

Psychology - Unit 3 Checklist

Self

Biological influences/bases of behaviour

- structure and function of the nervous system
 - central nervous system
 - brain
 - spinal cord
 - peripheral nervous system
 - somatic nervous system
 - autonomic nervous system – sympathetic, parasympathetic
- process of neural transmission
 - role of synapses
 - role of neurotransmitters – serotonin, dopamine
- roles of the four lobes of the cerebral cortex
 - frontal lobe – Broca's area, primary motor cortex
 - parietal lobe – primary sensory cortex
 - occipital lobe – primary visual cortex
 - temporal lobe – Wernicke's area, primary auditory cortex
- factors that affect behaviour, emotion and thought, including:
 - heredity – the role of genetics
 - hormones – the effects of adrenaline and noradrenaline
 - psychoactive drugs – the effects of depressants, stimulants and hallucinogens

Cognition

- psychological concepts and processes associated with memory and their relationship to behaviour
 - multi store model of memory – Atkinson and Shiffrin, 1968
 - sensory register
 - duration, capacity, encoding
 - short-term memory (working memory)
 - duration, capacity and encoding
 - working memory model – Baddeley and Hitch, 1974
 - long-term memory
 - duration, capacity and encoding
 - procedural memory
 - declarative memory – semantic and episodic
 - recall, recognition, re-learning

- forgetting: retrieval failure, interference, motivated forgetting, decay
- theories and processes of learning
 - classical conditioning
 - operant conditioning
 - observational learning
- techniques for modifying behaviour
 - token economies
 - systematic desensitisation
 - Cognitive Behaviour Therapy (CBT)
 - positive and negative reinforcement, including rewards and punishment

Others

Relational influences

- types of solutions to resolve conflict
 - imposed
 - distributive
 - integrative
- techniques for resolving conflict
 - mediation
 - negotiation
 - counselling
- socialisation processes observed within families
 - attachment – Harlow, Bowlby, Ainsworth
 - features of different parenting styles – authoritative, authoritarian and permissive

Communication

- communication styles
 - impact of social background – Bernstein, Labov
 - examples of gender differences – Tannen
- features of persuasive communication
 - source of the message
 - nature of the communication
 - characteristics of the audience
- features and limitations of theories of language development
 - innate and learned behaviours – Chomsky, Bruner

Psychology - Unit 4 Checklist

Self

Developmental psychology

- stages and characteristics of developmental theories
 - Piaget's theory of cognitive development
 - Kohlberg's theory of moral development
 - Erikson's stage theory of identity
- features of Bandura's Social Learning Theory
 - the role of observational learning and modelling

Personality

- features and limitations of contemporary personality theories
 - trait theories – McCrae and Costa
 - humanistic theories – Rogers and Maslow
 - social-cognitive theory – Mischel and Bandura

Others

Social psychology

- the influence of groups on behaviour
 - group polarisation
 - conformity and obedience – Asch, Milgram and Zimbardo
 - impact of the presence of others on individual behaviour – social facilitation and inhibition
- theories of social psychology
 - attribution theory – Heider, Kelley
 - cognitive dissonance theory – Festinger

Culture and values

- sense of community as defined by McMillan and Chavis
 - membership
 - influence
 - integration and the fulfilment of needs
 - shared emotional connection
- impact of significant events on individuals and communities
 - positive responses – resilience and post traumatic growth
 - negative responses – post traumatic stress disorder

- event characteristics contributing to stress – predictability; controllability; experience of threat or loss

Research methods

Planning and conducting psychological research

- research terminology
 - experimental, non-experimental
 - scientific, non-scientific
 - sample
 - population
- ethics in psychology research
 - role of the experimenter
 - participants' rights – privacy, anonymity, confidentiality, voluntary participation and withdrawal rights
 - informed consent procedures
 - deception in research
 - professional conduct
- practical issues associated with planning and conducting research
- difference between sample and population data
- features of experimental research methods
 - independent and dependent variables
 - operational hypotheses
 - controlled and uncontrolled variables
 - experimental and control groups
 - placebo and experimenter effects
 - reliability and validity
 - longitudinal and cross-sectional designs
- features of non-experimental (descriptive) research methods
 - case studies, surveys, correlational studies and archival research
 - behavioural variables (not dependent and independent variables) in correlational studies
- qualitative methods of data collection
- objective quantitative measures in research – physiological measures
- subjective quantitative measures in research – checklists and rating scales, such as Likert scales

Processing and evaluating psychological research

- methods of displaying quantitative data – tables, graphs and diagrams
- data interpretation

- measures of central tendency – mode, mean and median
- measures of dispersion – normal curve, range, variance and standard deviation
- role of probability
- use of correlation to establish association between variables
- sources of error in data and ways of reducing these
- the concept of statistical significance
- evaluation of and ways of improving research