

Dear Psychology student

A LEVEL PSYCHOLOGY – PRE READING

Many of you will not have studied psychology before (even for those of you who have, the A Level course is quite different!) so I would like you to complete some preparation work in advance of the A level. This will ensure that you are well equipped for the work we will do, and will also give you an idea of what psychology is all about.

You **must**:

- 1) Try to get hold of the following book: *The Brain – The Story of You* by David Eagleman. It is available from £6 on Amazon or even less if you buy it second hand. It's not too long so I would like you to read it before your A level begins. This will also be an invaluable resource to you throughout the course as it draws upon many topics that we will study.
- 2) Find any psychology study (you can choose one from the book above or you will find plenty online) make notes on the procedure, findings and conclusion and bring it with you to your first lessons. Just make sure it's a real psychological study and not just one mentioned in a magazine!

You **could** (*and these will help you to get ahead!*):

- If you find the book interesting (hopefully you will if you're keen to study psychology!) then search 'David Eagleman – The Brain' on YouTube; there are a few of his documentaries which are fascinating and will give you a head start on some of the concepts we cover.
- Have a look at the Crash Course Psychology videos on YouTube
- Have a look at the FREE courses on OpenLearn (<https://www.open.edu/openlearn/>). The courses 'Starting with Psychology', 'Psychological research, obedience and ethics', and 'Introduction to Child Psychology' all have elements related to things you will study in the A Level course
- Have a look at the FREE courses on FutureLearn. I recommend the following courses:
 - Introduction to Psychology: The History and Science of Psychology
 - Introduction to Psychology: Biological Psychology
 - Introduction to Psychology: The Psychology of Learning
 - Understanding Anxiety, Depression and CBT