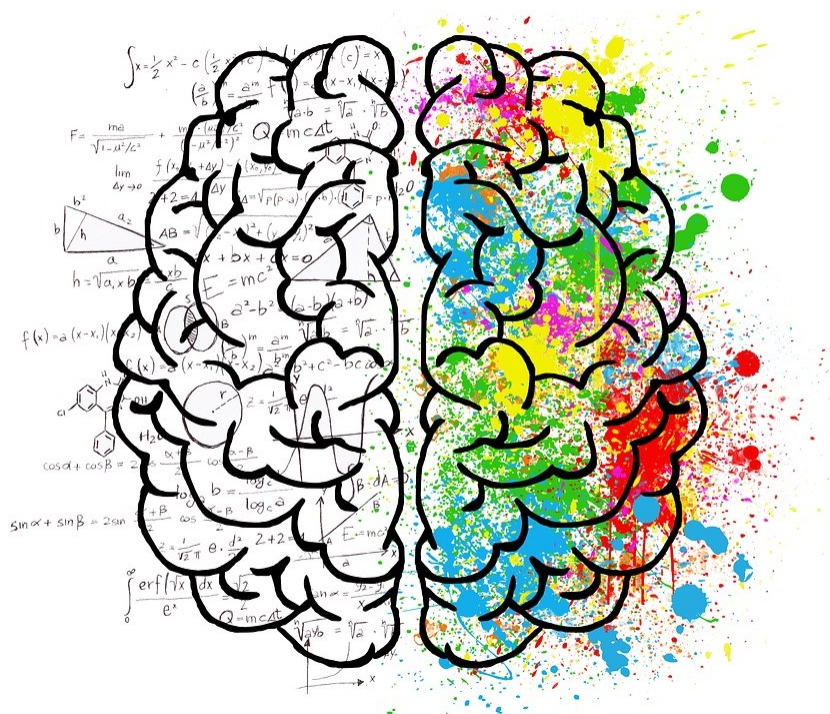




GCSE Psychology

Student Handbook

2025-2026



Mrs Dias & Miss Glasper

STRUCTURE OF THE COURSE

So, you've made the decision to do GCSE Psychology... here's an idea of what you can expect over the course of the year:

What will I study?

<u>YEAR 10</u>	<u>YEAR 11</u>
Criminal behaviour	Social Influence
Psychological problems	Sleep and dreaming
Development	Memory
Research methods	Research methods
*Issues and debates & 13 markers	* 13 markers

*Skill based units.

What will my exam in year 11 look like?

Exam board: OCR (J203)

Component	Marks	Duration	Weighting
Paper 1	90	1 hour 30 mins	50%
Paper 2	90	1 hour 30 mins	50%

<u>Paper 1**</u>	<u>Paper 2**</u>
<ul style="list-style-type: none">• Criminal psychology• Development• Psychological problems• Research methods (designing an investigation)	<ul style="list-style-type: none">• Social influence• Memory• Sleep and dreaming• Research methods (Q&A on a novel source)

**Both papers will contain a 13 marker extended writing essay

Assessment objectives

AO1	Demonstrate knowledge and understanding
AO2	Application of knowledge and understanding (STEM)
AO3	Analysis and evaluation of psychological information

Exam style questions format

Data analysis and interpretation

Using ten participants, researchers measured the amount of time (in minutes) spent in Stage 1 of the sleep cycle.

The following data was collected.

10.0 9.5 8.2 10.7 10.3 9.6 7.5 10.2 9.9 10.1

Calculate the range for this set of data. Show your working. **(2 marks)**

Extended writing (essay question)

Use your knowledge and understanding from across the psychology course to explain how far you agree with the following viewpoint:

“Often it is not so much the kind of person a human is as the kind of situation in which he/ she finds themselves that determines how they will act.”

In your answer you should refer to learning theories of development and at least **one** different area of psychology you have studied.

(13 marks)

Multiple choice (MCQ)

Identify the method used to gather data in Tandoc et al.'s (2015) study into Facebook use.

- A** experiment
- B** interview
- C** observation
- D** questionnaire

(1 mark)

Scenario (i.e. STEM) response

Matej and Joanne are concerned about the growing sexism amongst some males at their school. They have heard peers using derogatory words when talking about females. As a result, their teacher suggests that they give a talk to the year group at the next assembly and launch an awareness campaign.

Explain how Matej and Joanne could change attitudes towards sexism at their school.

(4 marks)

Short answer

Describe **one** weakness of the Social Drift theory as an explanation for schizophrenia. **(3 marks)**

Research methods

Outline **one** strength of using a rating scale to measure people's experience of the ride. **(2 marks)**

New GCSE grading

How the new grades compare with the old ones

Old grades	New grades
A*	9
A	8
B	7
C	6
	5 STRONG PASS
	4 STANDARD PASS
D	3
E	2
F	1
G	1
U	U

How will we monitor your progress?



