



St Benet Biscop Sixth Form

Personal Development

Psychology

1. News Reports

BBC iPlayer <https://www.bbc.co.uk/iplayer/psychology> :

- CrowdScience – Why do I crave unhealthy foods?
- The Life Scientific – Health Psychology – Why subtle changes can radically change our lives and health.
- CrowdScience – Do we have a sense of time?

News articles/videos:

News – www.psychologytoday.com

Videos - www.simplypsychology.org.uk

News – www.theguardian.com/science/psychology

Videos - www.youtube.com/@psychboost

2. MOOCs (Massive Open Online Courses):

How to become a psychologist – FutureLearn

Psychologists study human behaviour in order to explain thoughts, feelings and emotions. Once they understand where behaviour is coming from, they can improve lives by offering support in the form of counselling or therapy.

University of Cambridge: The Psychology of Emotions – FutureLearn

This fascinating introduction to the cognitive psychology of emotions explores how, when we see others' emotions, not only the mind, but also the body is engaged in the recognition. You will explore how to measure our ability to understand the feelings of others.

Harvard University: Building Personal Resilience: Managing Anxiety and Mental Health – Mooc.org

Join Harvard Medical School faculty Dr. Luana Marques to use applied psychology to build personal resilience with five science-driven skills.

University of York: Introduction to Cognitive Psychology: An Experimental Science - FutureLearn

Learn how to use cognitive psychology experiments to explore how the mind works.

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The Open University – Investigating a Murder with Forensic Psychology - FutureLearn

Experience what it's like to be a detective in a murder investigation as you learn how psychology can help crack the case.

Manchester Metropolitan University – Mental Skills Training for Sport and Health - FutureLearn

Learn how techniques from sport psychology can be used to enhance your own sports performance or that of clients.

Additional courses can be found at www.futurelearn.com and www.mooc.org

3. Books

What We Fear Most – A psychiatrist's journey to the heart of madness – Dr. Ben Cave

Meet Dr Ben Cave. For over thirty years he has worked in prisons and secure hospitals diagnosing and treating some of the most troubled men and women in society. A lifetime of care takes us from delusional disorders to schizophrenia, steroid abuse to drug dependency, personality disorders to paedophilia, and depression so severe a mother can kill her own baby.

Genie: A Scientific Tragedy – Russ Rymer

A tragic tale of obsession, exploitation, and lost souls. And the questions Rymer poses about human experience and experiments on humans make the story both intellectually absorbing and emotionally disturbing. Genie is a wondrous feat of storytelling and investigative journalism, compulsively readable while forcing us to think hard about our own humanity.

The Psychopath Whisperer – Kent A. Kiehl

A compelling journey into the science and behaviour of psychopaths, written by the leading scientist in the field of criminal psychopathy. We know of psychopaths from chilling headlines and stories in the news and movies--from Ted Bundy and John Wayne Gacy, to Hannibal Lecter and Dexter Morgan. As Dr. Kent Kiehl shows, psychopaths can be identified by a checklist of symptoms that includes pathological lying; lack of empathy, guilt, and remorse; grandiose sense of self-worth; manipulation; and failure to accept one's actions. But why do psychopaths behave the way they do? Is it the result of their environment-- how they were raised--or is there a genetic component to their lack of conscience?

The Man Who Mistook His Wife For A Hat – Oliver Sacks

In this extraordinary book, Dr. Oliver Sacks recounts the stories of patients struggling to adapt to often bizarre worlds of neurological disorder. Here are people who can no longer recognize everyday objects or those they love; who are stricken with violent tics or shout involuntary obscenities, and yet are gifted with unusually acute artistic or mathematical talents. If sometimes beyond our surface comprehension, these brilliant tales illuminate what it means to be human.

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Elephants On Acid: From zombie kittens to tickling machines: the most outrageous experiments from the history of science – Alex Boese

'Excellent accounts of some of the most important and interesting experiments in biology and psychology' (Simon Singh) Boese explores: if left to their own devices, would babies instinctively choose a well-balanced diet? Discover the secret of how to sleep on planes. Which really tastes better in a blind tasting - Coke or Pepsi?

