



Autumn Term

Term 1

Psychology

Year 11

Name: _____

Tutor: _____

Care to Learn

Learn to Care

Year 11 Homework Timetable

Monday	English Task 1	Option A Task 1	Option C Task 1
Tuesday	Sparx Science	Option B Task 1	Sparx Maths
Wednesday	Sparx Maths	Science Task 1	Option C Task 2
Thursday	Option A Task 2	Sparx Science	Option B Task 2
Friday	Science Task 2	English Task 2	

Sparx Science

- Complete 100% of their assigned homework each week

Sparx Maths

- Complete 100% of their assigned homework each week

Option A
French
Health and Social Care
Psychology
Performing Arts

Option B
History
Health and Social Care
Psychology

Option C
Health and Social Care
Psychology
Spanish
Sports Studies

Half Term 1 (6 weeks) - Year 11

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 2 11th September 2023	Cornell Notes on: Nature and nurture debate, <i>Psychological problems</i>	Question: Nature and nurture
Week 3 18th September 2023	Revision Cards on: The development of morality , <i>Development</i>	Question: Morality
Week 4 25th September 2023	Cornell Notes on: Features, functions and the benefit of sleep, <i>Sleep and dreaming</i>	Question: REM sleep
Week 5 2nd October 2023	Revision Cards on: Internal and external influences of sleep, <i>Sleep and dreaming</i>	Question: Applied pineal gland
Week 6 9th October 2023	Cornell Notes on: Sleep disorders, <i>Sleep and dreaming</i>	Question: Applied sleep disorder
Week 7 16th October 2023	Revision Cards on: Freud's Theory of Dreaming, <i>Sleep and dreaming</i>	Question: Dreamwork

Half Term 2 (8 weeks) - Year 11

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 8 30th October 2023	Cornell Notes on: Little Hans, <i>Sleep and dreaming</i>	Question: Applied Babara
Week 9 6th November 2023	Revision Cards on: Activation synthesis theory, <i>Sleep and dreaming</i>	Question: Applied Juan
Week 10 13th November 2023	Cornell Notes on: 9 mark practice	Question: Ferando applied 9 marker
Week 11 20th November 2023	Mock Exams	Mock Exams
Week 12 27th November 2023	Mock Exams	Mock Exams
Week 13 4th December 2023	Revision Cards on: A mix of sleep and dreaming content	Question: Insomnia
Week 14 11th December 2023	Cornell Notes on: Social Learning Theory, <i>Criminal psychology</i>	Question: Applied to Siobhan
Week 15 18th December 2023	Revision Cards on: Bandura, <i>Criminal psychology</i>	Question: Multiple Choice questions

TERM 1 Knowledge organiser

Session	Key words	Knowledge
<p>Week 2: Nature and nurture debate, Psychological problems</p>	<p>Nature: Our behaviour is a result of our biological makeup.</p> <p>Nurture: Our behaviour is a result of our environment.</p>	<p>What has the biggest effect on who you are?</p> <p>Psychologists disagree on what has the biggest influence.</p> <p>How does this debate link to the Psychological problems unit?</p> <p>Examples ...</p> <ul style="list-style-type: none"> - Caspi advocates the role of nature and nurture interacting to influence depression (genes with stressful life events) - The cognitive explanation of depression supports the nurture side of the argument (learnt as a result of events). - The learning theory of addiction is on the nurture side.
<p>Week 3: The development of morality , Development</p>	<p>Morals: standards of right and wrong behaviour that can differ between cultures and can depend on the situation.</p> <p>Moral development: children's growing understanding about right and wrong.</p> <p>Heteronomous: Rules put into place by others.</p> <p>Autonomous: Rules can be decided by the individual person.</p> <p>Nativist: Theories that view morality as part of human nature.</p>	<p>Piaget's Theory of Moral Development</p> <hr/> <p>Stage 1: Pre-moral stage (0-5 years) little understanding of rules, behaviour regulated from the outside.</p> <p>Stage 2: Heteronomous/moral realism (5-9 years) Rules are rigid. Consequences dictate the severity of behaviour, not intentions.</p> <p>Stage 3: Autonomous morality (10+ years) Morals are seen as agreements between people, an action with bad consequences can be a good action if the intention was good.</p> <hr/> <p>Kohlberg's Theory of Moral Development</p>