Mock exams (Hall)

You will sit 3 timed exams in the hall (two in Year 10 and one in Year 11). This will be in exam conditions to help you to familiarise yourself with the examination environment and to practise your knowledge and skills in the lead up to your real exams.



Mid & End of Unit Assessments

Altogether you will need to remember information from 7 different units! For each unit you will receive a mid-unit assessment (an assessment halfway through the unit) and an end of unit assessments (assessment once the unit is complete). This is to support your areas for development.



Homeworks

You will receive biweekly homeworks from your teacher which could come in the form of worksheets, essays or projects (independent or group). These homeworks are to help you with tricky areas of the subject to ensure you are well practised by the time it comes to your exams!

GCSE Psychology Course Content

PAPER 1 – STUDIES AND APPLICATIONS IN PSYCHOLOGY 1

CRIMINAL PSYCHOLOGY

	Key Concepts	Defining criminal behaviour How crime is measured
	Core Theory 1	Social Learning Theory
	Core Study 1	Cooper and Mackie (1986) – Study into video games and aggression in children
	Core Theory 2	Eysenck's Criminal Personality Theory Biological Basis of Personality
	Core Study 2	Heaven (1996) Study into delinquency, extroversion, psychoticism and self-esteem
	Application	The changing nature of punishment

DEVELOPMENT

	Key Concepts	Stages of development Brain development IQ as a measure of intelligence
	Core Theory 1	Piaget's Theory of Cognitive Development
	Core Study 1	Piaget (1952) – Study into the Conservation of Number
	Core Theory 2	Learning Theories of Development <ul style="list-style-type: none"> Dweck – fixed and growth mindset Willingham – myth of learning styles
	Core Study 2	Blackwell et al. (2007) – Study into fixed and growth mindsets
	Application	The changing role of education

PSYCHOLOGICAL PROBLEMS

	Key Concepts	Introduction to mental health – defining, prevalence, incidence and attitudes Effects of significant mental health on the individual and society
	<u>Schizophrenia</u> Core theories	<ul style="list-style-type: none"> Clinical characteristics and statistics Biological Theory – Dopamine Hypothesis Psychological Theory – Social Drift Theory
	<u>Schizophrenia</u> Core study	Daniel et al. (1991) – Study into the Effect of Amphetamines on the Brain of Individuals with Schizophrenia
	<u>Depression</u> Core theories	<ul style="list-style-type: none"> Clinical characteristics and statistics Biological Theory – Social Rank Theory (An Evolutionary Theory) Psychological Theory – ABC Model of Depression
	<u>Depression</u> Core study	Tandoc et al. (2015) – Is Facebook Depressing?
	Application	The development of treatments

13 marker present in this paper

RESEARCH METHODS = 20%

GCSE Psychology Course Content

PAPER 2 – STUDIES AND APPLICATIONS IN PSYCHOLOGY 2

SOCIAL INFLUENCE

	Key Concepts	Conformity Collective and crowd behaviour Obedience
	Core Theory 1	Situational Factors
	Core Study 1	Bickman (1974) – Study into obedience and social power of uniform
	Core Theory 2	Dispositional Factors
	Core Study 2	Natcen (2011) – Study into August riots in England
	Application	Changing attitudes around mental health

MEMORY

	Key Concepts	Information processing Types of forgetting Structures and functions of the brain in memories
	Core Theory 1	Multi Store Model of Memory
	Core Study 1	Wilson et al. (2008) – The Clive Wearing study (amnesia)
	Core Theory 2	Theory of Reconstructive Memory
	Core Study 2	Braun et al. (2002) – How advertising can change memories of past
	Application	Techniques used for recall

SLEEP AND DREAMING

	Key Concepts	Functions, features and benefits of sleep The sleep cycle Causes of sleep disorders Endogenous pacemakers and exogenous zeitgebers
	Core Theory 1	Freudian Theory of Dreaming
	Core Study 1	Freud (1918) – Dream analysis of the 'Wolf Man'
	Core Theory 2	Activation Synthesis Theory of Dreaming
	Core Study 2	Williams et al. (1992) – Study into the bizarreness in dreams and fantasies
	Application	Development of treatments for insomnia

13 marker present in this paper

RESEARCH METHODS = 20%

Preparing for your Psychology GCSE

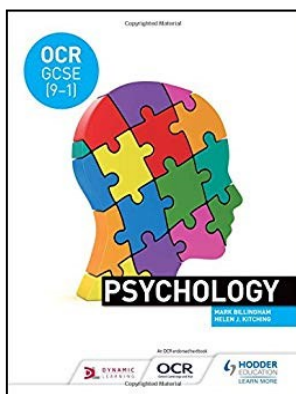


Microsoft Teams

We upload all our class resources (PowerPoint, handouts, worksheets, booklets etc) to this site. Ensure that in your introductory session you write down the code for the Psychology Teams so you can access these.

