

GCE AS/A LEVEL PSYCHOLOGY Teacher Network January - June 2016

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This document contains links shared by teachers on the WJEC Psychology Teacher Network in 2016.

New Specification

Skills

[5 Psychology 'Facts' You Believe \(That Are Myths\)](#)

[Be a better writer in 15 minutes: 4 TED-Ed lessons on grammar and word choice](#)

[5 tips to improve your critical thinking](#)

[The ultimate psychology reading list](#)

[Fifty psychological and psychiatric terms to avoid: a list of inaccurate, misleading, misused, ambiguous, and logically confused words and phrases](#)

[Teach and learn psychology for free.](#)

[5 Ridiculous Lies You Probably Believe About Psychology](#)

[The increasing popularity of A level Psychology](#)

[How to create digital homework that students love](#)

[The science of revision: nine ways pupils can revise for exams more effectively](#)

[The Best Question](#)

[How to evaluate an argument like a scientist](#)

Careers

[Primer for a Career in Neuroscience – Free Download](#)

Unit 1

Biological Approach

['How analogies shape our thoughts'](#)

[Deciphering the Language of the Brain](#)

[The Truth about Shock Therapy](#)

[Why brains and airports have a lot in common](#)

[Sugar May Be As Damaging To The Brain As Extreme Stress Or Abuse](#)

[The brain may be able to repair itself — with help](#)

[A Neuroscientist Patiently Explains the Allure of the Adult Coloring Book](#)

[How does my brain work?](#)

[Your brain treats LEGO people as if they're alive](#)

[The medical approach to mental illness has been a success](#)

[The Hive Mind Project](#)

[The Great Brain Experiment](#)

[Three UK scientists win 1m euro 'Brain Prize' for memory research](#)

[New neuroscience journal is edited by kids, for kids](#)

[This Is Your Brain on Nature](#)

[Mind wide open – brain activity reveals motives behind people's altruism](#)

[Insomnia could be caused by loose connections in the brain](#)

[Bilingual baby brains show increased activity in executive function regions](#)

[How Experiences Change Markers In Our DNA](#)

[A brief history of the brain](#)

[What Is Brain Plasticity and Why Is It So Important?](#)

[\\$1.2 Billion Human Brain Project That Blows Your Mind](#)

[Genetic Clues May Show Impact of Early Violence on Antisocial Behavior](#)

[The Brain with David Eagleman](#)

[Weird facts about the human body](#)

[Your face is mapped on the surface of other people's brains](#)

[Changing Minds – The Divisions of the Brain](#)

[Formative Influences on the Youngest Minds](#)

[Study of Holocaust survivors finds trauma passed on to children's genes](#)

Cognitive Approach

[The truth about false memories](#)

[The Online Anxiety Therapy That Changes People's Brains In 9 Weeks](#)

[Brain volume changes after cognitive behavioral therapy](#)

[The Hive Mind Project](#)

[Cognitive Behavioral Therapy Effective for Patients With Chronic Pain](#)

[How and Why Cognitive Behavior Therapy Works](#)

[How and Why Cognitive Behavior Therapy Works](#)

Psychodynamic Approach

[Can psychological treatments be harmful?](#)

[The joy series: Alternative routes to happiness](#)

[Psychotherapy and Sigmund Freud](#)

[Why do we dream? - Amy Adkins](#)

Behaviourist Approach

[Hanging out with virtual reality spiders helps arachnophobes see real spiders as smaller and less scary](#)

[Albert Bandura to Receive National Medal of Science](#)

Positive Approach

[3 lessons about happiness learned from the biggest ever study into adulthood](#)

[The happiest \(and saddest\) parts of Wales revealed in a landmark study](#)

[People who prioritise time over money are happier](#)

[Mindfulness relaxation trial records 'overwhelming benefits' at Canberra school](#)

[The Role of Positive Spontaneous Thoughts in the Pursuit of Passions and Wellness Behaviors](#)

