### The Biological Approach (Human behaviour is a result of our genetics and physiology)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Content** | **Covered in class** | **Not sure** | **Getting there** | **Got it 😊** | **Links to** |
| Evolutionary influences assumption  *(How evolution has been used to explain how human behaviour has adapted.*  *Have an example from psychology that illustrates this.)* |  |  |  |  |  |
| Localisation of brain function assumption  *(Certain areas of the brain are responsible for different functions.* *Have an example from psychology that illustrates this.)* |  |  |  |  |  |
| Neurotransmitters assumption  *(One way that messages are sent to the brain.* *Have an example from psychology that illustrates this. )* |  |  |  |  |  |
| Apply one of the above assumptions to the formation of a relationship.  Relationship:  *(How one of the assumptions would explain how relationships are formed.)* |  |  |  |  |  |
| Know and understand how the biological approach can be used in therapy.  *(This approach assumes that psychological disorders have a physical cause.)* |  |  |  |  |  |
| Know and understand the main components of drug therapy/psychosurgery.  *(The techniques used by the therapist.)* |  |  |  |  |  |
| Evaluate drug therapy/psychosurgery, including effectiveness and ethical considerations.  *(Consider the therapy in order to make a judgment about it, for example about how good or bad it is. Is it successful in producing a desired response from the client? What ethical issues does the therapy raise?)* |  |  |  |  |  |
| Evaluate the biological approach (including strengths, weaknesses and comparison with other approaches)  (*Consider the whole approach in order to make a judgment about it. Think about how good or bad it is. What similarities and differences does it have with other approaches? Is it better/worse than other approaches in explaining how human behaviour occurs?)* |  |  |  |  |  |
| Methodology of Raine, A., Buchsbaum, M. and LaCasse, L. (1997).  *(Explain what methodology was used? Make a judgement on the methodology.* *Think about how good or bad it was.)* |  |  |  |  |  |
| Procedures of Raine, A., Buchsbaum, M. and LaCasse, L. (1997).  *(Explain what procedures were used? Make a judgement on the procedure.* *Think about how good or bad it was.)* |  |  |  |  |  |
| Findings of Raine, A., Buchsbaum, M. and LaCasse, L. (1997).  *(Explain the outcomes of the research. Make a judgement on the findings.* *What did they demonstrate?)* |  |  |  |  |  |
| Conclusions of Raine, A., Buchsbaum, M. and LaCasse, L. (1997).  *(Explain the conclusions that the researchers stated? How did they apply their findings to the world? Make a judgement on the conclusions.)* |  |  |  |  |  |
| Ethical issues of Raine, A., Buchsbaum, M. and LaCasse, L. (1997).  *(Explain the ethical issues that the researchers stated? Make a judgement on the ethical issues of the research.)* |  |  |  |  |  |
| Social implications of Raine, A., Buchsbaum, M. and LaCasse, L. (1997).  *(Explain and evaluate how the research could or has impacted on society in a visible or useful way.)* |  |  |  |  |  |

### The Psychodynamic Approach (Human behaviour is a result of forces that drive an individual)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Content** | **Covered in class** | **Not sure** | **Getting there** | **Got it 😊** | **Links to** |
| Influence of childhood experiences  *(How experiences during childhood shape our adult personality. Have an example from psychology that illustrates this.)* |  |  |  |  |  |
| The unconscious mind  *(Stores all the memories and experiences that are not being consciously thought about. Have an example from psychology that illustrates this.)* |  |  |  |  |  |
| Tripartite personality  *(Freud believed that the adult personality is structured into three parts that develop at different stages in our lives. Have an example from psychology that illustrates this.)* |  |  |  |  |  |
| Apply one of the above assumptions to the formation of a relationship.  Relationship:  *(How one of the assumptions would explain how relationships are formed.)* |  |  |  |  |  |
| Know and understand how the psychodynamic approach can be used in therapy.  *(This approach assumes that human behaviour is influenced by unconscious drives. In addition, childhood experiences have a great influence on our behaviour.)* |  |  |  |  |  |
| Know and understand the main components of dream analysis/group analysis psychotherapy.  *(The techniques used by the therapist.)* |  |  |  |  |  |
| Evaluate dream analysis/group analysis psychotherapy, including effectiveness and ethical considerations.  *(Consider the therapy in order to make a judgment about it, for example about how good or bad it is. Is it successful in producing a desired response from the client? What ethical issues does the therapy raise?)* |  |  |  |  |  |
| Evaluate the psychodynamic approach (including strengths, weaknesses and comparison with other approaches)  (*Consider the whole approach in order to make a judgment about it. Think about how good or bad it is. What similarities and differences does it have with other approaches? Is it better/worse than other approaches in explaining how human behaviour occurs?)* |  |  |  |  |  |
