

# Independent Learning Guide

## A-Level Psychology



In order to be successful at KS5 you will need to do lots of independent learning and take accountability for your learning. These tasks will allow you to apply your learning to the real world and explore the impact of the theory and concepts you have been learning in your subjects.

You will find below some suggestions for activities you could do throughout the year. Some of them are one-off tasks, but some of them, such as watching news bulletins and reading magazines, should become regular habits. Keep this learning log and all your evidence. This independent learning will stretch and build on your capability in this subject.

### Associations:

- [British Psychological Society](#)
- [American Psychological Association](#)
- [Association of Black Psychologists UK](#)
- [Experimental Psychology Association](#)
- [International Association of Cross-Cultural Psychology](#)
- [STEM learning](#)
- [The British Neuroscience Association](#)
- [The European Health Psychology Association](#)

### Awards and Competitions:

- [Oxford Unsung Heroes of Science Video Competition – Hertford College](#)
- [Crest gold award](#)
- [Minds Underground. Psychology Essay Competition](#)
- [National Psychology Competition – Royal Holloway University, London](#)
- [The APA: TOPSS Competition for High School Psychology Students](#)
- [The British Brain Bee Competition](#)
- [The International Psychology Olympiad](#)
- [The John Locke Society Essay Competition](#)
- [The Oxbridge Launchpad Essay Competition](#)
- [The Oxford Scientist, Schools Competition](#)
- [Tutor2U Student Essay Competition](#)

### Blogs:

- [Notes from Two Scientific Psychologists](#)
- [Progress Focused](#)
- [PsyBlog – understand your mind with science of psychology](#)
- [PsychCentral – mental health blog](#)
- [Psychology Today – essential reads](#)
- [The Situationist \(social psychology\)](#)
- [Tutor2u – psychology in the news applications](#)

### Magazines / Journals:

- [Google Scholar](#)
- [Nature Human Behaviour](#)
- [APA: American Psychologist](#)

- [APA: Core of Psychology – Spotlights Articles](#)
- [APA: Monitor on Psychology](#)
- [APA: The Psychological Bulletin](#)
- [Association of Psychological Science: Observer](#)
- [Hachette Learning Magazines](#) Username: psychstudent Password: apple1
- [Journal of Clinical Psychology](#)
- [Nature Journal](#)
- [Psychology Today](#)
- [Scientific American: Mind and Brain](#)
- [The British Psychological Society: Readers Digest](#)
- [The Guardian: Psychology](#)
- [The Psychology Review](#)
- [The New Scientist](#)
- [The American Journal of Psychology](#)
- [The Science Daily](#)
- [The Young Scientist](#)

#### Online Courses:

- [Alison](#)
- [Coursera: Top Psychology Courses](#)
- [Coursera: Autism](#)
- [Coursera: Child Psychology](#)
- [Coursera: Clinical Psychology](#)
- [Coursera: Cognitive Science](#)
- [Coursera: Emotional Intelligence](#)
- [Coursera: Forensic Psychology](#)
- [Coursera: Happiness](#)
- [Coursera: Mental Health](#)
- [Coursera: Mindfulness](#)
- [Coursera: Psychiatry](#)
- [Coursera: Research methods](#)
- [Coursera: Therapy](#)
- [EdX](#)
- [FutureLearn](#)
- [Massive Open Online Course \(MOOC\)](#)
- [Open University – Open Learn Psychology courses](#)
- [SmithsonianX Free online courses](#)
- [MIT](#)

#### Other Websites:

- [All About Psychology](#)
- [AllPsych](#)
- [Bethlem Museum of the Mind Resources](#)
- [BF Skinner Foundation](#)
- [CogPrints](#)
- [Freud Museum Education Learning Resources](#)
- [Harvard University: The Whole Brain](#)
- [Oxford Academics: Very short introductions](#)

- [Pavlov on the Internet Archives](#)
- [Psych Classics](#)
- [Psychology4A](#)
- [Psychlotron](#)
- [Psychology Hub](#)
- [Psychology Today](#)
- [Social Psychology Network](#)
- [Tumblr: teach psychology](#)
- [University of Pennsylvania: Authentic Happiness](#)

#### **Podcasts:**

- [APA: Speaking of Psychology](#)
- [Association for Psychological Science: Under the Cortex](#)
- [BBC Radio 4](#)
- [BBC Radio 4: All in the Mind](#)
- [BBC Sounds: In the Psychiatrist's Chair](#)
- [BBC Sounds: Psychologically Speaking](#)
- [Brain Science](#)
- [British Psychological Society's PsychCrunch](#)
- [London School of Economics: The Department of Psychological and Behavioural Science](#)
- [Psychology in everyday life: the Psych Files](#)
- [Psychology in 10 Minutes](#)
- [The American Psychological Society: Speaking of Psychology](#)
- [The Hidden Brain](#)
- [The History of Psychology podcast series](#)
- [The Infinite Monkey Cage - BBC Podcasts](#)
- [The Positive Psychology Podcast](#)
- [Two Guys on your Head](#)
- [University of Oxford Podcasts](#)

