



Name:

Mulberry Academy  
Shoreditch  
Sixth Form  
Summer Assignment  
  
Psychology

## APPROACHES IN PSYCHOLOGY TASK

In Psychology, we are looking at *the human mind and behaviour*, and in order to do this we try to explain behaviours with different approaches.

**An approach is a lens through which we look at humans.** For example, if a person is a murderer, we can look through a biological lens to explain their behaviour through genes and hormones. Or we could take a behavioural lens and explain their behaviour through their upbringing.

**Your task is to research the 6 approaches and complete the mind maps.** Make sure to define the key terms and briefly explain any key pieces of research that were conducted, as well as adding any pieces of information you may learn whilst researching.

This is a super important topic in Psychology, and it is the **first thing we will be kicking off with in September.**



Behaviourist  
Approach

Social Learning  
Theory

Cognitive  
Approach

Biological  
Approach

Psychodynamic  
Approach

Humanistic  
Approach

Classical Conditioning is...

Operant Conditioning is...



Behaviourist Approach

B.F. Skinner conducted a study on rats.  
What did he do and find in this study?

Similarly, Ivan Pavlov conducted a study  
on dogs. What did he do and find in this  
study?



Challenge: **What is a token economy system?** How does this link to the behaviourist approach?

# Social Learning Theory

**What To Know About Social Learning Theory**



1. People can learn through observation
2. Mental states are important to learning
3. Learning does not necessarily lead to behavior change

well

A role model is...

Identification can be defined as....

Vicarious reinforcement is when...

Imitation is...

The key study comes from Albert Bandura. Research “The Bobo Doll Study” and list the main findings below.



Watch Bandura's bobo doll study on YouTube

THINK:

Why do you think the kids acted this way?

How does this link to Social Learning Theory?



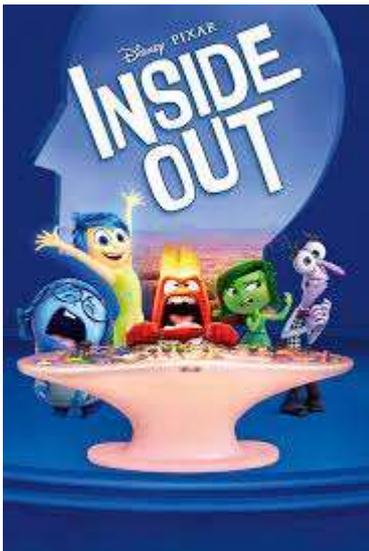
**THINKING ABOUT THINKING:**  
Do we know what everyone is thinking? How can we study this?

**COGNITION:**  
'the mental action or process of acquiring knowledge and understanding through thought, experience, and the senses.'

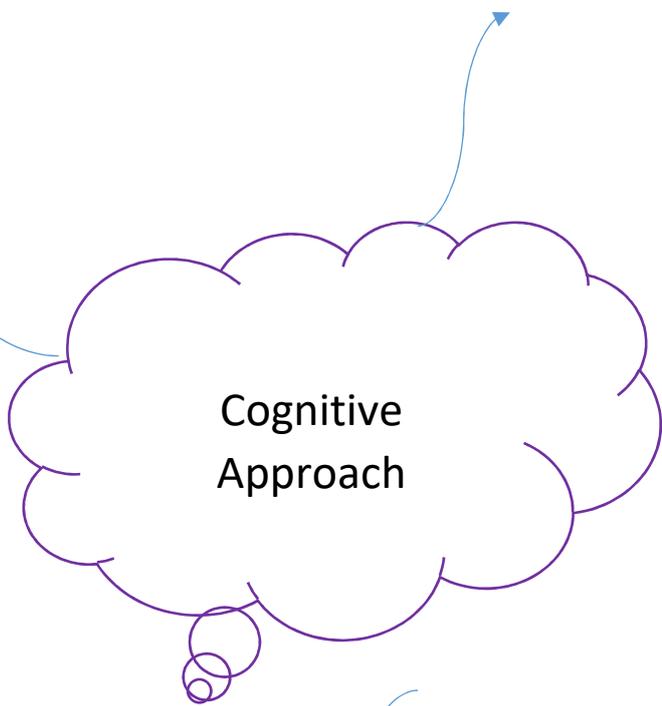


What are the different types of schemas?

