



Specification: AQA Psychology:

<http://www.aqa.org.uk/subjects/psychology/as-and-a-level/psychology-7181-7182>

*Of the books/ activities listed below, you need to choose **at least two**. Immediately after each of these (before you forget), you should complete the Sixth Form Induction Tasks Worksheet.*

If you are unsure of what to go for, look for those marked with an asterix * (or two **).

Books

- ****Philip Zimbardo, The Lucifer Effect: How Good People Turn Evil**
Philip Zimbardo, examines how the human mind has the capacity to be infinitely caring or selfish, kind or cruel, creative or destructive. He challenges our conceptions of who we think we are, what we believe we will never do - and how and why almost any of us could be initiated into the ranks of evil doers. (An essential read. You will be studying Zimbardo's most famous study and theory.)
- **** Deborah Wearing, Forever Today**
Clive Wearing has one of the most extreme cases of amnesia ever known. In 1985, a virus completely destroyed a part of his brain essential for memory, leaving him trapped in a limbo of the constant present. Every conscious moment is for him as if he has just come round from a long coma, an endlessly repeating loop of awakening. (Thoroughly recommended. You will cover the case study of Clive Wearing during your topic on memory).
- ***Jon Ronson, The Psychopath Test**
What if society wasn't fundamentally rational, but was motivated by insanity? This thought sets Jon Ronson on an utterly compelling adventure into the world of madness. (You will be studying psychopathology and this is a fantastic insight into the issues of classifying mental illness).
- **Carl G Jung, Memories, Dreams, Reflections**
An absorbing piece of self-analysis: a frank statement of faith, philosophy and principles from one of the great explorers of the human mind. Covering everything from Sigmund Freud, analytical psychology and Jungian dream interpretation. (A challenging read but you will delve into the world of Freud during the course).
- **Oliver Sacks, The Man Who Mistook His Wife for a Hat**
The book consists of 24 short stories that are divided into four parts: Losses, Excesses, Transports, and The World of The Simple. Each part represents stories of people who have specific problems with brain functions. An easily accessible and fascinating insight into the human brain. (A useful insight into the study of psychopathology).
- **Jon Ronson, Shamed**
A great renaissance of public shaming is sweeping our land. Justice has been democratized. The silent majority are getting a voice. But what are we doing with our voice? We are mercilessly finding people's faults. We are defining the boundaries of normality by ruining the lives of those outside it. We are using shame as a form of social control. (You will be studying the negative impact of labelling people throughout the course).



Activities

- ****Freud Museum:** <https://www.freud.org.uk/>
You will be studying the Psychodynamic approach in Paper 2.
- ***Bethlem Museum of the Mind:** <http://museumofthemind.org.uk/>
The world's oldest institution dedicated to caring for people with **mental health difficulties**.
- **The Institute of Psychoanalysis:** <http://psychoanalysis.org.uk/>
The home of the British Psychoanalytical Society since 1924, the Institute not only trains psychoanalysts it holds weekly public lectures and events - go to their special event site for info, **Beyond the Couch**.
- **The Royal Pharmaceutical Society Museum:** <https://www.rpharms.com/>
Ever wonder what help was offered by doctors to mental health sufferers before the advent of psychotherapy? See the original 'tools of the trade' on display at the Royal Pharmaceutical Society.
- **The Wellcome Museum:** <https://wellcomecollection.org/>
One of the best free museums in London housing one of the most well-known medical-related collections in the world. The museum's subject matter is not focused on the mind but rather the connections between medicine, life and art. There are often exhibits related to the brain and neuroscience, so it is always worth a check.

Movies/TV

- **Jon Ronson, Strange answers to the Psychopath Test:**
https://www.ted.com/talks/jon_ronson_strange_answers_to_the_psychopath_test
An abridged lecture to his book (see above)
- ****Good Will Hunting**
A movie demonstrating the impact of child development on later life.
- ***A Dangerous Method**
A movie about Freud, Jung, and the birth of psychoanalysis.
- **A Beautiful Mind**
A biographical drama based on John Nash – a sufferer of schizophrenia.
- **One Flew Over the Cuckoo's Nest**
Life in a mental institution and the methods of treatments offered.