| Methodology of Raine, A., Buchsbaum, M. and LaCasse, L. (1997).  *(Explain what methodology was used? Make a judgement on the methodology.* *Think about how good or bad it was.)* |  |  |  |  |  |
| Procedures of Bowlby, J. (1944).  *(Explain what procedures were used? Make a judgement on the procedure.* *Think about how good or bad it was.)* |  |  |  |  |  |
| Findings of Bowlby, J. (1944).  *(Explain the outcomes of the research. Make a judgement on the findings.* *What did they demonstrate?)* |  |  |  |  |  |
| Conclusions of Bowlby, J. (1944).  *(Explain the conclusions that the researchers stated? How did they apply their findings to the world? Make a judgement on the conclusions.)* |  |  |  |  |  |
| Ethical issues of Bowlby, J. (1944).  *(Explain the ethical issues that the researchers stated? Make a judgement on the ethical issues of the research.)* |  |  |  |  |  |
| Social implications of Bowlby, J. (1944).  *(Explain and evaluate how the research could or has impacted on society in a visible or useful way.)* |  |  |  |  |  |

### The Behaviourist Approach (Human behaviour is a result of the environment and learned behaviour)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Content** | **Covered in class** | **Not sure** | **Getting there** | **Got it 😊** | **Links to** |
| Blank slate  *(We are born as a blank slate. Our behaviour is learned through interaction with the environment. Have an example from psychology that illustrates this.)* |  |  |  |  |  |
| Behaviour learnt through conditioning  *(A behaviour becomes more frequent or more predictable in a given environment as a result of reinforcement (typically being a stimulus or reward for a desired response.)* *Have an example from psychology that illustrates this.)* |  |  |  |  |  |
| Humans and animals learn in similar ways  *(Humans and animals learn in the same way. Therefore, we are able to study animals in order to understand human behaviour. Have an example from psychology that illustrates this.)* |  |  |  |  |  |
| Apply one of the above assumptions to the formation of a relationship.  Relationship:  *(How one of the assumptions would explain how relationships are formed.)* |  |  |  |  |  |
| Know and understand how the behaviourist approach can be used in therapy.  *(This approach assumes that human behaviour is learned.)* |  |  |  |  |  |
| Know and understand the main components of aversion therapy/systematic desensitisation.  *(The techniques used by the therapist.)* |  |  |  |  |  |
| Evaluate, aversion therapy/systematic desensitisation including effectiveness and ethical considerations.  *(Consider the therapy in order to make a judgment about it, for example about how good or bad it is. Is it successful in producing a desired response from the client? What ethical issues does the therapy raise?)* |  |  |  |  |  |
| Evaluate the behaviourist approach (including strengths, weaknesses and comparison with other approaches)  (*Consider the whole approach in order to make a judgment about it. Think about how good or bad it is. What similarities and differences does it have with other approaches? Is it better/worse than other approaches in explaining how human behaviour occurs?)* |  |  |  |  |  |
| Methodology of Watson, J.B. and Rayner, R. (1920).  *(Explain what methodology was used? Make a judgement on the methodology.* *Think about how good or bad it was.)* |  |  |  |  |  |
| Procedures of Watson, J.B. and Rayner, R. (1920).  *(Explain what procedures were used? Make a judgement on the procedure.* *Think about how good or bad it was.)* |  |  |  |  |  |
| Findings of Watson, J.B. and Rayner, R. (1920).  *(Explain the outcomes of the research. Make a judgement on the findings.* *What did they demonstrate?)* |  |  |  |  |  |
| Conclusions of Watson, J.B. and Rayner, R. (1920).  *(Explain the conclusions that the researchers stated? How did they apply their findings to the world? Make a judgement on the conclusions.)* |  |  |  |  |  |
| Ethical issues of Watson, J.B. and Rayner, R. (1920).  *(Explain the ethical issues that the researchers stated? Make a judgement on the ethical issues of the research.)* |  |  |  |  |  |
| Social implications of Watson, J.B. and Rayner, R. (1920).  *(Explain and evaluate how the research could or has impacted on society in a visible or useful way.)* |  |  |  |  |  |

### The Cognitive Approach (Human behaviour is a result of internal mental processes)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Content** | **Covered in class** | **Not sure** | **Getting there** | **Got it 😊** | **Links to** |
| Computer Analogy  *(The human mind being compared to a computer. Have an example from psychology that illustrates this.)* |  |  |  |  |  |
| Internal mental processes  *(Cognitive processes that work together to help us make sense and respond to the world around us. Have an example from psychology that illustrates this.)* |  |  |  |  |  |
| Schemas  *(Current knowledge that provides a framework for future understanding.* *Have an example from psychology that illustrates this.)* |  |  |  |  |  |
| Apply one of the above assumptions to the formation of a relationship.  Relationship:  *(How one of the assumptions would explain how relationships are formed.)* |  |  |  |  |  |
