

# Preparing for psychology

## Essential equipment checklist

- ✓ Pens
- ✓ Lined paper
- ✓ Pencils
- ✓ Coloured pencils/felt tips
- ✓ Ruler
- ✓ Highlighters
- ✓ Calculator
- ✓ Plastic wallets
- ✓ Lever arch folder

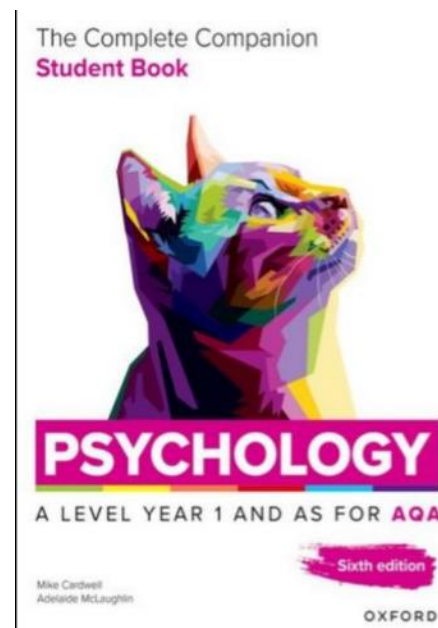
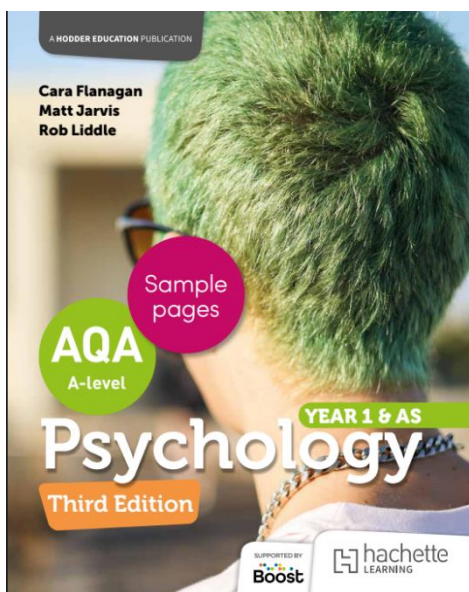


## Textbooks

- Students will be given a booklet containing key studies, theories and evaluations. However, many students like their own personal textbook for independent study and revision.
- Please note the AQA specification will change in 2025 these books are published and specifically designed for the new specification.
- *A Level Psychology (2025): The Complete Companions for AQA Psychology A Level: Year 1 and AS Student Book, 6th Edition. Mike Cardwell; Adelaide McLaughlin*

Or

- *AQA Psychology Year 1 AS (2025) 3<sup>rd</sup> edition. Cara Flanagan, Matt Jarvis and Rob Liddle*



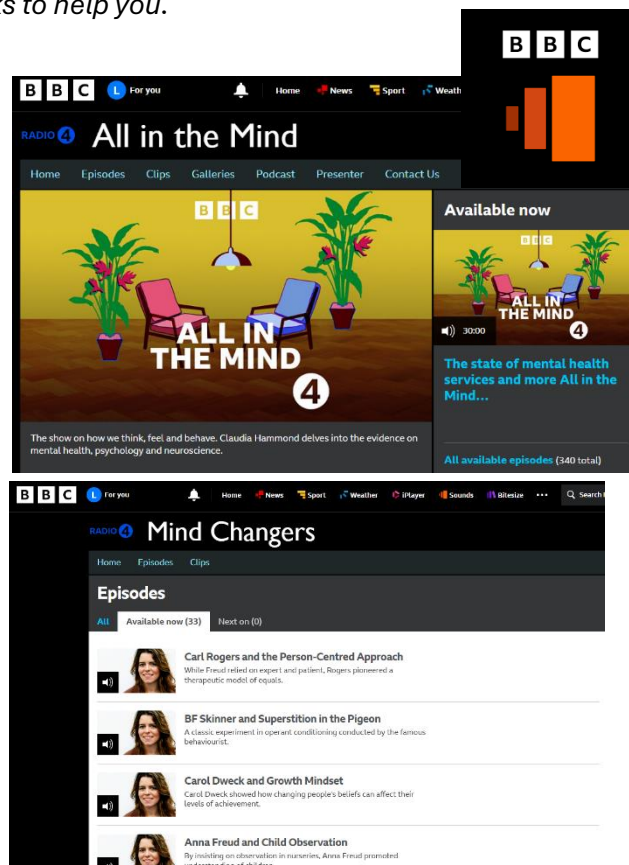
## Engagement in psychology

As psychology will be a new subject for most students it is imperative you immerse yourself with it early on. Below are a series of recommended podcasts and books to help you.

### BBC Podcasts – download the BBC sounds app

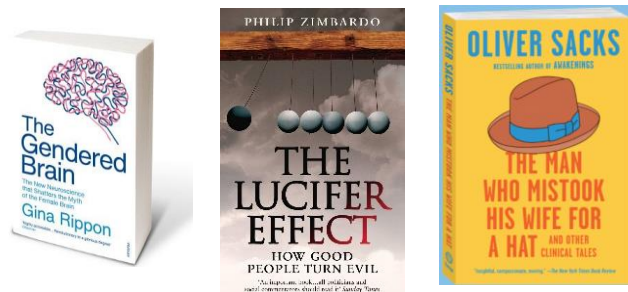
**All in the mind** – A radio show on how we think, feel and behave. Claudia Hammond delves into the evidence on mental health, psychology and neuroscience.

**Mind Changers** - A BBC radio series exploring the development of the science of psychology during the 20th century. This covers many key studies you will learn about at A-Level.



### Books and wider reading

- *The Lucifer Effect: Why good people turn evil* – Phillip Zimbardo
- *The Man Who Mistook His Wife for a Hat and Other Clinical Tales* – Oliver Sacks
- *The Gendered Brain* - Gina Rippon
- *The Skeleton Cupboard* – Tanya Byron
- *The Beauty Myth* – Naomi Wolf
- *Happy* – Derren Brown



### The British Psychological Society

BPS digest (google it!) <https://www.bps.org.uk/research-digest>. It contains summaries of recent research findings and podcasts discussing these findings and their wider implications for society.

