

Psychology



Psychology is the scientific study of the human mind and behaviour. Psychologists study human behaviour and interaction through observation and testing to form their conclusions.

On reading this article you will come across terms used at University that you may not be familiar with. Check out the “jargon buster” at the end of the article to check out what they mean.

There are 15 main branches of Psychology. How many can you name? We’ve given you a few to get you started.

1	Social Psychology	6	11
2	Abnormal Psychology	7	12
3		8	13
4		9	14
5		10	15

What type of degree could I study?

Psychology is a multi-layered discipline which has many sub fields that you can choose to study. [Undergraduate](#) degree programmes can be taken as a single or joint honours course.

Take a look at this link to explore the variety of courses available at university when you’re thinking about studying psychology: www.ucas.com/explore/subjects/psychology

The British Psychological Society (BPS) is the representative body for Psychology and Psychologists in the UK.

If you want to study Psychology at university, make sure the course is accredited by the BPS.

How will I learn?

Your degree can be taught in a number of ways: lectures, seminars, lab work. Take a look at the course structure of City’s Psychology programme:

<https://www.city.ac.uk/study/courses/undergraduate/psychology>

If you want to hear the experiences of a university student, take a look at the video link below at the life of a City, Psychology Student: www.youtube.com/watch?v=Q-PvLEBunGk

You can get more insight and ask further questions to current Psychology students here:

www.city.ac.uk/study/ask-a-student



Investigating Gender Stereotyping

It has been suggested by some researchers that males and females are often gender stereotyped by others when it comes to their expected and/or perceived roles and behaviours.

Your task is to investigate whether gender stereotype occurs in product marketing aimed at children.

Task

You could choose to look for evidence of stereotyping from the following sources:

- online promotional material
- television advertisements
- children's comics

Create a suitable aim and hypothesis for your study. Justify your choice of a directional or non-directional hypothesis.

Decide upon a specific age range for the children targeted by your chosen media source.

Materials

You could pair up with Parent/Carer, Sibling or friend to decide upon how you are going to measure stereotyping. Here are some examples you could use if you get stuck:

- the number of times that boys or girls interact with particular toys
- how often certain colours are used to promote toys for girls and boys
- the type of words used to promote toys for girls and boys
- the actions associated with certain toys (physical or passive).

Results

Once you have collected your information create a simple chart and present your findings to your family or friends.



Task sourced from www.aqa.org.uk

Career prospects with a Psychology degree

If you're looking for a career directly related to your degree, here are some of the job roles available:

- Clinical Psychologist
- Sport Psychologist
- Forensic Psychologist
- Educational Psychologist
- Counselling Psychologist
- Health Psychologist

If interested in these routes, you will be able to specialise in specific areas during your degree and do on-the-job training through further British Psychological Society post-graduate training up to doctorate level.

Here is a full list and videos of the different types of Psychologists:

<https://careers.bps.org.uk/>

- ★ If you've heard the term "Psychiatrist" and are confused by the term, this is a different type of career to a Psychologist. Psychiatrists are trained medical doctors who would have been to medical school but have specialised in psychiatry. Psychologists will have "Dr" as their title but it's different to a medical doctor.

Your career options are vast with a Psychology degree. Your studies at universities will equip you with all the knowledge and skills necessary to go out into the world of work.

Communication
Research skills
Problem solving
Interpersonal skills
Group work
Presentation skills
Time management



- ★ These are all transferable skills needed for any job.

If you don't want a career in Psychology, that's fine! The skills you would gain on a degree are transferable to many different careers, such as:

- Teaching
- Social work
- Research
- Public Health

And even Business and Finance!

For more information about the kind of careers you can enter, go to:

<https://www.prospects.ac.uk/careers-advice/what-can-i-do-with-my-degree/psychology>

Entry requirements for a Psychology Degree

Grade requirements differ from university to university ranging from CCC to AAB, with the universities most commonly asking for BBB or the equivalent in a BTEC Extended Diploma. Most will ask for an A Level or equivalent in at least one of the following subjects:

- Biology
- Chemistry
- Maths
- Physics
- Psychology

You will also need at least five GCSEs, usually at Level 5 or above and with a minimum of grade 4 in Maths and English Language. Some universities may also require Level 5 or 6 in these subjects.

For more information about universities and their entry requirements, go to www.ucas.com

Still considering other options?

Personality tests are a great way to find out what your characteristics tell you about yourself! Take the Buzz test <https://www.ucas.com/careers/buzz-quiz> to see what animal you're most like, what your strengths are, what careers you would enjoy and what celebrities share the same traits as you!

Finally...

Stroop Test

1. Try saying the colours of each word out loud as you read left to right, top to bottom, as rapidly as possible.
2. Start with List 1. Remember, say the colours—you're not to read the words themselves.

<u>List 1:</u>	<u>List two:</u>
Blue Green Red	Blue Green Red
Yellow Black Green	Yellow Black Green
Blue Red Green	Blue Red Green
Black Orange Yellow	Black Orange Yellow
Green Blue Red	Green Blue Red
Black Green Blue	Black Green Blue

You should find that it is quicker and easier to read list one, when the text and colour is the same.

When the name of a colour (e.g., "blue," or "green,") is printed in a colour not denoted by the name (e.g., the word "red" printed in blue ink instead of red ink), naming the colour of the word takes longer and is more prone to errors than when the colour of the ink matches the name of the colour.

Multi layered

Our brains are able to read words more quickly and automatically than we can name colours. The cognitive mechanism involved in this task is called directed attention, you have to manage your attention, inhibit or stop one response in order to say or do something else.

University Jargon

University Jargon	Definitions
Multi Layered Discipline	Combining or involving more than one discipline or field of study
Subfields	A subdivision of a field of study
Undergraduate	Someone studying for a degree
Single honours	A university degree course that involves study in a single area
Joint honours	A university degree course that involves study of more than one subject
Seminars	This is another method of teaching and usually involves smaller group of students and a tutor. This group meets to discuss a subject or area on their course. Seminars involve more student participation
Lab work	Work done in a laboratory
Hypothesis	Is an idea or explanation that you then test through study and experiments
Transferable skills	Are skills and abilities that are relevant and helpful across different areas of your life e.g. socially, professionally and whilst in education
Lectures	One of the ways in which university courses are taught. Large groups of students listen to a member of academic staff giving a presentation about an area of study. Students take notes and often receive handouts.
Stereotype	A set idea that people have about what someone or something is like, especially an idea that is wrong