[5 Reasons You're Having A Hard Time Being Mindful](#)

[Is Mindfulness Good Medicine?](#)

[10 Steps to a Happier Life, Backed By Research](#)

[Here's How Meditation Reduces Inflammation And Prevents Disease](#)

[Resilience and our little ones.](#)

[How People Learn to Become Resilient](#)

[What is mindfulness? Stay cool, calm and collected](#)

[What If Schools Taught Kindness?](#)

[No Blueprint, Just Love](#)

[Think Twice Before Overdoing The Positive Thinking, Cautions Psychology Study](#)

[Uncovering Happiness](#)

[Twin study raises doubts about the relevance of "grit" to children's school performance](#)

[New study shows mindfulness therapy can be as effective as antidepressants](#)

[How and Why Transtheoretic Transdiagnostic Psychotherapy Works](#)

[You Unintentionally Reference Freud All the Time](#)

[How often does psychotherapy make people feel worse?](#)

[The Nature and Nurture of Our Character Strengths](#)

[Mindfulness has big impacts for performance, decision making and career longevity](#)

[A meditation teacher's 4 tips for calming down and refocusing in just 30 seconds.](#)

[5 Everyday Ways To Practice Mindful Parenting](#)

[Youth Mindfulness](#)

[12 + 1 Articles on Positive Education \(including links to PDFs\)](#)

[Can mindfulness improve pupils' concentration?](#)

[Mindfulness: the saddest trend of 2015](#)

[Negative Emotions Are Key to Well-Being](#)

[Can meditation harm your health?](#)

[Denmark the 'happiest country' and Burundi 'the least happy'](#)

[Why we shouldn't judge a country by its GDP](#)

[The Benefits of Negative Emotions: The Key to Wellbeing](#)

[How Dads Influence Teens' Happiness](#)

[People Are Hard-Wired To Be Kind And Generous, Says Study](#)

[Bounce Back: Positive Education for Adolescent Resiliency](#)

[KIPP: Positive Education in Action](#)

[The Science of Happiness](#)

[The Great Positive Psychology Conspiracy: A Response to Shaw](#)

[The psychology of time](#)

[The Value Of Self-Esteem in Positive Psychology](#)

[9 things happy people do to stress less](#)

[10 Studies That Show The Advantages of Feeling Sad](#)

[Seligman's Response to Shaw's 'The Psychologists Take Power'](#)

[The Science of a Happy Mind](#)

[Money CAN buy happiness - if you spend in the right way, according to 'groundbreaking'](#)

[Cambridge study](#)

[How the brain responds to negative things](#)

[George Mumford, Mindfulness & the New York Knicks](#)

[Five Science-Backed Strategies for More Happiness](#)

[The science of happiness can trump GDP as a guide for policy](#)

[How to Build a Happier Brain](#)

[Can positive memories help treat mental health problems?](#)

[Scientists identify genes connected to wellbeing, depression and neuroticism](#)

[Experienced meditators have brains that are physically 7 years younger than non-meditators](#)

[Power of Positive Thinking Skews Mindfulness Studies](#)

[First happiness genes have been located](#)

[VIA Strength Survey: Finding & Using your Strengths at Work](#)

[Wellbeing is a skill](#)

[How People Learn to Become Resilient](#)

[The benefits of mindfulness are probably overrated, research suggests](#)

[Not Everyone Wants to Be Happy](#)

[A Basic Meditation to Strengthen Neural Connections](#)

[This Is Your Brain on Mindfulness](#)

[The First Happiness Genes Have Been Discovered](#)

[7 Ways We Miss Out on Happiness \(and 3 Ways to Stop\)](#)

[Money can't buy happiness? That's just wishful thinking](#)

[How Kids Learn Resilience](#)

[A Self-Improvement Secret: Work on Strengths](#)

