

# **PiXL Independence:**

## **Psychology – Student Booklet**

### **KS5**

**AQA Style, Approaches**

**Contents:**

- I. Multiple Choice Questions – 20 credits in total
- II. Short Answer Questions – 10 credits each
- III. 'About Behaviourism' Quiz – 20 credits per question
- IV. Concepts and Application to the Real World – 60 credits per question
- V. Academic Articles – 80 credits per article
- VI. Essay Style Questions – 100 credits per question

## I. Multiple Choice Questions

1. Introspection is a technique that was developed by:
  - a. Ivan Pavlov
  - b. B.F. Skinner
  - c. Wilhelm Wundt
  - d. Albert Bandura
  
2. Which of the following is an example of negative reinforcement?
  - a. A parent giving their child a sweet because of their behaviour
  - b. A parent removing a 'no TV' punishment because of their child's behaviour
  - c. A parent not allowing their child to watch TV because of their behaviour
  - d. A parent sitting their child on the naughty step because of their behaviour
  
3. Which of the following best describes a neutral stimulus:
  - a. A stimulus which cannot be conditioned
  - b. A stimulus which causes a learnt response
  - c. A stimulus which causes a natural response
  - d. A stimulus which causes no response
  
4. Which experimental design did Bandura use in his study?
  - a. Independent groups
  - b. Repeated measures
  - c. Matched pairs
  - d. There was no experimental design as it was an observation
  
5. A benefit of using schemas to process the world is that:
  - a. They are an efficient way of handling all the incoming information
  - b. They do not cause an individual to make perceptual errors
  - c. They never change
  - d. All of the above
  
6. Which of the following come under the study of neurochemistry?
  - a. Genotype and phenotype
  - b. Hormones and Neurotransmitters
  - c. The Brain and Spinal Cord
  - d. Adaptation and survival

7. Identification with the same-sex parent and resolution of any hostility occurs at the end of which stage according to Freud?
- Oral stage
  - Anal stage
  - Phallic stage
  - Genital stage
8. Free will is defined as:
- The idea that behaviour is not determined and individuals make choices
  - The notion that all behaviour has a cause, either biological, environmental or by the unconscious.
  - The notion that individuals have the desire to fulfil their full potential
  - The notion that individuals are content when the ideal self and perceived self are consistent
9. According to Humanistic psychology, a parent placing conditions of worth on their child can lead to:
- Worthlessness
  - Low self esteem
  - Sadness
  - All of the above
10. Which two approaches have the similarity that they both refer to the concept of identification?
- Social Learning Theory and Cognitive
  - Social Learning theory and Psychodynamic
  - Social Learning theory and Humanistic
  - Social Learning Theory and Biological

## II. Short Answer Questions

1. What is meant by the term introspection?  
**(2 marks)**
  
2. Describe Skinner's research.  
**(4 marks)**
  
3. Briefly evaluate Pavlov's research.  
**(4 marks)**
  
4. Define the terms imitation, identification and modelling.  
**(6 marks)**
  
5. Give an example of an inference that psychologists have made about behaviour in any research study.  
**(4 marks)**
  
6. Distinguish between genotype and phenotype.  
**(2 marks)**
  
7. Explain the role of the unconscious in the structure of personality.  
**(3 marks)**
  
8. Describe the concept of free will.  
**(3 marks)**
  
9. Explain what is meant by the term 'congruence'.  
**(2 marks)**

10. Describe two differences between the biological and psychodynamic approaches to psychology.

**(4 marks)**

### III. 'About Behaviourism' Quiz

1. Identify 5 myths about Behaviourism that Skinner addresses in this book that you think are the most important myths to address. Explain why you think they are the most important.
2. Describe Skinner's thoughts on John Watson's original work.
3. Describe Skinner's predicament about the language he uses in his book.
4. Explain how a person interacts with a new environment via operant conditioning.
5. Explain the difference between contingencies of survival and contingencies of reinforcement.
6. Explain Skinner's argument that free will is an illusion.
7. Describe the impact Skinner thought Behaviourism could have on society.
8. Explain the distinction Skinner makes between intuition and reason.
9. Describe Skinner's views on knowledge.
10. Outline Skinner's views on Freud's defence mechanisms.