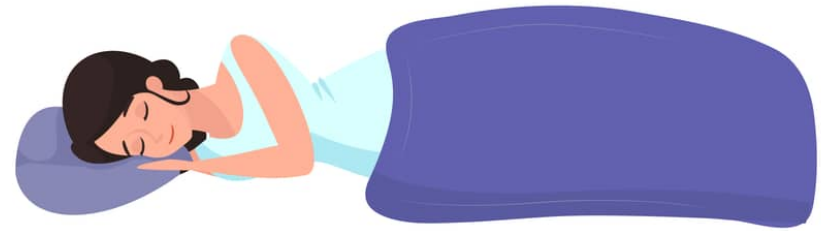
		<p>Stage 1: Pre-conventional level (up to 9 years) What is right or wrong is determined by an outside authority and rules are followed for fear of punishment.</p> <p>Stage 2: Pre-conventional level (up to 9 years) Different individuals have different viewpoints, punishment is a risk to avoid.</p> <p>Stage 3: Conventional level (young people and adults) People should live up to family/community expectations.</p> <p>Stage 4: Conventional level (young people and adults) laws should be followed unless for a good reason and laws guarantee social order.</p> <p>Stage 5: Post-conventional level (10% of people) Unjust laws should be changed.</p> <p>Stage 6: Post-conventional stage (10% of people) Democratic processes may not be enough to change unjust laws, civil disobedience may be the only answer.</p> <p>Damon Developing a moral self</p> <p>His theory explains how children develop a moral self.</p> <p>Nature side - we are born with our morals as children are born with the ability to empathise.</p> <p>Nurture side - types of parenting affect the development of morality in children.</p> <p>To help children grow a moral understanding, get them thinking, give them a chance to problem solve with peers.</p>
<p>Week 4: Features, functions and the benefit of sleep, Sleep and dreaming</p>	<p>REM sleep- REM Sleep is where we have rapid eye movements, characterised by flickering eyelids and rapid, shallow, irregular breathing and muscle paralysis. Dreaming occurs at this stage, and sensory information is blocked.</p> <p>Sleep Cycle- A cycle of sleep usually lasts about 90 mins, and you will usually have five of these stages in a normal nights sleep.</p> <p>nREM sleep: Non-rapid eye movement sleep.</p>	<ul style="list-style-type: none"> • There are four stages of sleep, including REM sleep. These stages appear about 5 times throughout a night's sleep. • Differences in brain activity help to characterise these sleep stages.

Sensory blockade: in REM sleep, all incoming sensory information is stopped.

Neuron: a nerve cell that transmits information.

Movement inhibition: in REM sleep, when movement is prevented.

<p>STAGE 1 lightest (1-7 mins)</p> <p>Light sleep right after you drift off, 1-5 minutes.</p>	<p>STAGE 2 light (10-25 mins)</p> <p>Light sleep, your body relaxes, and it's best to wake up during this stage.</p>	<p>STAGE 3 deep sleep (20-40 mins)</p> <p>Deep sleep, your brain and body recover, you'll wake up groggy.</p>	<p>STAGE 4 REM (20-40 mins)</p> <p>REM sleep populated by vivid dreams and a feeling of unrest upon awakening.</p>
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- During REM dreaming occurs, there is movement inhibition and a sensory blockade.
- Adults need 7-8 hours sleep.
- Sleep deprivation occurs when a person does not get enough sleep. It means that someone is not able to function properly due to a lack of sleep.

Week 5: **Internal and external influences of sleep, Sleep and dreaming**

Circadian rhythm- bodily rhythms which last 24 hours (e.g. sleep-wake cycle).

Ultradian rhythm- bodily rhythms which last for less than 24 hours (e.g. sleep cycle).

Suprachiasmatic Nuclei (SCN)- houses a type of biological clock that is able to keep our circadian rhythms on close to a 24-hour cycle (even without the help of external cues like daylight).