[Carol Dweck: The Woman Behind The Motivational Mindset Breakthrough](#)

[Mindfulness-Based Cognitive Therapy May Reduce Recurrent Depression Risk](#)

[The 7 Most Inspirational Mindfulness TED Talks](#)

[New voices: Are we mindful of how we talk about mindfulness? Are You Addicted to Doing?](#)

[How Expressing Gratitude Might Change Your Brain The Amazing Effects of Gratitude](#)

[Can money buy happiness?](#)

[How to beat Blue Monday - the most depressing day of the year What makes a good life](#)

[Flow, the secret to happiness](#)

[How to pronounce Mihaly Csikszentmihalyi The power of believing that you can improve](#)

[Happiness will not bring good health, professor warns](#) [Is mindfulness making us ill?](#)

[Negative Emotions Are Key to Well-Being](#)

[The Happiness Formula - BBC TV 2006 - part 1a](#) [Children and mindfulness: Does it work?](#)

[The Positive Psychology Podcast](#) [Rewiring Your Emotions](#)

[A Guided Meditation for the Anxious Mind](#)

[What You Need To Know About Positive Education](#)

[Gross National Happiness -- Bhutan's Innovative Metric for Good Governance](#)

Relationships

[Love in the Time of Science](#)

[How do I ... fall in love?](#)

[Rules of attraction: 10 biggest love myths exploded](#)

[All you need is love bombing](#)

[Harvard researchers discover the one thing everyone needs for happier and healthier lives](#)

[This Factor Is Key to Your Attractiveness](#)

[What Physiological Changes Can Explain the Honeymoon Phase of a Relationship?](#)

[Hey Good Looking: The Science of Interpersonal Attraction](#)

[Becoming a parent seems to make us less aggressive](#)

[Motherly love helps children's brains grow bigger, scientists find](#)

[Why organisations should encourage their staff to become friends](#)

[Can A Lack Of Love Be Deadly?](#)

[Can You Smell Sexual Attraction?](#)

[The science of attraction - Dawn Maslar](#)

[Woof! Dogs Really Can Tell How Their Owners Are Feeling, New Study Shows](#)

[How the Brain Feels the Hurt of Heartbreak](#)

Compare and Contrast Therapies

[Whether to pick sides in psychology today](#)

[Therapy wars: the revenge of Freud](#)

Unit 2

Contemporary Debates

[The World of Cultural Neuroscience](#)

[Your brain on culture](#)

[PM urges prison rethink for mothers with babies](#)

[Fathers' brains change when they are the primary caregiver](#)

[In the brain of the father: why men can be just as good primary parents as women](#)

[Time Out or Time In?](#)

[More time in day nursery before age two is associated with higher cognitive scores at age four](#)

[The catch-22 that stops young mothers getting help to keep their baby](#)

[Huge New Study Reveals The Impact Of Spanking On Children](#)

[Motherly love helps children's brains grow bigger, scientists find](#)

[What Neuroscience Says about Free Will](#)

[Neuroscience in court: The painful truth](#)

[Caregiver-infant interactions](#)

[Locked in people's awareness](#)

[Students who believe they have more "free will" do better academically](#)

[Child behaviour: Reward-based systems don't work psychologist says](#)

[10 myths about psychology, debunked](#)

Milgram

['Torture' study redo shows people feel less agency under orders](#)

[Should we rewrite Psychology History? A New Look at the Milgram Obedience Studies](#)

[Obedience to authority](#)

[Neuro Milgram – Your brain takes less ownership of actions that you perform under coercion](#)

Reliability

[How to Make Psychology Studies More Reliable](#)

Location of research

[How trustworthy is the data that psychologists collect online?](#)

Ethics

[The 10 most controversial psychology studies ever published](#)

[Are today's experiments more unethical than Milgram's?](#)

Unit 3

Addictive Behaviours

[Understanding Addiction](#)

[Understanding Drugs and Addiction](#)

