



Psychology Independent Study Guide

During each topic you will be expected to complete some independent study that requires you to go above and beyond the content taught within the course. This development of your wider understanding is good practice for your life beyond sixth form, whether at university or in the workplace. It will also develop your understanding of the course content by providing a clearer picture of the context in which the topics feature. This, in turn, puts you in a better position to perform well in exams.

To evidence your independent study, take detailed notes and summarise what you have read, watched or listened to. Where you can, link to the topics within our specification, but you may just engage with material that you find interesting. Be ready to feedback on this within psychology lessons so keep your independent study notes in your folder. Record which content you have focused on in the table at the back of this booklet and aim to complete a variety of tasks throughout your studies – reading, watching and listening – so you develop a variety of skills.

Some ideas to start you off are listed in this booklet and there are examples of wider reading articles uploaded to Student Resources on Teams. This is only a guideline so please look wider to find your own as well and share them with your peers and your teachers. This is your opportunity to shape your studies to suit your areas of interest.

General

Read	Watch	Listen
<i>Classic Case Studies in Psychology</i> Dr Geoff Rolls (in sixth form library)	<i>Child of Our Time</i> BBC documentary	<i>The Psychology Podcast</i>
<i>Opening Skinner's Box</i> Lauren Slater	<i>Secret Life of 4, 5 and 6 Year Olds</i> Channel 4 documentary	<i>All in the Mind</i> podcast BBC Radio 4
<i>Introducing Psychology</i> Nigel Benson	<i>Old People's Home for 4 Year Olds</i> Channel 4 documentary	<i>PsychCrunch</i> podcast BPS
<i>Adapt: why success always starts with failure</i> Tim Harford	<i>Inception</i> Movie	<i>Mind Changers</i> BBC Radio 4
<i>Say It With Confidence</i> Sarah Sutton	<i>The Parkinson's Drug Trial: a miracle cure?</i> BBC documentary	
<i>50 Ideas You Really Need to Know: psychology</i> Adrian Furnham	<i>The Experimenter</i> Movie	
<i>A Beginner's Guide to Being Mental: an A-Z</i> Natasha Devon	<i>Why Do People Join cults?</i> Janja Lalich: TED talk	
<i>Born Liars</i> Ian Leslie	<i>Crash Course Psychology</i> YouTube	
<i>Human Instinct</i> Robert Winston (in sixth form library)	<i>The World Needs All Kinds of Minds</i> Temple Grandin: TED talk	
	<i>The Mind Explained: dreams</i> Netflix	

Approaches

Read	Watch	Listen
<i>The Interpretation of Murder</i> Jed Rubinfeld	<i>3 Ways to Make Better Decisions</i> Tom Griffiths: TED talk	<i>Solving the Mysteries of Consciousness, Free Will and God</i> The Psychology Podcast
<i>Introducing Freud</i> Richard Appignanesi & Oscar Zarate	<i>The Sibling Bond</i> Jeffrey Kluger: TED talk	<i>Humanism, Enlightenment and Progress</i> The Psychology Podcast
<i>Introducing Learning & Memory</i> Ziauddin Sardar & Richard Appignanesi	<i>Supernanny</i> Channel 4 documentary	<i>Evolutionary Psychology</i> The Psych Files podcast
<i>Walden Two</i> BF Skinner	<i>A Dangerous Method</i> Movie	
<i>Psychology for Busy People: everything you really should know</i> Joel Levy		

Biopsychology

Read	Watch	Listen
<i>The Man who Mistook His Wife for a Hat</i> Oliver Sacks	<i>How Your Brain Decides what is Beautiful</i> Anja Chatterjee: TED talk	<i>My Head</i> James Piercy: BBC Radio 4
<i>Welcome to Your Brain</i> Sandra Aamodt & Sam Wang	<i>What We're Learning from 5000 Brains</i> Read Montague: TED talk	<i>How DNA makes us who we are</i> The Psychology Podcast
<i>Born Liars</i> Ian Leslie	<i>Know Thyself, with a Brain Scanner</i> Ariel Garten: TED talk	
<i>Circadian Rhythm, Lifestyle & Health: a narrative review</i> Farhud (2018)	<i>The Brain: a secret history</i> Michael Mosley: documentary	
<i>Being in a romantic relationship is associated with reduced gray matter density in striatum and increased subjective happiness</i> H Kawamichi et al: Frontiers in Psychology	<i>Sleepwalkers: secrets of the night</i> Documentary	
	<i>Why Can't we Sleep</i> ITV documentary	
	<i>Autism: what we know (and what we don't know yet)</i> Wendy Chung: TED Talk	
	<i>How Body Clocks Rule our Lives</i> BBC Tomorrow's World	

Memory

Read	Watch	Listen
<i>Still Alice</i> Lisa Genova	<i>How Your 'Working Memory' Makes Sense of the World</i> Peter Doolittle: TED talk	<i>Memory and Identity</i> All in the Mind podcast
<i>Patient HM: a story of memory, madness and family secrets</i> Luke Dittrich	<i>How Reliable is Your Memory?</i> Elizabeth Loftus: TED talk	<i>A Highly Superior Memory</i> All in the Mind podcast
<i>Moonwalking with Einstein</i> Joshua Foer	<i>Why Eyewitnesses Get it Wrong</i> Scott Fraser: TED talk	
<i>Introducing Learning & Memory</i> Ziauddin Sardar & Richard Appignanesi	<i>Unlocking the Secrets of our Memory</i> Documentary	
<i>Aplysia Californica</i>	<i>50 First Dates</i> Movie	
<i>Semantic-memory sources of episodic retrieval failure</i> Takashi Kato		

