

Personal learning checklist

Social influence	A01	A02	A03
I am able to...	Describe	Apply	Evaluate
Types of conformity and explanations for conformity.			
Variables affecting conformity			
Conformity to social roles			
Situational variables affecting obedience			
Explanations for obedience			
A dispositional explanation: the authoritarian personality			
Resistance to social influence			
Minority influence			
Social influence processes in social change			

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Memory	A01	A02	A03
I am able to...	Describe	Apply	Evaluate
Multi-store model			
Features of STM (coding, capacity, duration)			
Types of LTM- Episodic			
Types of LTM- Semantic			
Types of LTM -Procedural			
Working memory model (including coding and capacity)			
Explanations for forgetting- proactive interference			
Explanations for forgetting- Retroactive interference			
Explanations for forgetting –Retrieval failure			
Accuracy of EWT – misleading information: leading questions			
Accuracy of EWT – misleading information: post-event discussion			
Accuracy of EWT - Anxiety			
The cognitive interview			

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Attachment	A01	A02	A03
I am able to.....	Describe	Apply	Evaluate
Caregiver- infant interactions: reciprocity and interactional synchrony			
Stages of attachment identified by Schaffer			
Multiple attachments and the role of the father			
Animal studies of attachment: Lorenz			
Animal studies of attachment: Harlow			
Explanations of attachment: Learning theory			
Explanations of attachment: Bowlby's monotropic theory			
Concepts of a critical period and an internal working memory			
Ainsworth's Strange Situation			
Types of attachment: secure, insecure-avoidant, insecure-resistant			
Cultural variations in attachment including van Ijzendoorn			
Bowlby's theory of maternal deprivation			
Romanian orphan studies: the effects of insitutionalisation			

Psychopathology	A01	A02	A03
I am able to...	Describe	Apply	Evaluate
Deviation from social norms and statistical infrequency			
Deviation from ideal mental health			
Clinical characteristics of phobia, depression and OCD			
The behavioural two-process model of phobia, including classical and operant conditioning			
Systematic desensitisation of phobia, including relaxation and the use of hierarchy as a behavioural treatment for phobia			
Flooding as a behavioural treatment for phobia			
Cognitive explanation of depressions :Beck's (1967) negative triad			
Cognitive explanation of depression: Beck's (1967) negative triad			
Cognitive explanation of depression: Ellis' (1962) ABC model			
Cognitive treatment for depression: cognitive behaviour therapy (CBT)			

Cognitive treatment for depression: challenging irrational thoughts			
Biological explanations of OCD: genetic			
Biological explanations of OCD: neurological			
Biological treatment of OCD: drug therapy			

Approaches	A01	A02	A03
I am able to...	Describe	Apply	Evaluate
Origins of psychology: Wundt, introspection and the emergence of psychology			
Learning approaches: the behaviourist approach, including classical conditioning and Pavlov's research, operant conditioning, types of reinforcement and Skinner's research			
Learning approaches: social learning theory including imitation, identification, modelling, vicarious reinforcement, the role of mediational processes and Bandura's research			
The biological approach: the influence of genes, biological structures and neurochemistry on behaviour. Genotype and phenotype, genetic basis of behaviour, evolution and behaviour			
The cognitive approach: the study of internal mental processes, the role of schema, the use of theoretical and computer models to explain and make inferences about mental processes. The emergence of cognitive neuroscience.			

Biopsychology	A01	A02	A03
I am able to...	Describe	Apply	Evaluate
The divisions of the nervous system: central and peripheral (somatic and autonomic)			
The structure and function of sensory, relay and motor neurons			
The process of synaptic transmission including reference to neurotransmitters, excitation and inhibition			
The function of the endocrine system: glands and hormones			
The fight and flight response including the role of adrenal			

Research Methods	A01	A02	A03
I am able to...	Describe	Apply	Evaluate
Methods			
Experimental method: laboratory and field experiments; natural and quasi experiments			
Observational techniques: naturalistic and controlled observation; covert and overt observation; participant and non-participant observation			
Self-report technique: questionnaires; interviews, structured and unstructured co-variables			
The difference between correlations and experiments			
Scientific processes			
Aims: stating aims, the difference between aims and hypotheses			
Hypotheses: directional and non-directional			
Sampling: the difference between population and sample ; random, systematic stratified, opportunity and volunteer sampling; bias and generalisation			
Pilot studies and the aims of piloting			
Experimental designs: repeated measures, independent groups, matched pairs			
Observational design: behavioural categories; event sampling; time sampling			
Questionnaire construction, open and closed questions; design of interviews			
Variables: manipulation and control of variables, including independent, dependent, extraneous, confounding; operationalisation of variables			
Control: random allocation and counterbalancing, randomisation and standardisation			
Demand characteristics and investigator effects			
Ethics, including the role of the British Psychological society's code of ethics; ethical issues in the design and conduct of psychological studies; dealing with ethical issues in research			
The role of peer review in the scientific process			
The implications of psychological research for the economy			
Data handling and analysis			
Quantitative and qualitative data; the distinction between qualitative and quantitative data collection techniques			
Primary and secondary data, including meta-analysis			

Descriptive statistics: measures of central tendency- mean, mode, median; calculation of mean , median and mode; measures of dispersion; range and standard deviation; calculation of range; calculation of percentages; positive , negative and zero correlations			
Presentation and display of quantitative data: graphs, tables, scattergrams, bar charts			
Distributions: normal and skewed distributions; characteristics of normal an skewed distributions			
Statistical testing: the sign test			