Skills

Psychology Resources

The ultimate psychology reading list

So is it nature not nurture after all?

Psychology Review free extras

Many students are mistaken about how much their peers typically study and this seems to affect their exam performance in some surprising ways

7 Common Pop Psychology Myths You Might Be Spreading

Understanding Anxiety, Depression and CBT online course

Beyond Diagnosis: Is Psychiatric Diagnosis helpful? Online course

Good Brain, Bad Brain: Basics online course

Psychology and Mental Health: Beyond Nature and Nurture online course

Understanding Autism online course

Introduction to Psychology: Biological Psychology online course

Introduction to Psychology: The History and Science of Psychology online course

Forensic Psychology: Witness Investigation online course

An additional reason to abandon learning styles-teachers and pupils do not agree on the pupils preferred learning style

Meta-analysis of 64 studies involving 6000 participants finds that self-explanation is a powerful learning technique

Bad-Science Warning: The “Minnesota Study of Twins Reared Apart” (MISTRA)

Psychboost

Get to know our website

Cardiff Uni Psychology Graduate Stories

What is consciousness? - Michael S. A. Graziano

Here’s how to encourage more girls to pursue science and math careers

The skillful psychology student: Skills you will need to succeed in the 21st-Century workplace
Why We All Can Learn From the Study of Psychology

Transitions event for Psychology teachers/lecturers in schools, HE and FE

Revision techniques - the good, the OK and the useless

The placebo effect digested-10 amazing findings

Personality tests: Are you average, self-centred, role-model or reserved?

“I'm a psychologist, get me out of here!”

Attention, Students: Put Your Laptops Away

We are Psychologists - BPS

Careers in Psychology

Unit 1

Biological Approach

How to spot a murderer's brain

This video of a freshly removed human brain is fascinating to watch

Myth-busting study of teenage brains wins Royal Society prize

‘The head injury that made me commit a crime’

This Is What Happens To A Child's Brain When Physical Discipline Is Used

The beauty of your brain and how to see it

We Just Found The Part Of The Brain Responsible For Free Will

The Placebo Experiment: Can My Brain Cure My Body?

Fluke experiment hints deep brain stimulation really treats depression

Deep Brain Stimulation for Obsessive-Compulsive Disorder

Transorbit lobotomy and MRI examination of living lobotomized patient's brain

Psychosurgery—Old and New

Neuroscientists Have Discovered a Previously Hidden Region in The Human Brain

There is no fundamental difference between male and female brains

What makes us? Nature or nurture? The DNA debate comes back to life

Mind menders: how psychedelic drugs rebuild broken brains

Your brain hallucinates your conscious reality - Anil Seth
After a Lobectomy, a Boy Still Recognizes Words and Faces

Dr. Adrian Raine: The Full Interview

The U.S. Campaign Against Psychosurgery

The addicted brain: Reinventing psychosurgery?

How and why the brain decides whether to hold 'em or fold 'em

There’s a map for that: tracing pathways through the ever-changing brain

How we identified brain patterns of consciousness

Scientists discover how the brain’s hypothalamus controls ageing – and manage to slow it down

Women stay sharper than men in old age because their brains ‘are four years younger’, study finds

Participants in this study successfully down regulated their amygdala activity with the help of neurofeedback

Scientists discovered brains communicate in a brand new way

There is only weak evidence that mirror neurons underlie human empathy

Scientists grow 'mini-brain on the move' that can contract muscle

Brain factsheets

Brain Games is back

The Adult Brain Does Grow New Neurons After All, Study Says

Child abuse may change brain structure and make depression worse

How the iPhone rewrote the teenage brain

Gut Microbes May Play a Role in Mental Health Disorders

Dogs' eyes evolve to appeal to humans

The hidden talents of your sleeping brain

The Mind, Explained | Trailer | Netflix

Scientists Start Building a Parts List for the Brain

Psychodynamic Approach

We’ve started to uncover the true purpose of dreams

Can people be saved from a terrible childhood?

This is how psychotherapy for depression changes the brain
Prominent US 'gay conversion therapist' David Matheson divorces wife and comes out as gay

When Dalí met Freud

Discover Sigmund Freud

What Are the Id, Ego, and Superego?

1.2.1 Tripartite Personality (PD) Flashcards

How does the Rorschach inkblot test work?

Child abuse may change brain structure and make depression worse

What is the Unconscious?

What is the Unconscious Mind?

Does the Unconscious Really Exist?