Happy: Finding joy in every day and letting go of perfect – Fearne Cotton

She's known for her fun and upbeat presenting style, but Fearne Cotton has also been bravely open about her struggle with depression during some darker points in her life. Fearne and her team of experts explain why perfect doesn't exist and teach us tools that can help us find the joy in every day. In our busy lives that are constantly fuelled by Instagram envy, bad dates and increasingly outrageous politicians, it's nice to go over the basics of simply being happy.

Memory in the Real World – Cohen and Conway

The controversy about the value of naturalistic research, as opposed to traditional laboratory methods, is outlined, and the two approaches are seen to have converged and become complementary rather than antagonistic. The editors bring together studies on many different topics, such as memory for plans and actions, for names and faces, for routes and maps, life experiences and flashbulb memory, and eyewitness memory. Emphasis is also given to the role of memory in consciousness and metacognition. New topics covered in this edition include life span development of memory, collaborative remembering, déjà-vu and memory dysfunction in the real world.

Thinking Fast and Slow – Daniel Kahneman

Why do we make the decisions we do? Nobel Prize winner Daniel Kahneman, 'the world's most influential living psychologist' (Steven Pinker) revolutionised our understanding of human behaviour with Thinking, Fast and Slow. Distilling his life's work, Kahneman shows how there are two ways we make choices: fast, intuitive thinking, and slow, rational thinking. He reveals how our minds are tripped up by error, bias and prejudice (even when we think we are being logical) and gives practical techniques that enable us all to improve our decision-making. This profound exploration of the marvels and limitations of the human mind has had a lasting impact on how we see ourselves.

Opening Skinner's Box: Great Psychological Experiments of the Twentieth Century

A century can be understood in many ways - in terms of its inventions, its crimes or its art. In Opening Skinner's Box, Lauren Slater sets out to investigate the twentieth century through a series of ten fascinating, witty and sometimes shocking accounts of its key psychological experiments. Starting with the founder of modern scientific experimentation, B.F. Skinner, Slater traces the evolution of the last hundred years' most pressing concerns - free will, authoritarianism, violence, conformity and morality. Previously buried in academic textbooks, these often-daring experiments are now seen in their full context and told as stories, rich in plot, wit and character.

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4. Films/Documentaries:

Eternal Sunshine of the Spotless Mind – Rating 15

When their relationship turns sour, a couple undergoes a medical procedure to have each other erased from their memories for ever.

One Flew Over the Cuckoo's Nest: based on the novel by Ken Kesey – Rating 15

Randle Patrick McMurphy (Jack Nicholson), a criminal who has been sentenced to a fairly short prison term, decides to have himself declared insane so he'll be transferred to a mental institution, where he expects to serve the rest of his term free of prison labor and in (comparative) comfort and luxury.

Memento – Rating 15

This is a film about a man who loses the ability to form new memories but needs to find a way to remember who killed his wife so he can exact revenge. This film is shot in a weird way as the order of the events are reversed in the film to resemble the confusion that the main character faces.

Fear of Rain – Netflix – Rating PG-13

A girl living with schizophrenia struggles with terrifying hallucinations as she begins to suspect her neighbour has kidnapped a child.

A Dangerous Method – Rating 15

David Cronenberg's film is set in 1904 where a Russian woman named Sabina Spielrein (Keira Knightley) arrives at Carl Jung's (Michael Fassbender) clinic, seeking treatment for hysteria. Jung is eager to test Sigmund Freud's (Viggo Mortensen) theories on Sabina and, in fact, successfully treats her.

The Brain with David Eagleman – Netflix – Rating PG

Neuroscientist David Eagleman hosts the fascinating 6-hour series examining how the brain shapes our realities. Blending scientific research with imaginative storytelling, the show illuminates the neural processes behind everything from synesthesia to facial recognition to dreamed memories.

5. Podcasts:

The Psych Files

The Psychology Podcast

All in the Mind (BBC)

The Hidden Brain

Personality Hacker

Psychology in 10 minutes

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