



PSYCHOLOGY

Summer Work 2021

Summer Task

Your task is to research one of the areas below & bring this information with you to the first lesson with **Ms O'Brien** in Sept. (No more than one page of A4 notes please).

APPROACHES

- 1. The Cognitive Approach**
- 2. The Biological Approach**
- 3. The Psychodynamic Approach**
- 4. Social Learning Theory**
- 5. Behaviourist approach**
- 6. The Humanistic Approach**

AREAS TO RESEARCH

- Assumptions (what are the key beliefs/ideas of this approach?)**
- Methods of research (how does it study behaviour?)**
- Origin of approach (& key psychologists associated with the approach)**
- Treatment methods used by this approach to help others**
- Practical applications of approach (how has it been used practically?)**