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## Psychology Y12 induction- Summer Research Task:

Find out as much as you can about **Behaviourism** (The Behavioural Approach to Psychology). Use the following questions to guide your research.

1. What is meant by the term '**Tabula Rasa**'?
2. What did Pavlov discover from **experiments with dogs**?
3. What is **classical conditioning**?
4. What is **Operant Conditioning**?
5. What is Behaviourism also known as?
6. List some pros & cons of Behaviourism.
7. Research and describe a **therapy** (using either classical or operant conditioning) used to deal with a **snake phobia**.

Find out as much as you can about **The Biological Approach** to Psychology. Use the following questions to guide your research.

1. What does the **Biological Approach** assume about all behaviours?
2. Distinguish between **psychology & physiology**.
3. Identify **more than one** Biological explanation (briefly) for E.g. Depression.
4. Describe a **therapy** used by this approach when treating anxiety and/or depression.
5. List some **pros & cons** of the Biological approach.

Find out as much as you can about **The Cognitive Approach** to Psychology. Use the following questions to guide your research.

1. What is meant by **Cognition**?
2. What does this approach say is important in understanding why people behave the way they do?
3. Cognitive Psychology studies all aspects of cognition including.....thinking & memory. Identify 3 more **cognitive processes**.
4. Cognitive psychology became important during the 1950s with the arrival of the **computer**. Explain why.
5. What is **Beck's cognitive triad** & how is it used to explain **depression**?
6. The cognitive approach uses therapies that are referred to as **Cognitive Behaviour Therapies (CBT)**. Outline one of these therapies & how it aims to help people who are suffering with **depression**.
7. List some **pros & cons** with the **cognitive approach to psychology**.



Bring your answers to the first lesson in September.