

## Psychology - Head Start Activities



AS AND A-  
LEVEL  
PSYCHOLOGY  
(7181, 7182)

Specification  
For teaching from September 2025 onwards  
For AS and A-level exams in 2026 onwards  
Version 1.4 | September 2025



Dear Students,

Welcome to your Head Start Activities for **Psychology**. Transitioning to Sixth Form is an exciting step and at Norbury High School for Girls, we are here to help you start strong. This Head Start booklet is designed to support your move into NHSG Sixth Form, giving you the chance to explore your chosen subjects, prepare for future success, and begin shaping your next chapter with confidence.

We look forward to working with you from September

**Ms Noel-Bain**

### Course details:

- Psychology
- **Level:** A-Level
- **Board:** AQA
- [Website](#)
- NHSG Course information linked [here](#)

In these activities and ideas you will find not only opportunities to stretch your thinking but also to help you discover what you are passionate about, both inside and beyond the classroom

## NHSG Sixth Form - Head Start

**Listen** to podcasts and talks, by subject experts and inspiring female leaders.

**Psychology in Everyday Life: The Psych Files**

- This podcast uses psychological studies to explain human behavior and experiences
- <https://open.spotify.com/show/41Y8acpc9l0SdTYghnDEKD>

**Watch** documentaries, interviews, or mini-lectures linked to your subjects to deepen your understanding.

**The Mind, Explained**

- This series of documentaries aims to answer what happens within our heads when we are creative, mindful, or brainwashed, or when we are anxious or dreaming
- <https://www.netflix.com/gb/title/81098586>

**Read** articles, essays, or books that challenge your thinking and expand your subject knowledge.

**Heuristics:**

- This article explains the mental shortcuts we use when we solve problems under pressure
- <https://kids.frontiersin.org/articles/10.3389/frym.2024.1274085>

**Visit** local exhibitions, galleries, or workplaces that connect with your studies and open your eyes to future possibilities.

**The Freud Museum**

- The final home of Sigmund Freud, the founder of psychoanalysis, and his daughter Anna Freud, a pioneering child psychoanalyst
- <https://www.freud.org.uk/>

**Go beyond** the essentials, to explore big questions and wider issues. What are the big challenges facing your subject?

**Group Dynamics of the U.S. Capitol Insurrection**

- A social psychological approach to understanding crowd-behaviour and how to resolve and prevent group-motivated hostilities
- <https://psycnet.apa.org/fulltext/2022-95876-001.html>