitions of abnormality**, including deviation from social norms, failure to function adequately, statistical infrequency and deviation from ideal mental health. 2. **The behavioural, emotional and cognitive characteristics** of phobias, depression and obsessive-compulsive disorder (OCD). 3. **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. 4. **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. 5. **The biological approach to explaining and treating OCD**: genetic and neural explanations; drug therapy.			
Week 12 w/b 27/04/26	**RESEARCH METHODS 5** https://app.senecalearning.com/dashboard/class/o0mw30z0um/assignments/assignment/b4253568-9882-407d-b797-28942964309d • Practice 12 mark questions and review research methods end of topic assessments on Seneca.			
Week 13 w/b 04/05/26	**BIOPSYCHOLOGY** https://app.senecalearning.com/dashboard/class/o0mw30z0um/assignments/assignment/ea419ee5-33b6-446e-877c-6c518429923a 1. **The divisions of the nervous system**: central and peripheral (somatic and autonomic). 2. **The structure and function of** sensory, relay and motor **neurons**. The process of **synaptic transmission**, including reference to neurotransmitters, excitation and inhibition. 3. **The function of the endocrine system**: glands and hormones. 4. **The fight or flight response** including the role of adrenaline. 5. **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. 6. **Ways of studying the brain**: scanning techniques, including functional magnetic resonance imaging (fMRI); electroencephalogram (EEGs) and event-related potentials (ERPs); postmortem examinations. 7. **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.			

Week 14 w/b 11/05/26	**Paper 1 Revision Recap** https://app.senecalearning.com/dashboard/class/o0mw30z0um/assignments/assignment/2c790210-0d45-44f2-8e3b-41d48f0d4fd8 1. Social Influence 2. Memory 3. Attachment 4. Psychopathology **PAPER 1 Friday 15th May (am)**			
Week 15 w/b 18/05/26	**Paper 2 Revision Recap** https://app.senecalearning.com/dashboard/class/o0mw30z0um/assignments/assignment/1308846a-fe51-495a-96b8-05c440c24c5d 1. Approaches 2. Biopsychology 3. Research Methods **PAPER 2 Wednesday 20th May (am)**			
Week 16 w/b 25/05/26	**SCHIZOPHRENIA** https://app.senecalearning.com/dashboard/class/o0mw30z0um/assignments/assignment/41f0d210-562d-42eb-9e46-58829854b686 1. **Classification of schizophrenia**. Positive symptoms of schizophrenia, including hallucinations and delusions. Negative symptoms of schizophrenia, including speech poverty and avolition. **Reliability and validity in diagnosis and classification of schizophrenia**, including reference to co-morbidity, culture and gender bias and symptom overlap. 2. **Biological explanations for schizophrenia**: genetics and neural correlates, including the dopamine hypothesis. 5. **Drug therapy**: typical and atypical antipsychotics **Psychological explanations for schizophrenia**: family dysfunction and cognitive explanations, including dysfunctional thought processing. 6. **Cognitive behaviour therapy and family therapy** as used in the treatment of schizophrenia. 7. **Token economies** as used in the management of schizophrenia. **The importance of an interactionist approach** in explaining and treating schizophrenia; the diathesis-stress model.			

Week 17 w/b 01/06/26	FORENSIC PSYCHOLOGY https://app.senecalearning.com/dashboard/class/o0mw30z0um/assignments/assignment/0369dc7c-80aa-439b-8c68-9703172ad727 1. **Offender profiling**: the top-down approach, including organised and disorganised types of offender; the bottom-up approach, including investigative Psychology; geographical profiling. 2. **Biological explanations of offending behaviour**: an historical approach (atavistic form); genetics and neural explanations. 3. **Psychological explanations of offending behaviour**: Eysenck's theory of the criminal personality; cognitive explanations; level of moral reasoning and cognitive distortions, including hostile attribution bias and minimalisation; differential association theory; psychodynamic explanations. 4. **Dealing with offending behaviour**: the aims of custodial sentencing and the psychological effects of custodial sentencing. Recidivism. Behaviour modification in custody. Anger management and restorative justice programmes. **PAPER 3 Friday 5th June (am)**			

Good Luck!