



A Level Psychology – Course Start

A Timeline: The History of Psychology

Psychology is the study of the brain, mental processes and behaviour. It has a long and complex history. Use the following link, and any other resources you can find, to fill in the table below. If you would rather make a more creative timeline, please feel free! This table will need to be **printed off and shared with your tutor/s during the first lesson.**

[A TIMELINE OF PSYCHOLOGY — APPROACHES — PSYCHSTORY](#)



Era	Describe this era	Any interesting studies?
Before Psychology		
Introspection Era (1879)		
Psychodynamic Era (1886)		
Biological Approach Era (1890)		
Genetics Era (1875)		
Behaviourism Era (1903)		
Humanism Era (1942)		
Social Learning theory Era (1961)		
Cognitive Approach Era (1932)		
Cognitive Behavioural Therapy Era (1962)		
Cognitive Neuroscience Era (1994)		
Advanced Neuroscience (2000-2010)		
Advanced Cognitive Neuroscience (2017 - present day)		

Questions: Use the same resource to help you to answer the following questions

1. Which individual is often referred to as the 'Father of Psychology' for establishing the first formal psychology laboratory in 1879?
 - a. Sigmund Freud
 - b. Wilhelm Wundt
 - c. William James
 - d. B.F. Skinner
2. Which early perspective in psychology focused on breaking down mental processes into their most basic components or 'building blocks'?
 - a. Humanism
 - b. Functionalism
 - c. Behaviourism
 - d. Structuralism
3. William James is best associated with which school of thought, which studied how mental activities help an organism fit into its environment?
 - a. Functionalism
 - b. Cognitivism
 - c. Structuralism
 - d. Psychoanalysis
4. Which influential figure emphasized the role of the unconscious mind and early childhood experiences in shaping personality?
 - a. Sigmund Freud
 - b. Carl Rogers
 - c. Abraham Maslow
 - d. John B. Watson
5. Between the 1920s and 1950s, psychology was dominated by which perspective that argued only observable actions should be studied?
 - a. The Cognitive Revolution
 - b. Humanistic Psychology
 - c. Gestalt Psychology
 - d. Behaviourism

6. The 'Cognitive Revolution' of the 1960s marked a shift in psychology back toward the study of what?
- a. Animal behaviour
 - b. Mental processes
 - c. Childhood trauma
 - d. Social norms
7. Which contemporary perspective explores how genetics, brain structures, and hormones influence behavior and mental processes?
- a. Behavioural Perspective
 - b. Biological Perspective
 - c. Sociocultural Perspective
 - d. Evolutionary Perspective
8. According to the text, which era or approach views the human brain as a "complex computing system" to study mental functions like memory and decision-making?



Psychology Perspectives and Methods Poster Project

Learning Objective:

To build your understanding of the **7 core approaches and perspectives** in Psychology and the **4 main research methods** used in psychological research.

Background:

You have now been introduced to the different **ways psychologists explain human behaviour** (approaches/perspectives) and the **methods they use to study it**. This project allows you to creatively summarise and **communicate your learning** to others, an important first step in becoming a psychologist!

Your Task:

Create a set of **10 individual A4 posters** across the summer break:

- **7 posters** on the **main psychological approaches/perspectives**
- **4 posters** on the **key research methods** in Psychology



The 7 Approaches/Perspectives

Create **one A4 poster** for each of the following:

1. **Social** (This will be/has been demonstrated in the lesson)
2. **Biological**
3. **Cognitive**
4. **Behaviourist**
5. **Developmental**
6. **Individual Differences**
7. **Psychodynamic**

Each poster should include:

- The **name** of the approach (as the title)
- **Key assumptions** – What does this approach believe about behaviour? (with **key terms underlined**)
- A **key study/example**
- **Strengths and weaknesses** of this approach
- A **real-world application**
- At least **one relevant image or diagram**

Sites which you may wish to use;

[Psychology Wizard](#)

[Teaching Psychology | tutor2u](#)

[Simply Psychology](#)



Key Research Methods

Create **one A4 poster** for each of the following methods:

1. **Experiment**
2. **Observation**
3. **Self-report**
4. **Correlation**

Each poster should include:

- The **method name** (as the title)
- A **definition** of the method (with **key words underlined**)
- **Advantages** and **limitations**
- A **relevant example** from psychology
- At least **one relevant image or visual aid**

Presentation Guidelines:

- Posters must be on **A4 paper**
- Use **bold headings**, **underlined keywords**, and clear layout
- Include at least **one key image or diagram** on each poster. Make it colourful and memorable
- Keep information **concise**, **accurate**, and **engaging**
- Aim to make each poster informative enough that another student could learn the basics from it and that you can revise!

Deadline: These posters need to be submitted to your Psychology tutor in your **first Psychology lesson in September. These need to be handwritten.**

Top Tip: Don't leave this work to the end of your holidays as it will require you to take a more consistent approach.



Optional Challenge:

Add a section to each approach/ perspective poster linking it to a **key debate in Psychology** (e.g., nature vs nurture, reductionism vs holism).

Good luck with your GCSE results!

The Psychology Team