Sleep-wake cycle- The human sleep-wake cycle is generated by a circadian process which is

Internal Influences- Hormones

	<p>timed to occur in the light-dark cycle (24 hour clock).</p> <p>Endogenous- internal influences.</p> <p>Exogenous- external influences.</p> <p>Hormones: Chemical messengers taking messages through the bloodstream.</p> <p>Melatonin: A hormone involved in setting circadian rhythms.</p> <p>Pineal gland: A small endocrine gland that produces melatonin, this is a hormone.</p>	<ul style="list-style-type: none"> • Sleep helps to reset hormones • What we do in the day affects the level, e.g. too much adrenaline will make it hard to fall asleep due to the amount of cortisol (stress hormone) • Melatonin signals the need for sleep and is triggered by darkness. Melatonin is a hormone involved in setting circadian rhythms • Pineal gland produces melatonin and regulates the sleep-wake cycle which in turn affects stress levels and physical performance. <p>:) There is evidence that the SCN is the biological clock. E.g. the SCN is removed from hamsters, their bodily rhythms stop, their sleeping pattern becomes random.</p> <p>:) There is evidence that the pineal gland, releasing melatonin, controls sleep. As you can give adults melatonin supplements and they will feel sleepy and go to sleep.</p>
	<p>Endogenous pacemaker: The body's internal body clock.</p> <p>Exogenous zeitgeber: External cues that help regulate the internal body clock.</p> <p>Entrainment: When biological rhythms are matched to their environmental triggers, such as circadian rhythms being set in response to external light cues.</p>	<p>External Influences- Zeitgebers</p>
		<ul style="list-style-type: none"> • External cues that synchronise the circadian rhythms such as 24 hour clock and 12 month cycle of the seasons • The main Zeitgeber is light, light enters our eyes and the cells in the retina let us know whether it is day or night. • Other external influences include environmental stress, what we eat/drink and medication. • Jet lag and shift work can disrupt the normal light/dark patterns due to abnormal awake hours. <p>:) There are practical applications to zeitgebers e.g. darkening blinds during the day time.</p> <p>:(the importance of light has been studied by Siffre, however his study situation was not natural.</p>

<p>Week 6: Sleep disorders, Sleep and dreaming</p>	<p>Insomnia: problems with sleeping at night that cause difficulties during the day.</p> <p>Narcolepsy: Inability to control sleeping and waking, so experiencing involuntary daytime sleeping.</p>	<p>Insomnia</p> <ul style="list-style-type: none"> • Lie awake for long periods at night, wake up several times during the night, feel tired and irritable during the day and have difficulty concentrating. • Caused by lifestyle, environment, health conditions, medication, food and drink. <p>Narcolepsy</p> <ul style="list-style-type: none"> • Decreased ability to regulate sleep-wake cycles, brief involuntary sleep episodes. • Caused by genetics, trauma, brain chemicals, and evolution.
<p>Week 7: Freud's Theory of Dreaming, Sleep and dreaming</p>	<p>Unconscious mind: an inaccessible part of the mind that affects behaviour and feelings.</p> <p>Id: The part of Freud's personality theory that is demanding.</p> <p>Superego: the part of Freud's personality theory that is the conscience thought of as 'you can't have'.</p> <p>Ego: the part of Freud's personality that is reasoning, to balance demands of the id and superego.</p> <p>Manifest content: The story the dreamer tells of what happens in a dream.</p> <p>Latent content: The deeper meaning behind what it is said the dream is about.</p> <p>Dreamwork: the transformation of unconscious thoughts into dream content.</p>	<ul style="list-style-type: none"> • Freud theorised the idea of a three part personality which regulated conscious and unconscious desires. • Dreams can uncover unconscious wishes. • The manifest content of a dream is the story which the dreamer tells on waking – it is what they remember they saw in their dreams. • The latent content of a dream is all the unconscious thinking which created the content of the dream – it is the deeper meaning behind what happened in the dream. • Dreamwork is the process by which the hidden wishes or desires in the latent content of the dream can be found or uncovered. <p>:) The data is qualitative, it is detailed, therefore valid. :(The interpretation of dreams, means the analysis may be invalid. :) He was the first person to study the unconscious. :(The theory of dreaming is untestable.</p>
<p>Week 8: Little Hans, Sleep and dreaming</p>	<p>Oedipus complex: Part of Freud's phallic stage, a boy has unconscious feelings for his mother and</p>	<p>Freud (1909) – Little Hans</p>

