Year 12 Psychology Revision Timetable

Paper 1 w/b 8th June 2026

Paper 2 w/b 15th June 2026

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. (Mindmaps, Revision Cards, etc)
- Get someone to test you.
- Assessment practice - download past papers from the AQA website. Complete and then mark them (or take the Research Methods papers from outside SF4 (Focus on AS RM Papers))

BOOK: Cat Textbook

Scan to join uwuvmhnxxi

Seneca Assignments Yr 12 Psych Revision Class 2026

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

USEFUL RESOURCES (books, websites, apps)

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

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

Paper 1 w/b 8th June 2026

THE ASSESSMENT – 90 minutes

- Social Influence
- Memory
- Biopsychology

Paper 2 w/b 15th June 2026

THE ASSESSMENT – 90 minutes

Approaches
Clinical Psychology and Mental Health
Research Methods

When	What	Revision Notes	Assessment Practice	Seneca
Week 1 wb 20/04/26	**SOCIAL INFLUENCE** • Types of conformity: internalisation, 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. • 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 influence, including social support and locus of control. • Minority influence including reference to consistency, commitment and flexibility.			
Week 2 wb 27/04/26	**MEMORY** • The multi-store model of memory: sensory register, short-term memory and long-term memory. Features of each store: coding, capacity and duration. • 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: leading questions, post-event discussion, and anxiety; the use of the cognitive interview.			
Week 3 wb 04/05/26	**BIOPSYCHOLOGY** • 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. • Ways of studying the brain: scanning techniques, including functional magnetic resonance imaging (fMRI); electroencephalogram (EEGs) and event-related potentials (ERPs); post-mortem examinations. • 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.			

Week 4 wb 11/05/26	**APPROACHES** • 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, vicarious reinforcement, the role of mediational processes and Bandura's research. • The cognitive approach: the study of internal mental processes, the role of schema, the use of models to explain and make inferences about mental processes. • The biological approach: the genetic basis of behaviour: genotype, phenotype and evolution. Influence of biological structures and neurochemistry on behaviour. Cognitive neuroscience. • 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, congruence, the role of conditions of worth. • Comparison of approaches.			
Week 5 wb 18/05/26	**RESEARCH METHODS 1** • 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. • Self-report techniques. questionnaires; interviews, structured and unstructured.			
Week 6 wb 25/05/26	**Clinical Psychology and Mental Health** • Definitions in the field of mental health; deviation from ideal mental health, deviation from social/cultural norms, failure to function adequately and statistical infrequency. • 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. • The biological approach to explaining and treating OCD: genetic and neural explanations; drug therapy.			

Week 7 wb 01/06/26	**RESEARCH METHODS 2** • Aims: stating aims, the difference between aims and hypotheses. • Hypotheses: directional and non-directional. • Sampling: the difference between population and sample; sampling methods 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, operationalisation of variables. • Control: random allocation and counterbalancing, randomisation, standardisation and control groups. • 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. • Quantitative and qualitative data; the distinction between qualitative and quantitative data collection techniques. • Primary and secondary data, including meta-analysis. • 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. • Presentation and display of quantitative data: graphs, tables, scattergrams, bar charts, histograms. • Reliability across all methods of investigation. Ways of measuring 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. Measurement of validity. Improving validity.			