The future of psychedelic-assisted psychotherapy

Episode 75 Psychodynamic Approach

Psychodynamic Approach in Psychology: Definition & Explanation

How detention causes long-term harm to children

Behaviourist Approach

John Bowlby's 44 Juvenile Thieves: Methodology and the Attachment Theory

Forty-four juvenile thieves revisited: from Bowlby to reactive attachment disorder

Aversion Therapy: Definition & Examples

Human nature and the blank slate

The Exceptional Cruelty of a No-Hugging Policy

Attachment Theory Is All Wrong. Here's What the Science Really Says

Amazon sells a bracelet that shocks you if you eat too much fast food

Dog training for babies? Stop trying to train kids and nurture them instead

Train Your Baby Like a Dog: Thousands sign petition calling for Channel 4 parenting show to be axed
Cognitive Approach

Punishment vs negative reinforcement

Your brain is like 100 billion mini-computers all working together

5 Major Differences Between REBT & CBT

The cognitive approach and internal mental processes

Internal mental processes

Counselling doesn’t work in the long term

The Role of a Schema in Psychology

Schema

What are schemas?

CBT

Elizabeth Loftus - the fiction of memory

What is cognitive psychology?

Positive Approach

Want to be happy? Then live like a Stoic for a week

How a positive mind really can create a healthier body

Mindfulness in schools helps reduce stress for teachers and pupils

'Mindful People’ Feel Less Pain; MRI Imaging Pinpoints Supporting Brain Activity

Week 3 - The positivity Toolkit

Is gratitude the secret of happiness? I spent a month finding out

Growth mindset doesn't only apply to learning it's better to encourage your child to help than to be a helper

Should you make a habit of living mindfully?

Schools will be asked to track children's happiness amid fears about growing mental health epidemic

8 daily habits to turn you into an optimist

The Power of Gratitude in Parenting

Researchers find the most plausible cause of wellbeing decline in youth is increased screen time

The real reason today's children are so unhappy
The Japanese concept of ikigai: why purpose might be a better goal than happiness

McMindfulness: Buddhism as sold to you by neoliberals

Doctors in Scotland can now prescribe nature

Runners get a wellbeing boost from participating in organised races

Mindful eating: the Victorian food trend that could help you lose weight and transform your health

Psychopaths and narcissists have hogged the limelight now its time to explore the saintlier side of human personality

Every school 'needs dog as stress-buster'

International Day of Happiness: UK 'becoming more cheerful'

Is mindfulness a panacea or overhyped and potentially problematic?

Positive Daily Affirmations: Is There Science Behind It?

Introducing: The Calm Schools Initiative

Brexit vote brought UK feelgood factor to abrupt halt, says ONS

What's Making So Many Young People Depressed

The mindfulness conspiracy

What is Positive Psychology & Why is It Important?

Well-being of students starts to decline from the moment they enter secondary school

Neuroscience Reveals: This Is How Gratitude Literally Rewires Your Brain to Be Happier

School Replaced Detention With Meditation And It Created Incredible Results

A Zen Master reveals the brutal truth about happiness in less than 2 lines

School sends kids to meditation instead of detention with amazing results

The neuroscience of how gratitude makes you a happier person

What happiness looks like around the world | Helen Russell | TEDxOdense

The world’s first mental health ambulance arrives in Sweden

Is our fate decided the moment we’re born? Why free will may be a (necessary) myth

Mindfulness has lost its Buddhist roots, and it may not be doing you good

A quarter of people who meditate experience negative mental states

Why Schools in England Are Teaching Mindfulness

How you can learn to be happier

Kindergarteners Talk About Mindfulness in “Just Breathe” Short Film
Game of Thrones star Flynn meditation lessons for pupils

How to avoid McMindfulness in schools.

Further evidence that acting like an extravert can boost wellbeing

Lack of scientific proof that microdosing psychedelic drugs improves wellbeing

Relationships

Episode 1-dating and attraction

Different kinds of loneliness - having poor quality relationships is associated with a greater toll than having too few

A new study supports evolutionary psychology's explanation for why men and women want different attributes in partners

Deepest Desires

Too much love: helicopter parents could be raising anxious, narcissistic children

The science of attraction

Unit 2

Debates

Professor Christine Blasey Ford, Courtrooms and the Human Memory System

Accuracy of eyewitness testimony

Fresh call for smacking to be outlawed in the home

The ethical implications of neuroscience

The Ethics of Neuroscience - A Different Lens

Ethics of neuroscience

Memory in the real world

Is Neuroscience a Bigger Threat than Artificial Intelligence?