#### **Reading Lists:**

- [American Psychological Association Books](#)
- [British Psychological Society: The Ultimate Psychology Reading List – the Psychologist magazine has been asking what 'One book or journal article that all psychologists should read'](#)
- [British Psychological Society; "Off Piste" Reading](#)
- [British Psychological Society: Further Reading](#)
- [Cardiff University Psychology Year 1 Reading list](#)
- [Christ's College, University of Cambridge. \(Psychological and Behavioural Sciences\)](#)
- [Kings College, Cambridge](#)
- [Oxford University Psychology Reading List](#)
- [St Hilda's College, Oxford](#)
- [The Guardian: Top Ten Psychology](#)

#### **Summer Programmes / University Access Programmes:**

- [Access Manchester](#)
- [Apply Cambridge](#)

- [Nuffield Foundation](#)
- [Realising Opportunities Programme](#)
- [Sutton Trust](#)
- [Target Oxbridge](#)
- [University of York](#)

**Movies / TV Series:** (general examples, specific links provided in topic-specific section and lesson materials)

- Three Identical Strangers
- The Derren Brown Show
- Shutter Island
- Inception
- 50 First Dates
- The Shawshank Redemption
- As Good As It Gets
- Good Will Hunting

**Books:** (general examples, specific links provided in topic-specific section and lesson materials)

- Confessions of a Sociopath by M.E. Thomas
- Mistakes were made, but not by me by Carol Tavris and Elliot Aronson
- Man (Dis)connected: How Technology Has Sabotaged What it Means to be Male by Philip Zimbardo
- Are we smart enough to know how smart animals are? by Frans de Waal
- Blueprint - How DNA makes use who we are by Robert Plomin
- Bounce by Matthew Syed
- Forever Today by Deborah Wearing

**TED talks:** (general examples, specific links provided in topic-specific section and lesson materials)

- [Psychology myths debunked](#)
- [Your brain hallucinates your conscious reality](#)
- [How language shapes the way we think](#)

**Topic-Specific Recommendations:**

Topics	TED Talks	TV Shows / Documentaries / Podcasts / Movies	Books / Papers
Aggression	<a href="#">Exploring the mind of a killer</a> <a href="#">A killer's genes</a>	Netflix: Inside the criminal mind Netflix: Making a murderer Netflix: Mindhunter Netflix - I am a killer Netflix: Unlocked: A Jail Experiment One Flew Over the Cuckoo's Nest Silence of the Lambs The Shawshank Redemption We Need to Talk about Kevin	Confessions of a Sociopath by M.E. Thomas
Approaches in Psychology	<a href="#">A map of the brain</a> <a href="#">A brain in a supercomputer</a> <a href="#">Your brain hallucinates your conscious reality</a> <a href="#">The end of history illusion</a> <a href="#">The most important lesson from 83000 brain scans</a>	Netflix: Three Identical Strangers Hidden Brain Podcasts A Dangerous Method Girl, Interrupted Experimenter A Dangerous Method <a href="#">What is Psychoanalysis?</a> <a href="#">The Brain: A Secret History</a> <a href="#">A Genius of the Modern World</a> Freud <a href="#">Documentaries</a> <a href="#">The Psych Files</a> <a href="#">Who Knew?</a>	Mistakes were made but not by me by Carol Travis and Elliot Aronson Blueprint - How DNA makes use who we are by Robert Plomin Opening Skinner's box by Lauren Slater Pioneers of Psychology by Raymond Fancher Quirkology by Richard Wiseman Freud for Beginners by Richard Appiganesi and Oszar Zarate Shrinks by Jeffrey A Lieberman
Attachment	<a href="#">How early life experience is written into DNA</a> <a href="#">Do kids think of sperm donors as family?</a> <a href="#">The tragedy of orphanages</a> <a href="#">Lessons from the longest study on human development</a> <a href="#">How childhood trauma affects health across a lifetime</a>	The dark matter of love From Romania with love Blackfish Good Will Hunting Mockingbird Don't Sing The Troubled Child About Time	<a href="#">Social Understanding and Social Lives</a> by Claire Hughes <a href="#">Parental bonding and mental health</a> as adults by Kidd et al 2022
Biopsychology	<a href="#">Re-engineering the brain</a> <a href="#">The science of stage fright</a> <a href="#">What we're learning from 5000 brains</a> <a href="#">Sleep is your superpower</a> <a href="#">Left brain vs. right brain myth</a>	Body clock: What makes us tick? The brain - A secret history - part 1,2,3 Living with half a brain Shutter Island Concussion Faces in the Crowd	<a href="#">Importance of Plasticity</a> article