What is a schema?



**WATCH THIS FILM:** What does this film tell us about thinking processes?



Cognitive neuroscience is when....

## NATURE OR NURTURE?

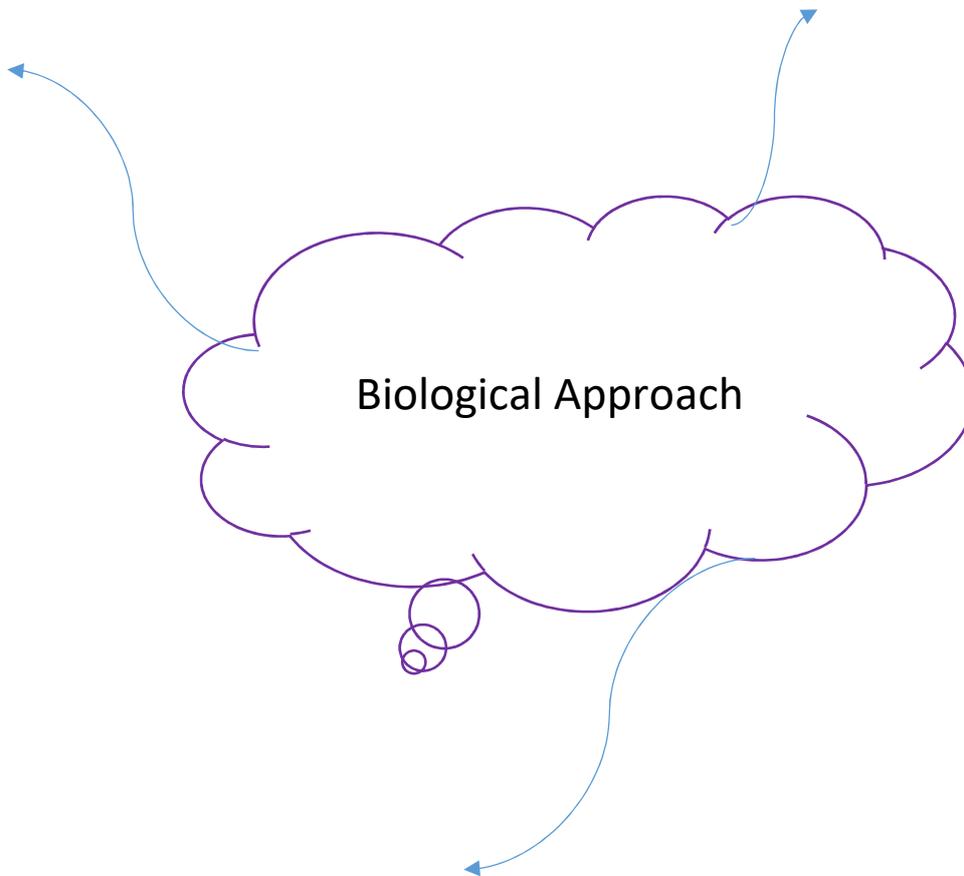
- Is everything we do biological?
- Or does the environment have a role?



**CHALLENGE: What is a problem with thinking that everything is biological?**

A Genotype is ....

However, a phenotype is ...



The biological approach uses twin studies a lot. There are two different types of twins, MZ and DZ. Explain the difference between them.

The structure of personality is split into three according to this theory.

