

# PSYCHOLOGY HOLIDAY HOMEWORK TASKS

Summer 2021

Complete *at least 1* research task and two from each mental health and memory categories

<p><b>Research Task</b></p> <ol style="list-style-type: none"> <li>1. What is psychology?</li> <li>2. What different types of psychologists are there?</li> <li>3. What is the difference between psychology, criminology and forensic psychology?</li> </ol> <p>Useful websites: <a href="https://www.bps.org.uk/">https://www.bps.org.uk/</a>  <a href="https://www.bps.org.uk/become-psychologist/additional-careers-resources">https://www.bps.org.uk/become-psychologist/additional-careers-resources</a></p> <p><b>1 hour</b></p>	<p><b>Mental Health</b></p> <p>Watch the following TED talk about mental health. Summarise the key points</p> <p><a href="https://www.ted.com/talks/ruby_wax_what_s_so_funny_about_mental_illness/up-next">https://www.ted.com/talks/ruby_wax_what_s_so_funny_about_mental_illness/up-next</a></p> <p><b>20 minutes</b></p> <p>EXT: you could read Ruby Wax's excellent book 'Sane New World'.</p>	<p><b>Research Task</b></p> <p>Mental Health</p> <p>Research the clinical characteristics (diagnostic criteria) of at least three different psychological disorders including one of the following: Obsessive Compulsive Disorder (OCD) Depression Phobias</p> <p><b>2 hours</b></p>	<p><b>Mental Health</b></p> <p>Watch the following TED talk about stress. <a href="https://www.ted.com/talks/mikael_cho_the_science_of_stage_fright_and_how_to_overcome_it/up-next">https://www.ted.com/talks/mikael_cho_the_science_of_stage_fright_and_how_to_overcome_it/up-next</a> summarise some of the key points</p> <p><b>20 minutes</b></p>
<p><b>Mental Health</b></p> <p>Watch the following TED talk about causes for depression and anxiety <a href="https://www.ted.com/talks/johann_hari_this_could_be_why_you_re_depressed_or_anxious/up-next">https://www.ted.com/talks/johann_hari_this_could_be_why_you_re_depressed_or_anxious/up-next</a> summarise the key points</p> <p><b>20 minutes</b></p>	<p><b>Memory</b></p> <p>Complete the following quiz to see how good your memory is. Can you remember all the finer details?</p> <p><a href="https://www.bbc.co.uk/cbbc/quiz/how-good-is-your-memory-quiz">https://www.bbc.co.uk/cbbc/quiz/how-good-is-your-memory-quiz</a></p> <p>Once you have completed the quiz, create a quick mindmap showing: what memory means to you, what can affect memory and how memory can be improved</p> <p><b>1 hour</b></p>	<p><b>Memory</b></p> <p>Watch the following TED talk that discusses the reliability of memory and the impact of false memory.</p> <p><a href="https://www.youtube.com/watch?v=B2Oegl6wvI">https://www.youtube.com/watch?v=B2Oegl6wvI</a></p> <p>Reflect on the TED talk and make your own notes.</p> <p><b>20 minutes</b></p>	<p><b>Memory</b></p> <p>What is Eyewitness Testimony and what are the main factors that can affect it? You must pay particular attention to, and read the research study by Loftus and Palmer – this is highlighted as a link within the text. <a href="https://www.simplypsychology.org/eyewitness-testimony.html">https://www.simplypsychology.org/eyewitness-testimony.html</a> Make our own notes on the content.</p> <p><b>Time: 1h</b></p>