<p>Clinical Psychology</p>	<p><a href="#">What's so funny about mental illness?</a>  <a href="#">How risk-taking changes a teenager's brain</a>  <a href="#">This could be why you're depressed or anxious</a>  <a href="#">Debunking the myths of OCD</a>  <a href="#">How electroshock therapy changed me</a></p>	<p>Stacey Dooley - On the Psych Ward  Horizon - OCD: A monster in my mind  All in the mind podcasts  A Dangerous Method Girl, Interrupted  As Good As It Gets  Awakenings  It's Kind of a Funny Story Little Miss Sunshine  Memento  Why Has Nobody Told Me This Before Dr Julia Smith  <a href="#">The Abnormal Psychologist by Dr Taylor</a></p>	<p>The Man Who Mistook His Wife for a Hat by Oliver Sacks</p>
<p>Issues and Debates</p>	<p><a href="#">Women should represent women in media</a>  <a href="#">3 clues to understanding your brain</a>  <a href="#">The ethical dilemma of designer babies</a>  <a href="#">Moral behaviour in animals</a>  <a href="#">What hallucination reveals about our minds</a></p>	<p>Experimenter  Side Effects  Project Nim  The Adjustment Bureau  About Time  <a href="#">Freewill-Determinism Oxford Lectures</a></p>	<p>Man (Dis)connected: How Technology Has Sabotaged What it Means to be Male by Philip Zimbardo</p>
<p>Memory</p>	<p><a href="#">Feats of memory anyone can do</a>  <a href="#">How your brains executive function works</a>  <a href="#">How reliable is your memory?</a>  <a href="#">Why eyewitnesses get it wrong</a>  <a href="#">The riddle of experience vs. memory</a>  <a href="#">How reliable is memory?</a></p>	<p>OU on the BBC: Eyewitness  Netflix - The mind, explained  12 Angry Men  50 First Dates  Memento  The Man with the 7 Second Memory  The Notebook  Inside Out  Eternal Sunshine of the Spotless Mind  <a href="#">Ronald Cotton</a>  <a href="#">Clive Wearing</a>  <a href="#">Michael Mosely's The Brain: A Secret History</a>  <a href="#">Memory Hackers</a>  <a href="#">Curious About Memory</a>  <a href="#">How False Memories can trick your mind - Instant Genius</a>  <a href="#">A Podcast to Remember (How Memory Works) - Stuff You Should Know</a></p>	<p>Mistakes were made but not by me by Carol Travis and Elliot Aronson  Luke Dittrich – Patient H.M  Dr Julia Shaw – The Memory Illusion  Deborah Wearing – Forever Today  Joshua Foer - Moonwalking with Einstein</p>
<p>Relationships</p>	<p><a href="#">Imaginary friends and real-world consequences: parasocial relationships</a></p>	<p>Netflix - At first sight  50 First Dates  About Time</p>	

	<a href="#">Connected, but alone? Technology and Communication</a>	Her	
Research Methods	<a href="#">Soon we'll cure diseases with a cell, not a pill</a> <a href="#">Big data is better data</a>	Netflix: Three Identical Strangers The Experimenter The Stanford Prison Experiment	Are we smart enough to know how smart animals are? by Frans de Waal
Schizophrenia	<a href="#">I am not a monster: Schizophrenia</a> <a href="#">The voices in my head</a> <a href="#">There's no shame in taking care of your mental health</a> <a href="#">Toward a new understanding of mental illness</a> <a href="#">A tale of mental illness</a>	Schizophrenia: Stolen minds, stolen lives Shutter Island A Beautiful Mind The Soloist	Learning from the Voices in my Head by Eleanor Longden
Social Influence	<a href="#">Should you trust unanimous decisions?</a> <a href="#">Zimbardo - The psychology of evil</a> <a href="#">My daughter, Malala</a> <a href="#">Online social change: easy to organise, hard to win</a> <a href="#">Solving social problems with a nudge</a> <a href="#">The future of social influence</a> <a href="#">Breaking the bubble of social influence</a> <a href="#">Brain games conformity waiting room</a> <a href="#">Social psychology playlist TED talks</a>	The Experimenter The Wave (Die Welle) 12 Angry Men Compliance Lord of the Flies Malcolm X The Stanford Prison Experiment Selma The Wave (Die Walle) Antz Compliance The Push: Derren Brown The Heist: Derren Brown 5 Steps to Tyranny BBC Hidden Brain podcast Why we do what we do podcast The psychology of people podcast <a href="#">Conformity podcasts by BBC</a>	Nudge by Sunstein and Richard H Thaler Behind the Shock Machine by Gina Perry Man (Dis)connected by Zimbardo The Lucifer Effect by Zimbardo The Man Who Shocked The World by Thomas Blass