Attachment

Read	Watch	Listen
<i>King Solomon's Ring</i> Konrad Lorenz	<i>The Tragedy of Orphanages</i> Georgette Mulheir: TED talk	<i>The Latest Science of Attachment</i> The Psychology Podcast
<i>Why Koko the Gorilla Mattered</i> Douglas Main: National Geographic	<i>Child Full of Rage</i> Documentary	
<i>A Review of Attachment Theory in the Context of Adolescent Parenting</i> Flaherty & Sadler (2011)	<i>The Troubled Child</i> Movie	
<i>Attachment in Common Sense and Doodles</i> Miriam Silver	<i>The Psychological Effect of Child Separation at the US-Mexico Border</i> TED talk	
<i>The Perils of Attachment Parenting</i> Emma Jenner: The Atlantic	<i>Feral Child</i> Genie Wiley: documentary	

Social Influence

Read	Watch	Listen
<i>The Lucifer Effect</i> Philip Zimbardo	<i>The Psychology of Evil</i> Philip Zimbardo: TED talk	<i>The Psychology of Power and Obedience</i> The dangerous history podcast
<i>1984</i> George Orwell	<i>12 Angry Men</i> Movie	<i>The Science of Evil</i> BBC Radio 4
	<i>Prison Study</i> BBC documentary	
	<i>The Stanford Prison Experiment</i> Movie	

Psychopathology

Read	Watch	Listen
<i>The Boy who Couldn't Stop Washing</i> Judith Rapoport	<i>Depressed Dogs and Cats with OCD: what animal madness means for us humans</i> Laurel Braitman: TED talk	<i>Preventing Suicides</i> All in the Mind podcast
<i>One Flew Over the Cuckoo's Nest</i> Ken Kesey	<i>Autism: what we know (and what we don't know yet)</i> Wendy Chung: TED talk	<i>Preventing Anxiety, CALM Town, Air Pollution & Psychosis</i> All in the Mind podcast
<i>Counselling for Toads</i> Robert de Board	<i>The Man who Loved the Number 12</i> Documentary	<i>Body Dysmorphia</i> BBC podcast
<i>Sybil</i> Flora Reita Schreiber	<i>Side Effects</i> Movie	
<i>House Rules</i> Jodi Picoult	<i>Shutter Island</i> Movie	
<i>The Curious Incident of the Dog in the Night</i> Mark Haddon	<i>The Secret Life of a Manic Depressive</i> Stephen Fry: documentary	
<i>Healthy Behaviour and Well-Being</i> The Psychologist (2013)	<i>Social Anxiety: afraid of people</i> Documentary	
<i>Everything you Need to Know about Phobias</i> Medical News Today	<i>The Dangerous Few</i> Documentary	
	<i>Crash Course Psychopathology</i> Hank Green: YouTube	

Relationships

Read	Watch	Listen
<i>The Road Less Travelled</i> M Scott Peck	<i>How the Internet Enables Intimacy</i> Stefana Broadbent: TED talk	<i>Psychology of Attractiveness</i> Podcast
<i>The Rosie Project</i> Graeme Simsion	<i>The Brain in Love</i> Helen Fisher: TED talk	<i>Not on the Same Page</i> Craig Kenneth: Spotify
<i>Why We Want who We Want</i> Wendy Pans	<i>About Time</i> Movie	<i>Bad Boys: tattoos and soldiers</i> Podcast
<i>Parasocial Relationships with Media Personae</i> BJ Bond (2018)		
<i>Being in a romantic relationship Is associated with reduced gray matter density in striatum and increased subjective happiness</i> H Kawamichi et al: Frontiers in Psychology		
<i>Covid & Intimate Relationships</i> BPS article		

Forensic Psychology

Read	Watch	Listen
<i>The Serial Killers: a study in the psychology of violence</i> Colin Wilson & Donald Seaman	<i>The Neuroscience of Restorative Justice</i> Daniel Reisel: TED talk	<i>The Mind of a Serial Killer</i> Forensic Psychology podcast
<i>Criminal Shadows</i> David Canter	<i>Exploring the Mind of a Killer</i> Jim Fallon: TED talk	
<i>The Jigsaw Man</i> Paul Britton	<i>Rachel Nickell: the untold story</i> Documentary	
<i>The Science of Evil</i> Simon Baron-Cohen	<i>We Need to Talk about Kevin</i> Movie	
<i>The Psychopath Whisperer</i> Kent Kiehl	<i>The Shawshank Redemption</i> Movie	
	<i>The Imitation Game</i> Movie	
	<i>Forensics: the real CSI</i> BBC iPlayer	

Schizophrenia

Read	Watch	Listen
	<i>Schizophrenia</i> Professor Robert Sapolsky: YouTube	

Issues & Debates

Read	Watch	Listen
<i>OCD Symptoms in Iranian Patients</i> H Ghassemzadeh et al (2002) (cultural validity)	<i>Project Nim</i> Movie	<i>Unintentional Bias</i> YouTube podcast discussing bias
<i>Possible Site of Free Will Found in the Brain</i> Ewen Callaway: New Scientist (2009)	<i>The Adjustment Bureau</i> Movie	<i>Whose Psychology Is It Anyway?</i> PsychCrunch podcast discussing representation in research
	<i>3 Identical Strangers</i> Channel 4 documentary	
	<i>The Social Dilemma</i> Netflix	
	<i>Home & Away</i> 5* Series	
	<i>How Racial Bias Works and How to Disrupt it</i> TED talk	
	<i>Secrets of the Mind and Free Will - revealed by magic tricks</i> Alice Pailhes: TED talk	

Independent Study Record

Read/Watch/Listen	Topic	Title

