

Getting ready for...

Psychology

AQA A-Level

Immerse yourself into the world of Psychology ahead of our course with the suggestions below!

Documentaries / Podcasts / Books

Documentary: Three Identical Strangers - Channel 4

TED Talk: Elizabeth Loftus - [Elizabeth Loftus: How reliable is your memory?](#)

Documentary: The Mind - Netflix

Youtube documentary: The Boy who Can't Forget

Documentary: Derren Brown - The Heist (available on Youtube)

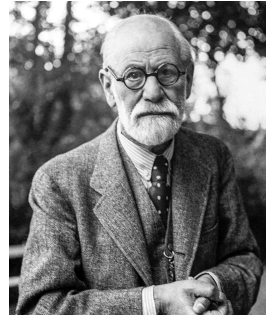
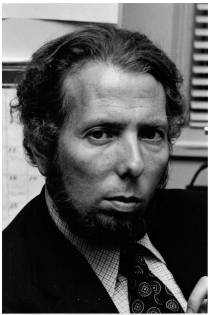
Key Theorists to explore

Stanley Milgram

Mary Ainsworth

Sigmund Freud

John Bowlby



Key Studies

Bandura's
Bobo Doll
Experiment

Harlow's
Monkeys

Milgram Study
of Obedience

Pavlov's Dogs

Skinner's Rat's

For each of studies above identify the 1. Aim 2. Participants 3. Procedure / Method 4. Findings 5. Conclusions 6. Any strengths or weaknesses of the study.

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Psychology in Practice

Task: Download the 'Thought Diary' app and make a record of your thoughts. Practice using the techniques of CBT to help overcome your own irrational / negative thinking. This is particularly helpful when you are feeling anxious, worried, stressed, angry and many other emotions.

Follow us on Instagram

We regularly post student achievements, recommended wider reading, current news and what we've been up to in lessons on our social media page. Give us a follow! [Instagram \(@swchshumsci\)](#)

What will I need to get ready for Psychology?

Textbook (linked below)

Folder and dividers

Notepad / stationary

Resilience!

[AQA Psychology for A Level : Year 1 and AS Third edition | Hachette Learning](#)

NB: We highly recommend that students purchase textbooks ahead of September as they are likely to sell out at the beginning of September due to the high demand nationally for these materials.

SPECIFICATION CHANGES: The AQA A-Level Psychology exam board have made changes effective immediately September 2025 to the specification. This is what they have stated: 'The changes we have made will improve the clarity of the specification, as well as reducing some of the specification content. We have also updated the language used to be more reflective of society.'

Here are some helpful links if you would like further information: [Summary of changes](#)

Check out our Human Sciences website for more information on all things Human Sciences!

[Saffron Walden County High School - PSYCHOLOGY](#)

For further information please contact: Miss Sogi ksogi@swchs.net (Head of Human Sciences)