

Approaches Revision Tracker

AQA Psychology | Paper 2



How to use this revision tracker:

On the following pages you will find a series of questions for the whole of the topic so that you can test yourself.

Step 1: Try to answer the question without any of your notes.

Step 2: Record the date in the box next to the question.

Step 3: Record how well you knew the answer: write the letter R (red) if you got the answer wrong; A (Amber) if you knew some but not all of it, and G (Green) if you got the answer completely correct.

Don't cheat yourself with this RAG rating - be brutally honest. If you didn't get it 100% right don't put Green. This shows you which parts of the topic you need to spend your time on, and shows you your progress over time.

| Origins of Psychology | Date & RAG | Date & RAG | Date & RAG |
|---|-----------------------|-----------------------|-----------------------|
| Outline Wilhelm Wundt's role in the origins of psychology | | | |
| Define introspection. Describe how Wilhelm Wundt carried it out | | | |
| Explain one strength and one limitation of Wilhelm Wundt's research | | | |
| Describe the emergence of psychology as a science from Wundt's time to today. | | | |
| Behaviourist Approach | Date & RAG | Date & RAG | Date & RAG |
| What is the Behaviourist explanation for behaviour? What is meant by tabula rasa? | | | |
| Define classical conditioning. Draw a diagram to illustrate the process/key terms | | | |
| Explain extinction, spontaneous recovery, generalisation, discrimination | | | |
| Define operant conditioning. Describe the different types of reinforcement | | | |
| Explain operant conditioning in his Skinner box | | | |
| What is the research method used by the Behaviourist Approach? Give an example | | | |
| Outline the supporting evidence for classical conditioning | | | |
| Evaluate the Behaviourist Approach in terms of the research methods used | | | |
| Explain how classical conditioning has been practically applied to real life. | | | |
| Explain how operant conditioning has been practically applied to real life. | | | |
| Evaluate the Behaviourist approach in terms of one of the Debates. | | | |
| Social Learning Theory | Date & RAG | Date & RAG | Date & RAG |
| What is SLT main idea/explanation for behaviour? | | | |
| Define imitation, modelling | | | |
| Define identification. What affects identification with a role model? | | | |
| Define vicarious reinforcement. Give an example | | | |
| Define mediational cognitive processes. Describe the four parts | | | |
| Describe the procedure Bandura et al.'s (1961) original Bobo doll study | | | |
| Describe the findings Bandura et al.'s (1961) original Bobo doll study | | | |
| Evaluate SLT in terms of the research methods used to study behaviour | | | |
| Evaluate the SLT in terms its practical application | | | |
| Evaluate the SLT in terms of the debates | | | |
| Cognitive Approach | Date & RAG | Date & RAG | Date & RAG |
| What is the Cognitive Approaches main idea/explanation for behaviour? | | | |
| Define internal mental processes and name three examples | | | |
| Define inference, and use an example | | | |
| Describe the cognitive approaches use of computer models | | | |
| Describe the cognitive approaches use of theoretical models with an example | | | |
| Define schemas. Use an example to illustrate. | | | |
| Explain how schemas can be useful AND how they can distort | | | |
| Define 'cognitive neuroscience'. | | | |
| Explain, using two examples, the emergence of cognitive neuroscience. | | | |
| Evaluate the research method used by Cognitive Approach. | | | |
| Explain how the Cognitive Approach has been practically applied to real life | | | |
| Evaluate the Cognitive Approach in terms of the debates | | | |

| Biological Approach | Date & RAG | Date & RAG | Date & RAG |
|---|-----------------------|-----------------------|-----------------------|
| What is the Biological Approaches main idea/explanation for behaviour? | | | |
| Define genetics. Explain the difference between MZ and DZ twins. | | | |
| Define genotype & phenotype. Explain the difference using example | | | |
| State four areas of the brain & state what behaviour they may be responsible for. | | | |
| Describe the influence of neurochemistry on behaviour with two examples. | | | |
| Define evolution (with x3 key terms). Describe an example to illustrate | | | |
| Briefly describe three ways (research methods) the Biological approach uses | | | |
| Describe x2 pieces of supporting evidence for the Biological Approach | | | |
| Evaluate the research method used by Biological Approach. | | | |
| Explain how the Biological Approach has been practically applied to real life. | | | |
| Explain how the Biological has been criticised in terms of one of the Debates | | | |
| Psychodynamic Approach | Date & RAG | Date & RAG | Date & RAG |
| What is the Psychodynamic Approaches main idea/explanation for behaviour? | | | |
| Describe the three parts of the mind according to Freud | | | |
| Identify the TWO roles of the unconscious | | | |
| Identify each part of the structure of personality, and describe each one | | | |
| Name the psychosexual stages of development in order | | | |
| Describe two examples of being fixated during the psychosexual stages | | | |
| Explain the phallic stage, including the Oedipus and Electra complex | | | |
| Define defense mechanisms | | | |
| Identify and explain three defense mechanisms | | | |
| Describe the case study of Little Hans & explain which it supports | | | |
| Explain two limitations of the Psychodynamic research method. | | | |
| Explain how the Psychodynamic Approach has been practically applied to real life. | | | |
| Explain how Psy.Dyn App laid the foundation for future theories (give example) | | | |
| Humanistic Approach | Date & RAG | Date & RAG | Date & RAG |
| Explain what the Humanistic Approach rejects about other Approaches? | | | |
| Define self-actualisation | | | |
| What was Maslow interested in? Describe his Hierarchy of Need. | | | |
| What was Rogers interested in? What are the parts of the self-concept? | | | |
| Explain the difference between congruence and incongruence | | | |
| According to Rogers when is self-actualisation likely to occur? | | | |
| Define conditions of worth. Give an example | | | |
| Explain how Client Centred Therapy. What are the characteristics of a therapist? | | | |
| Explain the limitations of the Humanistic approaches way of studying behaviour | | | |
| Evaluate he Humanistic approach in terms of cultural bias. Use example. | | | |
| Explain how the Humanistic Approach has been practically applied to real life | | | |
| Compare the Humanistic and Psychodynamic approaches | | | |