	<p>hates his father, who he sees as a rival and fears will castrate him.</p>	<p>Aim: To help individuals with sleep disturbances due to phobias. Procedure: Hans' parents sent reports to Freud, he also interviewed Hans. Freud tried to uncover meaning behind the symbols in Hans' dreams and phobias. Results: Horse phobia- the horse represented Hans' father Lack of mother dream: Hans had anxiety that his mother would leave- these were played out in his dreams as he repressed his sexual feelings towards his mother. The giraffe dream: a big giraffe (his father) and a crumpled giraffe (his mother) the big giraffe shouted at little Hans for "taking his mother" away from his father. Conclusion: Han's phobia was a result of 'castration complex' from the Oedipus complex which was resolved through the dreams and fantasies.</p> <p>:) The data is rich so the data is likely valid. :) Freud kept a reflexive account, therefore his approach to case studies is considered scientific. :(Little Hans phobia may be better explained by the learning approach.</p>
<p>Week 9: Activation synthesis theory, Sleep and dreaming</p>	<p>Activation synthesis theory - suggests that dreams are caused by the physiological processes of the brain.</p>	<ul style="list-style-type: none"> • Brain is active during REM sleep, but our muscles are not working (movement inhibition). • Sensory information from the environment is not being processed (sensory blockade). • Random thoughts are sent by random activation of neurons firing messages. • These messages are then sent across the synaptic gap. • These random thoughts become our dreams (internally generated). • This is called synthesis (putting together). • The brain generates random 'nonsense' that automatically works to make sense of it. <p>:) Sleep lab studies show during the night participants' muscles are paralysed sense data is not received and they experience REM. This supports the activation-synthesis theories ideas. :(Most studies in this area are animal studies, this data may not be generalisable to humans. :(Perhaps dreams are not random, when participants report dreams it often links with what had happened to the person that day.</p>

<p>Week 10: 9 mark practice</p>	<p>A01: Knowledge A02: Application A03: Evaluation</p>	<p style="text-align: center;">9 mark questions- Paper 2</p> <ul style="list-style-type: none"> • Sleep and dreaming • Criminal psychology <p>These can be on any theory or study in these topics.</p> <p>They follow the same structure as the issues and debates ones.</p> <div style="border: 1px solid black; background-color: black; color: white; padding: 5px; width: fit-content; margin: 10px auto;"> <p>Structure:</p> <p>A01- Describe the theory/study</p> <p>A02- Apply it to the context in the question</p> <p>A03- Strengths/weaknesses in context</p> </div> <p style="text-align: right; font-size: small;">29</p> <p>Repeat 3 times</p>
<p>Week 14: Social Learning Theory, Criminal psychology</p>	<p>Social learning theory - behaviour is learned through the observation and imitation of role models.</p> <p>Modelling- learning a new behaviour by paying attention to, retaining and reproducing a behaviour based on a role model.</p> <p>Observational learning - learning new behaviours through watching and modelling a role model.</p> <p>Role model: A person who we admire or with whom we share similar characteristics.</p> <p>Vicarious Reinforcement- a reward which does not directly reward the individual, but instead someone else which motivates you to do the behaviour.</p> <p>Vicarious reinforcement: motivation to model the behaviours of others who see being rewarded for their behaviour.</p>	<ul style="list-style-type: none"> • Works on the principles of observation and imitation. • Role models are people individuals look up to as a good example. • Attention- the behaviour must be paid attention to (link to MSM of memory). • Retention- the observer must now retain and store what they have attended to. • Reproduction- be physically capable to/and show the behaviour observed. • Motivation- is there an incentive? If there is a reward, an individual is more likely to reproduce the behaviour. <p>:(Social Learning Theory is supported by Bandura's study. :) Can explain why some people become criminals and not others, it depends on their motivation. :(Bandura's study can only explain copying of behaviour in the short term. :(Some criminals have committed offences, yet have not had criminal role models.</p>

