

## Starting with Psychology

Dear Year 11,

You're reading this because you are planning on, or exploring the idea of, studying A Level Psychology in September.

You probably won't have studied Psychology before, and that's okay – GCSE Psychology is not a requirement for the A Level course. We treat all our students as if they have no previous psychological knowledge and understanding.

However, we do ask that the most important thing you bring to the course is an interest in psychology – what it is a subject, and what some of the key ideas within the subject are.

I would like to invite you to explore Psychology through a variety of mediums. Choose what suits you best.

Even better – why don't you choose one video, one podcast and one section of the OU course (all listed below) to do a day?

1. Open Learn through the Open University have a range of different (completely free!!) courses for you to learn on a computer. They have lots of Psychology courses, but I very much recommend an introductory Psychology course 'Starting with Psychology'. Once you have finished the 5 hour course (you don't have to do it all at once), you get a certificate of learning. Link: <https://www.open.edu/openlearn/health-sports-psychology/psychology/starting-psychology/content-section-0?active-tab=description-tab>
2. Crash Course in Psychology: Psychology 101. The SciShow videos are fast paced but cover a range of interesting (and relevant) topics. Start with Episode 1 ('Is Psychology a Science?') and go from there. [https://youtube.com/playlist?list=PL73K\\_0Mtyy1-ei8\\_C9M82UzQeL6OsvDpy](https://youtube.com/playlist?list=PL73K_0Mtyy1-ei8_C9M82UzQeL6OsvDpy)
3. Mind Changers podcast: these are 30 minute episodes which explore a key study in the history of Psychology. This is a really good introduction to psychological research, something which forms the basis of the subject. <https://www.bbc.co.uk/programmes/b008cy1j/episodes/player?page=1>

Extensions:

Reading list: <https://www.topuniversities.com/courses/psychology/8-books-read-if-youre-psychology-student>

Further learning: <https://www.open.edu/openlearn/free-courses/full-catalogue> Choose a course that is Introductory/Beginner and within the Psychology section.

*I would love to hear from you, even if it's just an email to say you have done it, and what you found interesting!* My email is [k.watkin@uobschool.org.uk](mailto:k.watkin@uobschool.org.uk).

Mrs Watkin

Subject Leader of Psychology