Outline what each is:

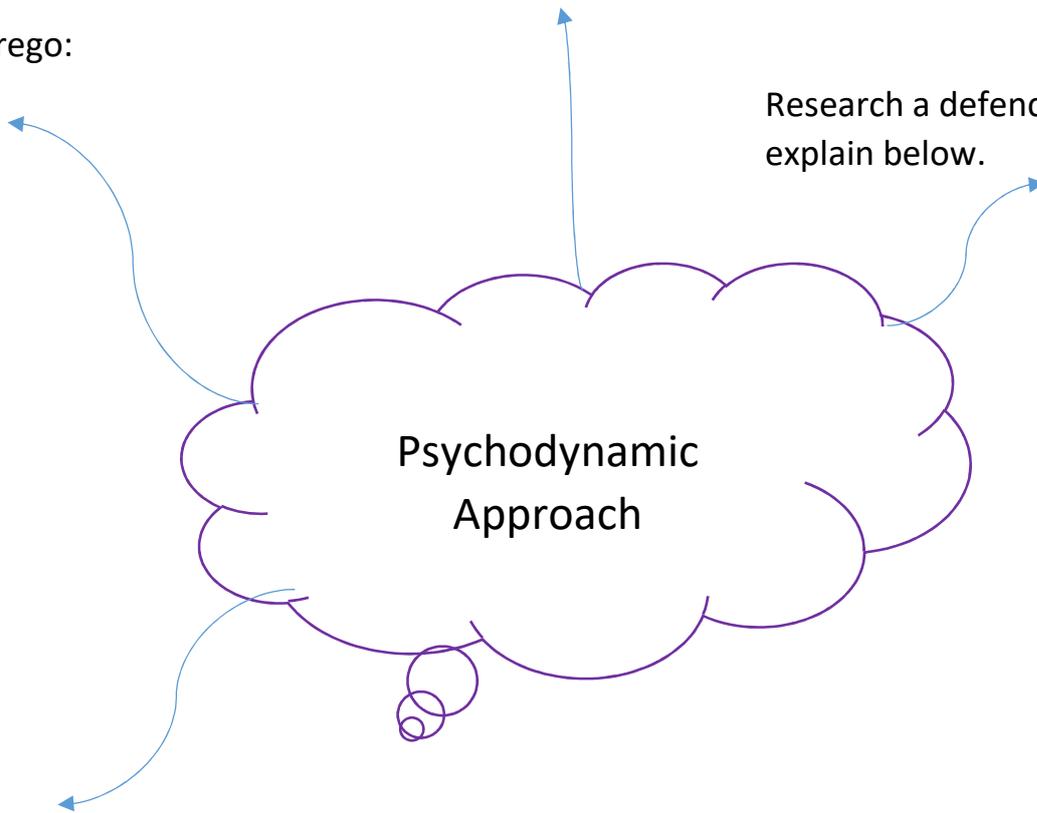
1) Id:

2) Ego:

Who is the key researcher within their approach? Who came up with these ideas?

3) Superego:

Research a defence mechanisms and explain below.



Psychodynamic Approach

This approach states we employ a number of defence mechanisms.

A defence mechanism is....

### The Oedipus complex and the case study of Little Hans

In the **phallic stage**, Freud claimed that little boys develop incestuous feelings towards their mother and a murderous hatred for their rival in love – their father (the **Oedipus complex**). Fearing that their father will castrate them, boys repress their feelings for their mother and identify with their father, taking on his gender role and moral values.

Freud also suggested that girls of the same age experience **penis envy**: they desire their father – as the penis is the primary love object – and hate their mother (the **Electra complex**). Although Freud was less clear on the process in girls, they are thought to give up the desire for their father over time and replace this with a desire for a baby (identifying with their mother in the process).

Freud supported his concept of the Oedipus complex with his case study of Little Hans. Hans was a five-year-old boy who developed a **phobia** of horses after seeing one collapse in the street. Freud suggested that Hans' phobia was a form of displacement in which his repressed fear of his father was transferred (displaced) onto horses. Thus, horses were merely a symbolic representation of Hans' real unconscious fear: the fear of castration experienced during the Oedipus complex.



Read the case study to your left

What do you think about the case study?

How does this link to the psychodynamic approach?

Complete the pyramid to the right.  
This is known as Maslow's Hierarchy of needs



What is your ideal self?

Does this match to how you are now?