	<p>Identification: temporarily adopting the behaviour of a role model or group.</p>	
<p>Week 15: Bandura, Criminal psychology</p>		<p>Aim: To see if children would imitate aggression they observed by an adult.</p> <p>Procedure: 72 participants (36 boys and 36 girls). Room 1- children were either exposed to an aggressive, non-aggressive (who was either male or female and played with a bobo doll) or no role model. Room 2- involved aggression arousal. Room 3- children were observed through a one-way mirror and their aggression levels recorded.</p> <p>Results: Children who watched the aggressive role model were more likely to show aggression more than the control group. Boys are more likely to copy male role models for physical aggression. Both genders copied same sex role models for verbal aggression.</p> <p>Conclusion: Children will imitate observed behaviours.</p> <p>:(Participants were studied in an unfamiliar environment and may have guessed the experiment's aim.</p> <p>:(This research exposed children to aggression which is not protecting the participant from harm.</p> <p>:) The study had a standardised procedure.</p> <p>:) Children were matched by levels of aggression before the study, to reduce participant variables.</p>

STEP 2: CREATE CUES

What: Reduce your notes to just the essentials.

What: Immediately after class, discussion, or reading session.

How:

- Jot down key ideas, important words and phrases
- Create questions that might appear on an exam
- Reducing your notes to the most important ideas and concepts improves recall. Creating questions that may appear on an exam gets you thinking about how the information might be applied and improves your performance on the exam.

Why: Spend at least ten minutes every week reviewing all of your previous notes. Reflect on the material and ask yourself questions based on what you've recorded in the Cue area. Cover the note-taking area with a piece of paper. Can you answer them?

STEP 1: RECORD YOUR NOTES

What: Record all keywords, ideas, important dates, people, places, diagrams and formulas from the lesson. Create a new page for each topic discussed.

When: During class lecture, discussion, or reading session.

How:

- Use bullet points, abbreviated phrases, and pictures
- Avoid full sentences and paragraphs
- Leave space between points to add more information later

Why: Important ideas must be recorded in a way that is meaningful to you.

STEP 3: SUMMARISE & REVIEW

What: Summarise the main ideas from the lesson.

What: At the end of the class lecture, discussion, or reading session.

How: In complete sentences, write down the conclusions that can be made from the information in your notes.

Why: Summarising the information after it's learned improves long-term retention.

WEEK 2: Cornell Notes (Homework task 1)

Date / /	Topic: Nature and nurture debate	Revision guide page: 76 - 77
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links	Notes
Questions	

Summary

WEEK 2: Exam Question (Homework task 2)

Date.....

Question: Describe the difference between the terms 'nature' and 'nurture' as they are used in relation to depression (2 marks).

Answer:

WEEK 2: Exam Question review and improvement (Classwork)

Question:

Answer:

WEEK 3: Exam Question (Homework task 2)

Date.....

Question:

Define the term 'morality'. Use an example in your response. (2 marks)
Describe the difference between pre-conventional and conventional stages of morality (2 marks).

Answer:

WEEK 3: Exam Question review and improvement (Classwork)

Question:

Answer:

WEEK 4: Cornell Notes (Homework task 1)

Date / /	Topic: The features, function and benefits of sleep	Revision guide page: 230 - 231
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links	Notes
Questions	

Summary

WEEK 5: Exam Question (Homework task 2)

Date.....

Question: Pragya struggles to wake in the mornings and can feel sleepy throughout the day. She has stopped socialising with her friends because she is too tired to go out. Pragya visits the doctor who thinks there may be a problem with her pineal gland.

Explain how the pineal gland may be affecting Pragya's sleep. (2 marks)

Answer:

WEEK 5: Exam Question review and improvement (Classwork)

Question:

Answer:

WEEK 6: Cornell Notes (Homework task 1)

Date / /	Topic: Sleep disorders	Revision guide page 235 - 236
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links	Notes
Questions	

Summary

WEEK 6: Exam Question (Homework task 2)

Date.....

