



Bilton School Sixth Form

Psychology – Transition Work

Welcome to A Level Psychology!

Over the summer, you'll complete a set of engaging tasks to help you get ready for starting the course in September. These activities will introduce you to key ideas, develop your study skills, and give you a head start on the topics you'll be exploring.

Psychology is the scientific study of the human mind and behaviour. You'll explore how people think, feel, and act — and why. Topics include memory, attachment, psychopathology, research methods, and more.

Task 1: What is Psychology? (Research & Reflection)

- Research the definition of psychology and the main approaches (e.g. biological, behavioural, cognitive, psychodynamic, humanistic).
- Write a 200–300 word summary in your own words.
- Include one interesting fact or theory from each approach.

Task 2: Famous Psychologists

Choose two psychologists from this list:

- Sigmund Freud
- B.F. Skinner
- Albert Bandura
- Ivan Pavlov
- Elizabeth Loftus

For each, research:

- Who they were
- What they're known for
- One key study they carried out
- Why their work matters in psychology

Summarise in a mini fact sheet (around half a page each).

Task 3: Psychological Investigation

Conduct a simple observation or survey:

- Pick a behaviour to observe (e.g. how many people check their phone in 5 minutes in a café).
- Record your findings.
- Write a short paragraph explaining what you observed and what you might conclude.

(Note: this is informal — no ethical forms needed!)

Task 5: Read & Respond



Read one psychology-related article, blog, or book excerpt. Try:

- Simply Psychology (www.simplypsychology.org)
- BPS Research Digest (www.bps.org.uk)

Write a short response (100–150 words): What was it about? Did you agree or disagree with the ideas?

Recommended Materials:

- Ring binder + dividers
- A4 lined paper
- Highlighters
- Sticky notes

Optional Reading:

- “The Psychology Book” – DK
- “Opening Skinner’s Box” – Lauren Slater
- “Psychology A Level Year 1 and AS” – Schouten et al. (AQA)

Get Organised for September

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Deadline: First Psychology Lesson in September

Bring all your completed tasks with you. You may be asked to present or discuss them in class.

Enjoy your summer and get curious about the human mind!

If you have any questions, email: Ms Griffiths Griffiths.j@stowevalley.com