#### **IV. Concepts and Application to the Real World**

1. Explain how introspection can be used to study gambling.
2. Discuss whether using animals for psychological research, in the way behaviourists like Skinner and Pavlov did, is justified.
3. Use the ideas of Behaviourism to explain how alcoholism could be treated.
4. The British Board of Film Classification has been responsible for deciding the rating a film should be given since 1912. Their rating system has dramatically changed over the years to make it more difficult for young children to view scenes of horror or violence in the cinema. Explain why, according to social learning theory, this film certification is important for the benefit of society.
5. Describe how developments in cognitive psychology have impacted police investigations.
6. Describe the impact of the development of biological psychology on 'not guilty by reason of insanity' verdicts in court.
7. Discuss whether Freud's ideas have a place within the current society.
8. When managing people it is important that your employees know what to expect and are rewarded for their work. Some management training programmes suggest using Maslow's hierarchy of needs as a basic guide to being a successful manager. Explain how a manager would use Maslow's ideas in their job role.
9. Explain how client-centred therapy would be used to treat an individual with low self-worth.
10. Explain how the biological approach and cognitive approach have merged to create cognitive neuroscience and describe what real world application this has had.

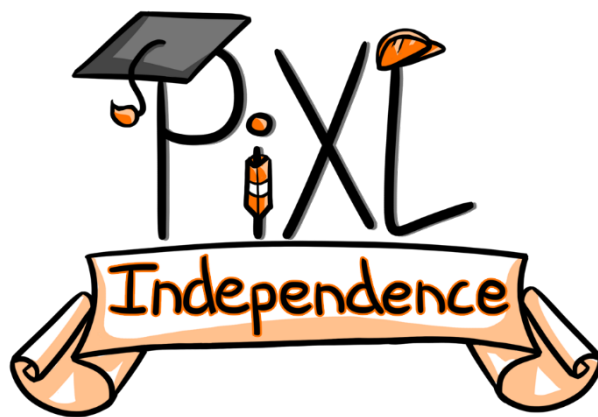
## V. Academic Articles

1. [Digital Learning Games must be more than Skinner Boxes](#)  
Describe the comparison between Skinner boxes and video games and explain the author's thoughts on this.
2. [Pavlovian Conditioning Neural Networks](#)  
Explain how the research spoken about in this article builds on Pavlov's work and describe the implications further research may have.
3. [Copycat Crimes: Why do they Happen?](#)  
Use Social Learning theory to explain why 'copycat' crimes happen. Find an article of a real 'copycat' crime to refer to in your answer.
4. [Memory and Law: What can Cognitive Neuroscience Contribute?](#)  
Describe the contributions of cognitive neuroscience on the legal system.
5. [Physiological Psychology](#)  
Read the article and use this to create a definition of Physiological Psychology. What is the difference between physiology and psychology? How are they linked to help us to understand human behaviour?
6. [The Batman Killer: A Prescription for Murder](#)  
With reference to the article above, explain why research by biological psychologists has huge importance.
7. [Rational Choice and Freudian Accounts of Cooperation](#)  
With reference to the article, explain the role of the Id, Ego and Superego in cooperation.
8. [Social Networks- What Maslow Misses](#)  
Explain the fundamental flaw of Maslow's hierarchy of needs according to the Media Psychologist Dr Pamela Rutledge.
9. [Empathic: An Unappreciated Way of Being](#)  
Explain why Carl Rogers thinks having empathy for the patient is key to a positive experience in counselling psychology.



## VI. Essay Style Questions

1. Outline and evaluate the use of introspection in psychology. **(8 marks)**
  
2. Discuss the contribution of Skinner and Pavlov's research to psychology. **(10 marks)**
  
3. Discuss the behaviourist approach to explaining behaviour. **(16 marks)**
  
4. Outline and evaluate Bandura's research. Refer to vicarious reinforcement in your answer. **(16 marks)**
  
5. Describe how cognitive psychologists make inferences about behaviour and evaluate the use of inferences within psychological research. **(10 marks)**
  
6. Discuss the contribution of the biological approach to psychology. **(12 marks)**
  
7. Outline and evaluate the use of defence mechanisms to explain human behaviour. **(8 marks)**
  
8. Discuss Maslow's hierarchy of needs as an explanation for human motivation in psychology. **(10 marks)**
  
9. Describe how humanistic psychologists would tackle a lack of congruence and discuss the extent to which counselling psychology is appropriate for all. **(8 marks)**
  
10. Outline and evaluate the cognitive approach to psychology. Refer to one other approach in your evaluation. **(16 marks)**



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