Dad power: The surprising new science of fatherhood

Neuroscientists Have Discovered a Previously Hidden Region in The Human Brain

How Culture Wires Our Brains

Debate: conditioning techniques to control behaviour of kids

Using Operant Conditioning to Reduce Behavioural Problems
Beyond Sentencing: How Neuroscience Has Already Changed the Legal System

Man wrongfully convicted for doppelganger’s crime awarded $1.1 million

When Your Child Is a Psychopath

Babies Who Get Cuddled More Seem to Have Their Genetics Changed For Years Afterwards

How ‘neurosexism’ is holding back gender equality – and science itself

Sensitive Responsiveness and the Bigger Picture

How Ending Behavior Rewards Helped One School Focus on Student Motivation and Character

How neuroscience is exploding the myth of male and female brains

Silicon Valley wants to read your mind – here’s why you should be worried

Neuroscience in Society

Scientists Can Now Clone Brain Organoids. Here’s Why That Matters

The ethics of experimenting with human brain tissue

Human Brain Organoids: What They Are and Aren’t

Neuroscience Reveals: This Is How Gratitude Literally Rewires Your Brain to Be Happier

Don’t believe everything psychologists tell you about memory

How Men’s Brains Change When They Become Dads, According To A Neuroscientist

John Legend Gets Real About Double Standards For Moms And Dads

How millennial fathers are changing their work patterns to help bring up their kids

The neuroscience of how gratitude makes you a happier person

Neuroscientists can read brain activity to predict decisions 11 seconds before people act

Neuroscientists Strongly Recommend that You Visit the Beach Regularly. Here’s Why

The Neuroscience of Gratitude and How It Affects Anxiety & Grief

Left handed people are being unnecessarily excluded from neuroimaging research

Milgram

How to explain the results of Milgram's Obedience Experiment | Social Conformity & Obedience

Milgram Experiment - Big History NL, threshold 6

Milgram Experiment - The Heist

Deciding on a research question

Dependent Variable in Experiments
Most advanced brain imaging study in Wales

What Is Correlation?

Observational Studies

How to combat the illusion of causality that contributes to so many healthy people taking multivitamin pills they don’t need

Reliability

It's getting increasingly difficult for replication crisis sceptics to explain away failed replications

Psychology's Replication Crisis Is Real, Many Labs 2 Says - The Atlantic

There's another area of psychology where most of the results do replicate - personality research

Has the liberal bias in psychology contributed to the replication crisis?

Unit 3

Addictive Behaviours

Four Ways to Hack Your Screen Addiction

10 Patterns of Addictive Behavior

The gamer who spent seven years in his dressing gown

Does inequality cause suicide, drug abuse and mental illness?

How and why the brain decides whether to hold 'em or fold 'em

Genes and Addiction

Genes and Addictions

Brazilian researchers say smartphone addiction is real

A Neuroscientist Explores The Biology Of Addiction In 'Never Enough'

How dealing with past trauma may be the key to breaking addiction

How the iPhone rewrote the teenage brain

Hardcore addicts to be given free heroin in controversial £440k trial

Reality TV encourages children to drink and smoke, experts warn

The Hidden Cost of Phone Addiction
Autistic Spectrum Behaviours

Rethinking Autism: From Social Awkwardness to Social Creativity

Is the American special education system failing children with autism?

Thousands of autistic girls and women ‘going undiagnosed’ due to gender bias

Donald Grey Triplett: The first boy diagnosed as autistic

‘I was diagnosed with autism at 32’, says Cardiff mum

In the trust game men with more autistic traits were less influenced by their partners facial appearance

Me and Monotropism: A unified theory of autism

Living with an Autistic sibling

Extreme male brain theory of autism confirmed in large new study – and no, it doesn’t mean autistic people lack empathy or are more ‘male’

Music improves social communication in autistic children

DVLA U-turn over autistic drivers highlights the ongoing issue of autism discrimination

What’s it really like to be autistic in the workplace?

No link between MMR vaccine and autism, biggest ever study shows

The risk of developing autism is 80% genetic, researchers now say

How autism can be hidden from society using psychological strategies

I Know What Causes Autism

Babies born by Caesarean one third more likely to develop autism

Bullying Behaviours

Even two year olds can tell the difference between a leader and a bully

The psychology of a workplace bully

Are you a bully? Here’s how to tell
Netflix's New Ted Bundy True Crime Series Drops Today

We Believe: The Best Men Can Be | Gillette (Short Film)

Prisoners in 50 jails to get landline phones in bid to cut re-offending by maintaining contact with families

When Your Child Is a Psychopath

Traumatic brain injury in female inmates is taking a heavy toll – yet it's overlooked

Are criminal profilers any better than a bartender?

'I'm from a crime family but I'm no criminal'

The myth of the she-devil: why we judge female criminals more harshly

How to deal with anger

Study finds no link between violent video games and teen aggression

How Norway turns criminals into good neighbours

Callous children no more likely to display psychopathy as adults but may be at greater risk of committing violent crime

Schizophrenia

Schizophrenia and Urbanicity: A Major Environmental Influence—Conditional on Genetic Risk

Expressed Emotion in Schizophrenia: An Overview

Does inequality cause suicide, drug abuse and mental illness?

