

# GCE AS/A LEVEL PSYCHOLOGY Teacher Network September 2018 - August 2019

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**This document contains links shared by teachers on the WJEC Psychology Teacher Network between September 2018 and August 2019.**

## 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](#)

[Transorbital 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 McM mindfulness 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](#)

## Methodology

[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](#)

## Criminal Behaviours

[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?](#)

## Inferential statistics

[Why Are Statistics Necessary in Psychology?](#)

[Psychologists love to report marginally significant results according to a new analysis](#)