Question: Duncan sometimes falls asleep suddenly during the day when he should be awake. There are times when he can feel very drowsy and needs regular naps to help him manage his drowsiness. Duncan can sometimes lose control of his muscles, which can make him collapse.
Explain **one** sleep disorder that can account for the symptoms Duncan is experiencing. (2 marks)

Answer:

WEEK 6: Exam Question review and improvement (Classwork)

Question:

Answer:

WEEK 7: Exam Question (Homework task 2)

Date.....

Question: Malcolm is 16 years old and recently started at a sixth form college where he does not know as many people as he did in his previous school. He has been having a dream about being sent to an island with strangers where he cannot escape from people watching him.

Explain, using dreamwork, why Malcolm could be having this dream. (2 marks)

Answer:

WEEK 7: Exam Question review and improvement (Classwork)

Question:

Answer:

WEEK 8: Cornell Notes (Homework task 1)

Date / /	Topic: Little Hans study	Revision guide page 242 - 244
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links	Notes
Questions	

Summary

WEEK 8: Exam Question (Homework task 2)

Date.....

Question: Barbara is a therapist who analyses people's dreams. Amy goes to see Barbara to help her understand her dreams. Amy dreams that her parents have abandoned her in a shop, which causes her to feel alone and afraid. Barbara believes that the dreams represent Amy's fear of living independently for the first time, as she has just moved into a new flat away from her family home.

Explain **two** ways that the case study of 'Little Hans' (Freud, 1909) can support Barbara's belief that the dreams represent Amy's fears. (4 marks)

Answer:

WEEK 8: Exam Question review and improvement (Classwork)

Question:

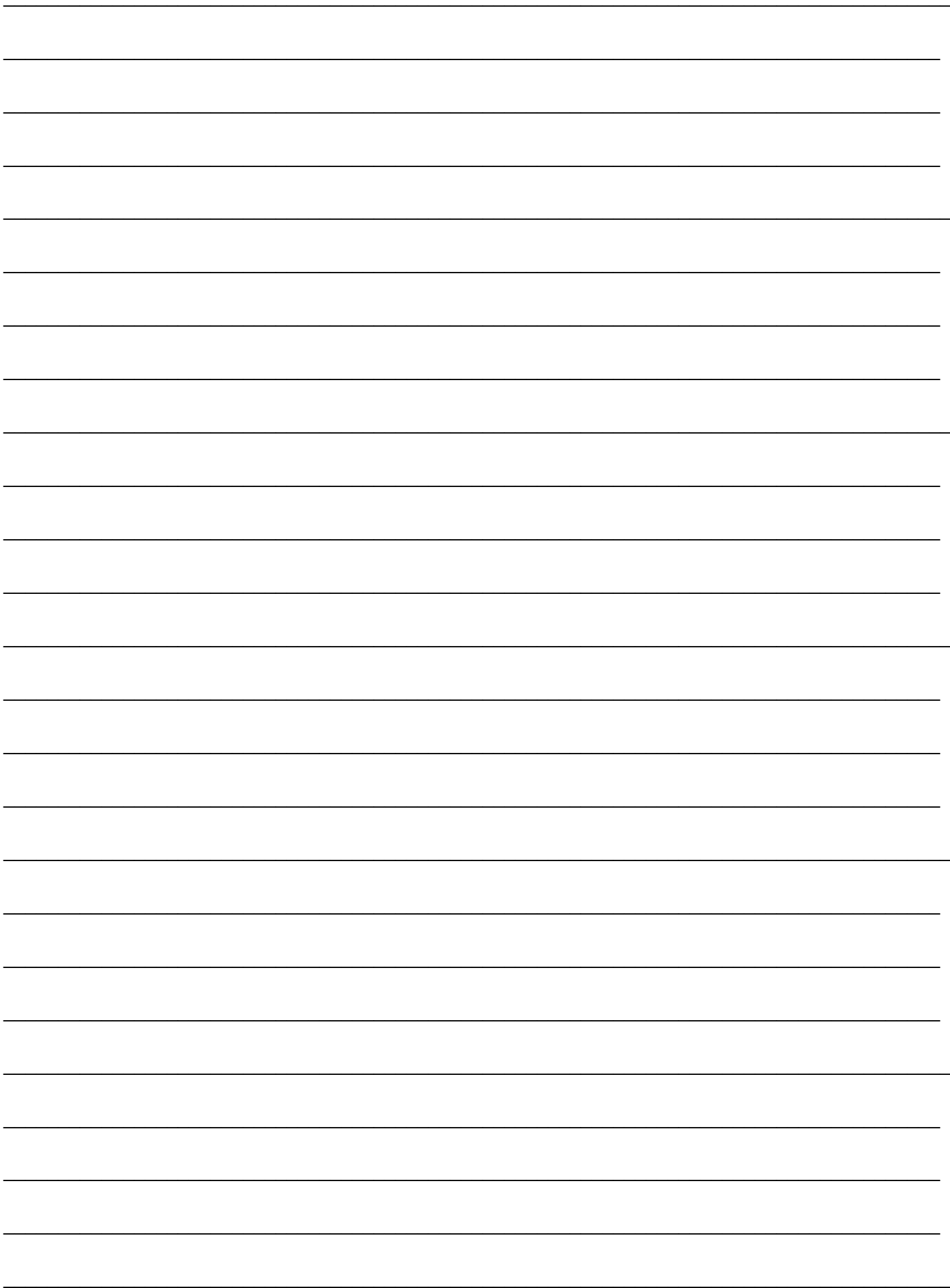
Answer:

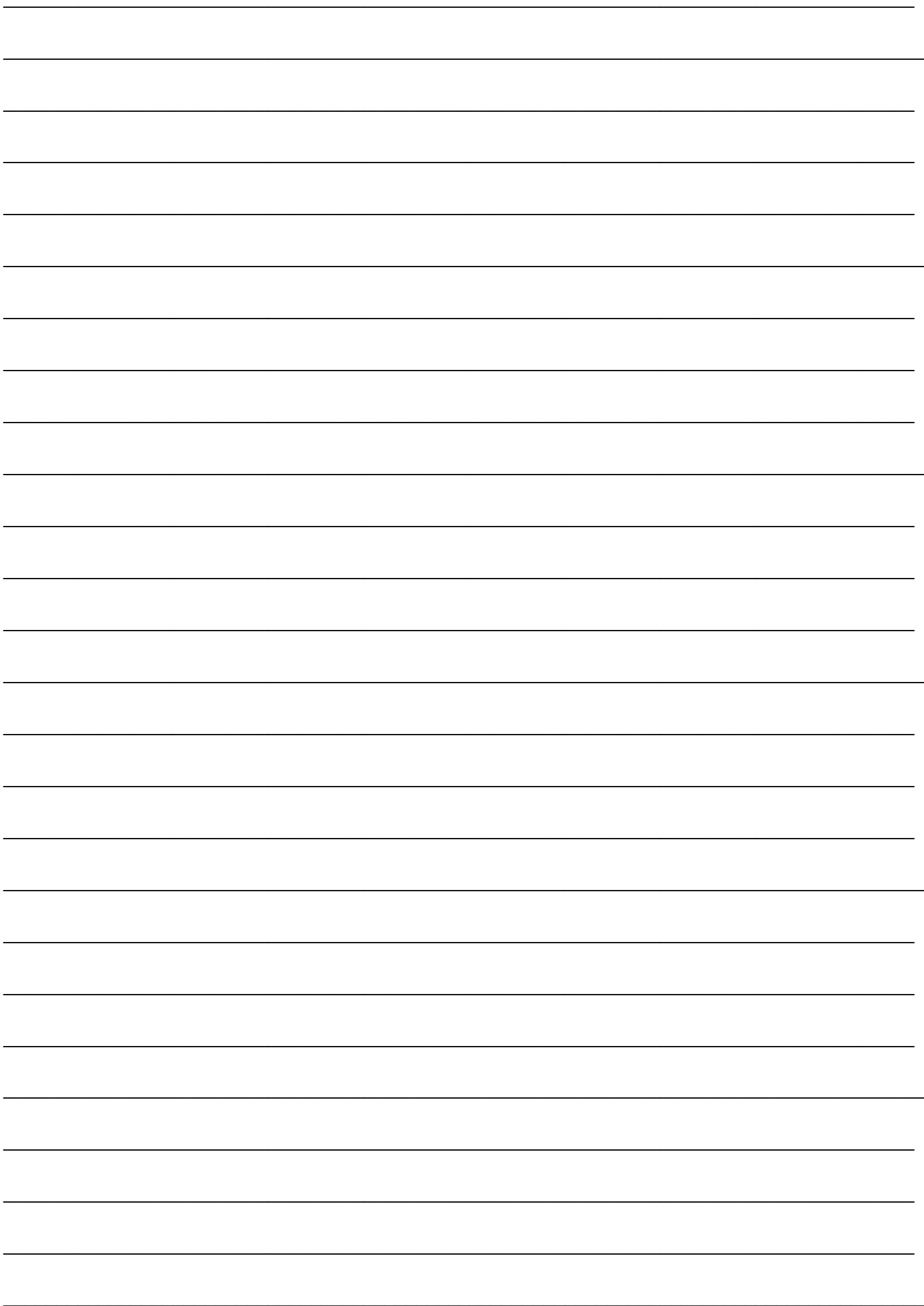
WEEK 10: Cornell Notes (Homework task 1)

