

Psychology: Bridging the Gap

In your introductory lesson, you learned that psychology has a number of different approaches. Each approach emphasizes different ideas about how to explain human behaviour and experience, for example:

The Biological Approach	Emphasises genetics, brain structures, brain and body chemistry
The Learning Approach	Emphasises environmental factors, such as reinforcement from others (Behaviourism) or the importance of role models and imitation (Social Learning Theory)
The Cognitive Approach	Emphasises how we process information, how we think, the way we select and interpret information

You then learned how the different approaches can explain where a phobia comes from.

Summer Assignment:

Choose ONE of the following disorders: Schizophrenia OR Depression OR Autism

Produce a leaflet or report which could be used to help people understand your chosen disorder.

Your report should be no longer than 4 sides of A4. (You can include pictures or other illustrations if you wish)

You should include 3 sections

1. The **key symptoms** which someone with your chosen disorder is likely to display

Plus 2 from the following 3 choices:

- a) A section on what a psychologist who supports the **biological** approach would say about what has caused the disorder and a possible treatment or therapy which they would suggest could help
- b) A section on what a psychologist who supports the **learning** approach would say about what has caused the disorder (e.g. family / relationships) and a possible treatment or therapy which they would suggest could help
- c) A section on what a psychologist who supports the **cognitive** approach would say about what has caused the disorder and a possible treatment or therapy which they would suggest could help

You may find these websites useful:

For Schizophrenia:

<https://simplypsychology.org/a-level-Schizophrenia.html>

<http://www.sparknotes.com/psychology/psych101/disorders/section8/page/2/>

For Depression

<http://ocra2psychologyg543.blogspot.com/2013/05/biological-explanation-of-depression.html>

<https://www.simplypsychology.org/depression.html>

For Autism

<https://www.autismspeaks.org/what-autism/symptoms>

<https://revisionworld.com/a2-level-level-revision/psychology-level-revision/approaches-psychology/individual-differences-psychology/psychological-disorders/autism/explanations-autism>