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

Approaches

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

Biopsychology

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

Memory

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

Attachment

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

Social Influence

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

Clinical Psychology

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

Relationships

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

Forensic Psychology

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

Schizophrenia

Read	Watch	Listen
	Schizophrenia Professor Robert Sapolsky: YouTube	

Issues & Debates

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

Independent Study Record

Read/Watch/Listen	Topic	Title

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