[The New Science of Addiction: Genetics and the Brain](#)

[This Is the Real Reason You Can't Stop Checking Your Phone](#)

[Highway to Addiction: How Drugs and Alcohol Can Hijack Your Brain](#)

[Highway to Addiction: How Drugs and Alcohol Can Hijack Your Brain](#)

[Study finds brain's response to social exclusion is different in young marijuana users](#)

[Why do our brains get addicted?](#)

Autistic Behaviours

[Sarah Wild, Headteacher of Lingsfield Grange talks about girls with autism](#)

[The world needs all kinds of minds](#)

[Schools' Autism Awareness Week](#)

[Iris](#)

[Autism--It's Different in Girls](#)

['Joined-up' autism service launched for Wales](#)

[The Prodigy's Brother](#)

[The A Word: a father and his autistic daughter give their verdict](#)

[Autistic people are not failed versions of "normal." They're different, not less](#)

[Spectrum shift](#)

[A parent's advice to a teacher of autistic kids](#)

[How autism freed me to be myself](#)

[Autism — what we know \(and what we don't know yet\)](#)

[What's it like to be an autistic person at work? Autism & Friendship](#)

[Donald Grey Triplett: The first boy diagnosed as autistic](#)

[Will creating monkeys with autism-like symptoms be any use?](#)

Bullying Behaviours

[Why are gamers awful to each other? The psychology of online abuse](#)

[Cyberbullying Explained](#)

Stress

[How Stress Affects the Brain](#)

[How Stress Changes the Brain and Body](#)

[Can psychosocial interventions extend the lives of cancer patients?](#)

[How stress affects your brain](#)

[How stress affects your body](#)

[9 things happy people do to stress less](#)

[Attending live music events 'reduces your levels of stress hormone' - study](#)

[THE BRAIN WITH DAVID EAGLEMAN | Stressed Teens](#)

[How to be good at stress](#)

[What does fear do to our vision?](#)

[How to stay calm when you know you'll be stressed](#)

[7 ways stress does your mind and body good](#)

Criminal Behaviours

[Albert Woodfox released from jail after 43 years in solitary confinement](#)

[Not All Psychopaths Are Criminals – Some Psychopathic Traits Are Actually Linked to Success](#)

[Exploring the mind of a killer](#)

[Teenage offenders are highly adept at spotting when their peers are lying](#)

[This one physiological measure has a surprisingly strong link with men's and women's propensity for violence](#)

[The Psychological Difference Between Male and Female Serial Killers](#)

[Do video games make children violent? Nobody knows – and this is why](#)

[The neuroscience of restorative justice](#)

[Angela Wrightson case: Can children be natural born killers?](#)

[Will your child become a criminal later in life? This simple test could indicate the likelihood](#)

Schizophrenia

[What is Schizophrenia?](#)

[Schizophrenia and the Teenage Brain: How Can Imaging Help?](#)

[Mental health badge launched for Girl Guides](#)

[BPS calls for improved access to mental health services](#)

[Hallucinations Linked to Differences in Brain Structure](#)

[Understanding psychosis and schizophrenia](#)

[Psychological Intervention in Schizophrenia](#)

[Four new genetic diseases defined within schizophrenia](#)

[Rare Single Gene Mutation Increases Risk of Schizophrenia 35-Fold, New Study Suggests](#)

[New Research Is Connecting Genetic Variations to Schizophrenia and Other Mental Illnesses](#)

[100 Must-Read Books about Mental Illness](#)

[How schizophrenia is shaped by our culture: Americans hear voices as threatening while Indians and Africans claim they are helpful](#)

[Hallucinatory 'voices' shaped by local culture, Stanford anthropologist says](#)

[Psychology and Mental Health: Beyond Nature and Nurture](#)

[Hallucinations Linked to Differences in Brain Structure](#)

[Schizophrenia breakthrough as genetic study reveals link to brain changes](#)