The concept of schizophrenia is coming to an end – here's why

Mental health of children and young people voted our top policy priority

What is it like to experience mental health problems?

Brave words: a photographic project is helping people with mental health issues express how they truly feel

By Reason of Insanity

Mental Hospital (1953)
Cannabis and schizophrenia: New evidence unveiled

Cannabis use 'genetically linked' to schizophrenia

Cannabis use and schizophrenia

We Now Have An Even Better Idea Of How Schizophrenia and Marijuana Use Are Linked

Cannabis and schizophrenia

Self reported cannabis use as a risk factor for schizophrenia in Swedish conscripts of 1969: historical cohort study

Mind menders: how psychedelic drugs rebuild broken brains

Content Matters, a Qualitative Analysis of Verbal Hallucinations

Does inequality cause suicide, drug abuse and mental illness?

Nobody spends enough on mental health

The concept of schizophrenia is coming to an end – here’s why

Mental health crisis in teens is being magnified by demise of creative subjects in school

People With Schizophrenia Have a Strange, Telling Response to The Epstein Barr Virus

Here’s a mental health workout that’s as simple as ABC

Clozapine antipsychotic implicated in two deaths

Why nutritional psychiatry is the future of mental health treatment

New Study Finds Possible Root of Schizophrenia Symptoms

Potent cannabis increases risk of serious mental illness, says study

City air pollution 'link to teenage psychotic experiences' explored

Gut Microbes May Play a Role in Mental Health Disorders

Broccoli sprout compound may restore brain chemistry imbalance linked to schizophrenia

Air pollution and urbanicity: common risk factors for dementia and schizophrenia?

What is psychosis?

Stress

Helping Students Deal with Academic Stress - Psych Learning Curve

What is Stress?

Epinephrine’s Role in Stress Response

Understanding the stress response
Palestine’s head of mental health services says PTSD is a western concept

Stressed teachers offered electric shock therapy to combat anxiety and depression

The physiological stress response is larger in the morning than evening

How stress echoes down the generations

From the surgeon to the Spice Girl: how people in high-pressure jobs cope with stress

Introducing: The Calm Schools Initiative

This diary study just happened to be taking place when disaster struck providing a rare insight into vicarious experience of traumatic events

Just 20 minutes of contact with nature will lower stress hormone levels, reveals new study

Controversies

Women in Psychology

How dogs can help mental health

Thousands of autistic girls and women ‘going undiagnosed’ due to gender bias

How knowledge about different cultures is shaking the foundations of psychology

Similarity in shame and its repercussions across 15 world cultures points to the emotions survival function

Do women and men talk differently?

The Mind in the World: Culture and the Brain

How Culture Wires Our Brains

Male psychology network

The origins of sexism: How men came to rule 12,000 years ago

How knowledge about different cultures is shaking the foundations of psychology

Palestine’s head of mental health services says PTSD is a western concept

Women have been written out of science history – time to put them back

There are some intriguing differences between the USA and Japan in how emotions influence health

How ‘neurosexism’ is holding back gender equality – and science itself

The myth of the she-devil: why we judge female criminals more harshly
Don't believe women in science face huge inequality? Here's the proof

International Women's Day / Women in Psychology

This Cardiff high school has bought its own beautiful black Labrador puppy

Fighting the Gender Stereotypes That Warp Biomedical Research

Use of male mice skews drug research against women, study finds

Unit 4

Personal Investigations

Watchdog bans 'harmful' gender stereotypes in adverts

Examination of Gender-role Portrayals in Television Advertising across Seven Countries

Appeals in television advertising: A content analysis of commercials aimed at children and teenagers

A meta-analysis of gender roles in advertising

Gender Role Portrayals in Japanese Advertising: A Magazine Content Analysis

How background noise affects the way you work

Classroom experiments on the effects of different noise sources and sound levels on long-term recall and recognition in children

Effects of noise and music on human and task performance: A systematic review

The Effect of Noise on Human Performance: A Clinical Trial

Does noise affect learning? A short review on noise effects on cognitive performance in children

We Believe: The Best Men Can Be | Gillette (Short Film)

Philadelphia and Volkswagen TV ads banned under gender stereotyping rules

'Harmful' gender stereotypes in adverts banned

Ban on 'harmful' gender stereotypes in adverts comes into force

Game of Thrones: How much do women speak in the show?
Why Are Statistics Necessary in Psychology?

Psychologists love to report marginally significant results according to a new analysis