

# Bridging the Gap...

## Activities to help you prepare for Psychology at New College Durham



New College Durham

What is psychology about?

In the first term you will be learning about how diverse psychology is as a subject and how each approach (theory) differ from one another regarding their views on human behaviour!

To help you prepare, try these activities.

### Task 1

Research and identify the main approaches in psychology?

Now you have managed to find out what the different approaches are in psychology how about when/where do we use psychology in everyday life?

### Task 2

What are their main assumptions about human behaviour? Make some notes.



### Task 3

Task 3: Research different areas in which psychology is used – it could be within a job/school/even your home! See how many different areas they are and list them. Have a watch of the following clip...  
<https://www.youtube.com/watch?v=J3nlGWelVj8>

### Task 4

The clip helps to cover the history of psychology – Where did it come from? Is it considered a science? Who are some of the most famous psychologists?

Can you answer the above questions?

You will also learn about psychopathology (abnormal behaviour) looking at differing explanations of why some people have phobias/depression/OCD (obsessive compulsive behaviour)  
Google: The history of psychopathology  
[www.verywellmind.com](http://www.verywellmind.com) for more information  
make some notes!