You can Microsoft Teams as an app and access it anywhere!

Website: <https://www.microsoft.com/en-gb/microsoft-teams/log-in>



Class textbooks

We have textbook available for you to use in class, and where applicable to loan out.

In addition, there is a ***digital copy of the textbook available on your teachers Microsoft Teams page.***

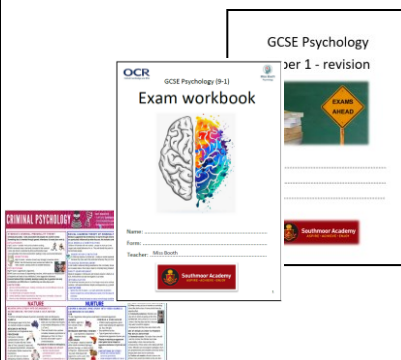


Class Charts

This is a website we use to upload our homework tasks. Ensure you have received a login by the end of your first week – as the Psychology department regularly set homework!

You can download this as an app!

Website: <https://www.classcharts.com/>



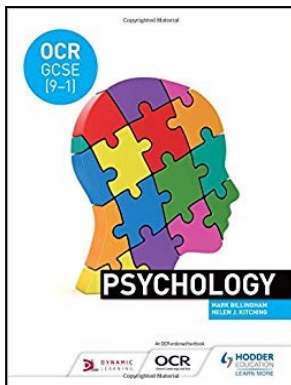
Unit work booklets, revision booklets and exam banks

During your time studying GCSE Psychology you will receive a ton of revision resources to ensure you attain the best grade possible.

Website: <https://www.microsoft.com/en-gb/microsoft-teams/log-in>

What textbook can I purchase?

Although we have a digital version of our in-class textbook for you on Teams, we know that some students prefer a physical version of the book. See below the two textbooks we would recommend, which you can purchase online (e.g. Amazon, Waterstones etc). Please be wary around older OCR specification textbooks as the units differ significantly.



OCR GCSE (9-1) Psychology

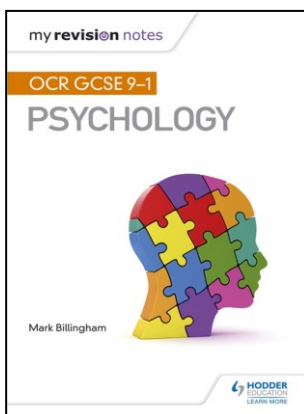
Author: Mark Billingham, Helen Kitching

ISBN: 9781471899577

Publisher: Hodder Education

Date: July 2017

Main textbook
used in class



My revision notes: OCR GCSE (9-1) Psychology

Author: Mark Billingham

ISBN: 9781510423220

Publisher: Hodder Education

Date: August 2018

Revision guide
(summarised
version of the
main textbook)

Further support at School

Revise!

Revision sessions

Throughout the year the Psychology department host afterschool and half term holiday revision sessions for you to attend. Further information about these sessions will be available in due course.



Academic intervention hour

The Psychology department will host a support hour drop in afterschool for students who would like assistance with their homework, classwork and revision. This to ensure you have the support available to complete homeworks on time and in full.

The day and time of support hour will be confirmed and communicated to you after the first week of term. *Although this is optional, in some circumstances this may be mandatory if homework and classwork is consistently incomplete or absent.*

Expectations for the GCSE Psychology course

❑ Absences

If you are absent and miss your Psychology lesson, it is **your responsibility** to catch up on the lesson content. This is very important to ensure you do not fall behind, and to ensure that you can answer all questions in your exams. If you are unsure about what work you have missed you must speak to your teacher upon your return and prior to the next Psychology lesson.

If your absence is planned (appointment etc) then you must speak to your Psychology teacher before the day of your absence to receive the work you will miss.

❑ Homework and equipment

Consequences for students without homework or equipment will vary depending on the impact upon learning and in accordance with school policy. If the lesson will be affected by your lack of work/equipment, you must negotiate a convenient time to catch up with your teacher.

Parents/guardians will be informed if homework deadlines are not continuously met.

Academic intervention hour

The Psychology department will host a support hour afterschool for students who would like assistance with their homework. This to ensure you have the support available to complete homeworks on time and in full. Your teacher will let you know what day this will take place. Although this is optional, in some circumstances this may be mandatory if homework is consistently incomplete or absent.

❑ Acting on feedback (green pen comments)

Feedback is an important stage in the learning and improvement process. When your essays or other homework assignments have been marked and returned to you with teacher comments, it is intended for you to learn from this feedback and adjust your learning so that you can do better next time. The intention is never to criticise or say you are not good enough - it is to give tips on how you can improve and get better marks in the exam. Please read through the EBI (even better if) and work on areas you need to strengthen via green pen improvement. Think about your target grade and what you need to do to get to it. You will also be told about areas that you are doing well in so that you can recognise when you are doing well too! You will be required to make green pen comments to our feedback on all homeworks and class assessments.