[Overactive brain pruning in teens could cause schizophrenia](#)

[Frontal brain wrinkle linked to hallucinations](#)

Controversy in Psychology

[The Role and Relevance of Psychology in Today's World.](#)

[If Male Scientists Were Written About Like Female Scientists](#)

[Women scientists in psychology - time for action](#)

[Women in early 20th-century experimental psychology](#)

[Why Science Needs to Publish Negative Results](#)

Unit 4

Personal investigations

[Why the Baby Brain Can Learn Two Languages at the Same Time](#)

[Infant Bilingual Lexicon](#)

[Multiple literacies: Linking the research on bilingualism and biliteracies to the practical](#)

[Bilingualism is good for learning](#)

Methodology

[Brain images reveal how we distinguish real and fake laughter](#)

[Brain Connections Predict How Well You Can Pay Attention](#)

[Mind wide open – brain activity reveals motives behind people's altruism](#)

[Why brain scans aren't always what they seem](#)

[Can a brain scan uncover your morals?](#)

[Brain monitor the size of a grain of rice dissolves after use](#)

[Guess the correlation](#)

Assessing Reliability

[Psychology's Ongoing Credibility Crisis](#)

[Psychology is in crisis. This scientist's striking confession explains how we got here.](#)

Inferential statistics

[Teaching the sign test with cookies](#)

[Dancing statistics: explaining the statistical concept of correlation through dance](#)

Legacy Specification PY4

Abnormality

[Stephen Fry to feature in BBC1 mental health season](#)

[Why has Northern Ireland got the highest suicide rate in the UK?](#)

['What hope is there?': five readers on being failed by mental health services](#)

[ALL IN THE BRAIN?](#)

[What is depression?](#)

[Anti-depressants prescribed too easily, doctor says](#)

[5 ways you can help a friend suffering from depression](#)

[Duchess Of Cambridge Records Video Message For School Children](#)

[Psychiatrists under fire in mental health battle](#)

[Rise in the use of anti-depressants among children, says WHO](#)

[30% rise in antidepressant prescriptions for children in Wales](#)

[Mental health badge launched for Girl Guides](#)

[How mental illness was treated throughout history](#)

[Farewell to 'enclosed' Whitchurch Hospital in Cardiff](#)

[The power of the placebo effect](#)

[Mysterious Antidepressant Target Reveals Its Shape](#)

[Book scheme to help teenagers with mental health issues](#)

[What does depression feel like? Trust me – you really don't want to know](#)

[Why psychedelics could be a new class of antidepressant](#)

[There's no such thing as a "Depression Day"](#)

[How to beat Blue Monday - the most depressing day of the year](#)

Memory

[Exploring the many faces of dementia](#)

[Think you've got a terrible memory? You don't know the half of it](#)

[The art that shows what goes on deep in the human brain](#)

[Three UK scientists win 1m euro 'Brain Prize' for memory research](#)

[Suppressing traumatic memories can cause amnesia, research suggests](#)

[Making a Memory of Murder - Why it's not so hard to make an innocent person confess](#)

[Your face is mapped on the surface of other people's brains](#)

[The blessing and curse of the people who never forget](#)

Levels of Consciousness

[Chemical Messenger: How Hormones Help Us Sleep](#)

[Why Do We Dream and What Does it Do to Us?](#)

[BPS Journals: Good sleep habits help kids do better at school](#)

[Sleep tight, fruit fly: Scientists find gene responsible for sleep deprivation and metabolic disorders](#)

[Insomnia could be caused by loose connections in the brain](#)

[Dreaming brain rhythms lock in memories](#)

[The benefits of a good night's sleep - Shai Marcu](#)

[Why do we dream? 7 theories from science \(in TED-Ed GIFs\)](#)

[Texting at night linked to poorer sleep and academic performance in teens](#)

Sport psychology

[Mind games: sports psychology and international rugby](#)