Date / /	Topic: How to write a Paper 2 9 marker	Revision guide page N/A
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links	Notes
Questions	

Summary





WEEK 11: Assessment Week Revision (Homework task 1)

Date / /	Topic N/A
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WEEK 11: Assessment Week Revision (Homework task 2)

Date / /	Topic N/A
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WEEK 12: Assessment Week Revision (Homework task 1)

Date / /	Topic N/A
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WEEK 12: Assessment Week Revision (Homework task 2)

Date / /	Topic N/A
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WEEK 14: Cornell Notes (Homework task 1)

Date / /	Topic: Social learning theory and criminality	Revision guide page 170 - 171
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links	Notes
Questions	

Summary

WEEK 15: Exam Question (Homework task 2)

Date.....

Question:

Identify the sample size used in the study by Bandura, Ross and Ross (1961).

A 39 children

B 36 children

C 72 children

D 24 children

(Total for question = 1 mark)

Identify how many children took part in the non-aggressive role model condition in the study by Bandura, Ross and Ross (1961).

A 6 boys and 6 girls

B 12 boys and 12 girls

C 36 boys and 36 girls

D 72 boys and 72 girls

(Total for question = 1 mark)

Week 3

Revision Card on morality	Answers
<ol style="list-style-type: none">1. How many stages are in Piaget's theory of moral development?2. What is an autonomous child?3. What is a weakness of both Piaget and Kohlberg?4. What is the evidence that morality is learnt?5. What is the evidence that morality is inherited?	



Week 5

Revision Card on factors affecting sleep	Answers
<ol style="list-style-type: none">1. What does internal mean?2. What does external mean?3. What is a sleep-wake cycle?4. Name a hormone that impacts the sleep-wake cycle.5. What is an exogenous zeitgeber?	



Week 7

Revision Card on Freud's Theory of dreaming	Answers
<ol style="list-style-type: none">1. What is our unconscious mind?2. What is our id?3. What is dreamwork?4. Give me one example of one way our thoughts remain hidden in our dreams.5. What does latent mean?	

Week 9

<p>Revision Card on Activation synthesis theory?</p> <ol style="list-style-type: none">1. Who made this theory?2. What does the activation part mean?3. What does the synthesis part mean?4. What is one strength of this theory?5. What is one weakness of this theory?	<p>Answers</p>
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Week 13

<p>Revision Card on a mix of sleep and dreaming sub-topics</p> <ol style="list-style-type: none">1. Identify a task used in the study by Siffre.2. Identify the range of the sleep-wake cycle experienced by Siffre during his time in the cave.3. What is narcolepsy?4. What is an endogenous pacemaker?5. What is the endogenous pacemaker (master clock) in the sleep-wake cycle?	<p>Answers</p>
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Week 15

<p>Revision Card on Bandura</p> <ol style="list-style-type: none">1. What was Bandura's aim?2. What were the conditions of the experiment?3. Give one example of a standardised procedure used in this experiment.4. What were the results?5. What is one strength of this study?	<p>Answers</p>
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