

AQA A Level Psychology – Year 11 Transition Pack (Summer Work)

Congratulations on choosing A Level Psychology! This summer transition pack is designed to prepare you for the step up to A Level study. Whether or not you studied Psychology at GCSE, these tasks will help you develop the mindset and knowledge you'll need to succeed.

■ Introduction to AQA A-Level Psychology (AQA Spec 7181/7182)

Key Areas You'll Study in Year 12:

1. **Social Influence**
 2. **Memory**
 3. **Attachment**
 4. **Clinical Psychology and Mental Health**
 5. **Approaches in Psychology**
 6. **Research Methods**
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🧠 Suggested Summer Transition Tasks

1. Key Topic Introductions

A. Social Influence

- Research the **Milgram experiment (1963)** on obedience.
 - What was the aim?
 - What was the procedure?
 - What were the findings?
 - What are ethical concerns?

B. Memory

- Summarise the **Multi-Store Model of Memory** (Atkinson & Shiffrin, 1968).
- Create a diagram showing:
 - Sensory memory
 - Short-term memory
 - Long-term memory

C. Attachment

- Research **Bowlby's theory of attachment**.
 - What is the "critical period"? What are "monotropy" and the "internal working model"?
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Essential Reading / Watching

- **YouTube:** Simply Psychology, Tutor2u Psychology and Psychboost
 - **Websites:**
 - www.simplypsychology.org
 - www.tutor2u.net/psychology
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Research Methods Intro

Start a research journal:

- Find a psychology experiment online (e.g., Zimbardo's prison study).
- Record:
 - Aim
 - Method
 - Results
 - Evaluation (strengths/weaknesses)

Activities

1. **Glossary Building**

- Create flashcards for key terms like “conformity,” “operationalisation,” “independent variable,” etc.

2. **Mini Essay Task**

- Write a short (250–300 word) answer to:

“Describe and evaluate one explanation of obedience.”

3. **Psychologist of the Week**

- Research one famous psychologist (e.g., Freud, Bandura, Skinner) and write a 100-word summary of their contribution.

Skills to Develop Over Summer

- Time management & revision routines
- Essay writing and evaluation skills
- Reading academic texts
- Critical thinking