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| **Learning approaches**- this includes classical, operant conditioning and social learning theory but you can be asked about behaviourism and social learning theory separately as below. |
| **Behaviourism-classical and operant conditioning****Assumptions****Outline and evaluate the behaviourist approach (16 marks)** |
| **Classical conditioning** (explain using all key terms and by applying to an example e.g. phobia of spiders)  | Outline Pavlov’s research using UCS, UCR etcOutline Watson’s research including UCS, UCR etc |
| **Evaluation specific to classical conditioning** |
| **Strength**Had led to successful treatments e.g. | **Limitation**Can’t explain how some phobias are more common than others if just acquired through learning e.g. heights, phobias, for this we need to look a biological preparedness ….. |
| **Operant conditioning** (explain using example e.g. attachment, dieting)**Positive reinforcement****Negative reinforcement** | Outline Skinners box and how it explains operant conditioning |
| **Evaluation specific to operant conditioning** |
| **Strength**-skinners scientific research…. | **Limitation-**skinners research based on animals…… |
| **Evaluation of behaviourism** |
|  |
| **Social learning theory- outline and evaluate the SLT (16 marks)****Assumptions** |
| **Explain social learning theory**using example e.g. of why someone may copy a celebrities hair style**Role model/ modelling****Imitation****Identification****Mediational processes-****-Attention****-Retention****-motor reproduction****-Motivation****Vicarious reinforcement****Direct/positive reinforcement**  | **Outline banduras research** |
| **Evaluation of social learning theory** |
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| **Biological approach- Outline and evaluate the biological approach (16 marks)** |
| **Assumptions** |
| **Explain/define the following using an example**Evolution e.g. why do we wear make up? Why do men want to look buff?Geneotype e.g. personality, aggressionPhenotype-**Use bio-psy revision notes to make sure you fully understand and can apply the following. Apply each to an example***Neurons and bio-chemistry (serotonin, dopamine) Apply to depression or use of SSRI’s**Endocrine system-Apply to sleep i.e. melatonin or menstral cycle**Central nervous system-apply to flight or fight* |
| **Evaluation** |
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| **Psychodynamic approach- Outline and evaluate the psychodynamic approach (16 marks)** |
| **Assumptions** |
| **Role of the unconscious (briefly explain)** |
| **The structure of personality (briefly explain)**Apply to example e.g. OCD | ID-EGO-Superego- |
| **Defense mechanism (briefly explain)**Repression (use example)Denial (use example)Displacement (use example) | **Psychosexual stages (briefly explain)**Oral-Anal-Phallic-Latency-Genital-Apply to example i.e. OCD, smoking,  |
| **Evaluation** |
| **Blame-psychic determinism****Evidence- mention little Hans and issue with case studies****Application- can explain the unexplainable (see pack) treatments?****Reductionist?****Scientific?** |
| **Cognitive approach-Outline and evaluate the cognitive approach (16 marks)** |
| Assumptions |
| Schemas (apply to e.g.) | Computer models | Inference |
| **Cognitive neuroscience**What is it?Give at least three examples of cognitive neuroscience and state how they work and are useful.  |
| **Evaluation** |
| **Blame- soft determinism****Evidence-**There is lots of supporting but scientific evidence but lacks external validity (see pack)**Application****Reductionist**-machine reductionist**Scientific**  |
| **Humanist approach- Outline and evaluate the humanist approach (16 marks)** |
| Assumptions |
| Freewill |
| Maslow’s hierarchy of needs | Self actualisation |
| The self and congruence | The role of conditions of worth |
| **Evaluation** |
| **Blame- or freewill?****Mention cultural bias here instead of evidence as covered in scientific****Application (It is not in the pack but include humanist counselling here)****Reductionist or holisitic?****Scientific?** |