| Know and understand how the cognitive approach can be used in therapy.  *(This approach assumes that human behaviour is the outcome of the internal processes of the mind.)* |  |  |  |  |  |
| Know and understand the main components of cognitive behavioural therapy/rational emotive behaviour therapy.  *(The techniques used by the therapist.)* |  |  |  |  |  |
| Evaluate cognitive behavioural therapy/rational emotive behaviour therapy, including effectiveness and ethical considerations.  *(Consider the therapy in order to make a judgment about it, for example about how good or bad it is. Is it successful in producing a desired response from the client? What ethical issues does the therapy raise?)* |  |  |  |  |  |
| Evaluate the cognitive approach (including strengths, weaknesses and comparison with other approaches)  (*Consider the whole approach in order to make a judgment about it. Think about how good or bad it is. What similarities and differences does it have with other approaches? Is it better/worse than other approaches in explaining how human behaviour occurs?)* |  |  |  |  |  |
| Methodology of Loftus, E. and Palmer, J.C. (1974).  *(Explain what methodology was used? Make a judgement on the methodology.* *Think about how good or bad it was.)* |  |  |  |  |  |
| Procedures of Loftus, E. and Palmer, J.C. (1974).  *(Explain what procedures were used? Make a judgement on the procedure.* *Think about how good or bad it was.)* |  |  |  |  |  |
| Findings of Loftus, E. and Palmer, J.C. (1974).  *(Explain the outcomes of the research. Make a judgement on the findings.* *What did they demonstrate?)* |  |  |  |  |  |
| Conclusions of Loftus, E. and Palmer, J.C. (1974).  *(Explain the conclusions that the researchers stated? How did they apply their findings to the world? Make a judgement on the conclusions.)* |  |  |  |  |  |
| Ethical issues of Loftus, E. and Palmer, J.C. (1974).  *(Explain the ethical issues that the researchers stated? Make a judgement on the ethical issues of the research.)* |  |  |  |  |  |
| Social implications of Loftus, E. and Palmer, J.C. (1974).  *(Explain and evaluate how the research could or has impacted on society in a visible or useful way.)* |  |  |  |  |  |

### The Positive Approach (The scientific study of what makes life worth living)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Content** | **Covered in class** | **Not sure** | **Getting there** | **Got it 😊** | **Links to** |
| Acknowledgement of free will  *(Humans are in charge of their own emotions and behaviour and are able to change these.* *Have an example from psychology that illustrates this.)* |  |  |  |  |  |
| Authenticity of goodness and excellence  *(We all have signature strengths and positive traits that we can use to have a positive life.* *Have an example from psychology that illustrates this.)* |  |  |  |  |  |
| Focus on ‘The good life’  *(Factors that contribute to living a positive life.* *Have an example from psychology that illustrates this.)* |  |  |  |  |  |
| Apply one of the above assumptions to the formation of a relationship.  Relationship:  *(How one of the assumptions would explain how relationships are formed.)* |  |  |  |  |  |
| Know and understand how the positive approach can be used in therapy.  *(This approach assumes that human behaviour can be enhanced through the development of positive traits.)* |  |  |  |  |  |
| Know and understand the main components of mindfulness/quality of life therapy.  *(The techniques used by the therapist.)* |  |  |  |  |  |
| Evaluate mindfulness/quality of life therapy, including effectiveness and ethical considerations.  *(Consider the therapy in order to make a judgment about it, for example about how good or bad it is. Is it successful in producing a desired response from the client? What ethical issues does the therapy raise?)* |  |  |  |  |  |
| Evaluate the positive approach (including strengths, weaknesses and comparison with other approaches)  (*Consider the whole approach in order to make a judgment about it. Think about how good or bad it is. What similarities and differences does it have with other approaches? Is it better/worse than other approaches in explaining how human behaviour occurs?)* |  |  |  |  |  |
| Methodology of Myers, D.G. and Diener, E. (1995).  *(Explain what methodology was used? Make a judgement on the methodology.* *Think about how good or bad it was.)* |  |  |  |  |  |
| Procedures of Myers, D.G. and Diener, E. (1995).  *(Explain what procedures were used? Make a judgement on the procedure.* *Think about how good or bad it was.)* |  |  |  |  |  |
| Findings of Myers, D.G. and Diener, E. (1995).  *(Explain the outcomes of the research. Make a judgement on the findings.* *What did they demonstrate?)* |  |  |  |  |  |
| Conclusions of Myers, D.G. and Diener, E. (1995).  *(Explain the conclusions that the researchers stated? How did they apply their findings to the world? Make a judgement on the conclusions.)* |  |  |  |  |  |
| Ethical issues of Myers, D.G. and Diener, E. (1995).  *(Explain the ethical issues that the researchers stated? Make a judgement on the ethical issues of the research.)* |  |  |  |  |  |
| Social implications of Myers, D.G. and Diener, E. (1995).  *(Explain and evaluate how the research could or has impacted on society in a visible or useful way.)* |  |  |  |  |  |