



# OPTIONS 2026 - PSYCHOLOGY



# What is Psychology?

Psychology is the study of how people think, feel, and behave.

It looks at how our **minds work** and what **influences our actions**, like emotions, memories, and relationships. In psychology, you'll explore why people act in certain ways, how they **make decisions**, and how they **interact with others**.

You'll also learn about mental health, brain functions, and how to understand human behaviour in different situations.

**It's all about discovering what makes us who we are!**

## Some examples of what Psychology lessons look at:

- How do animals communicate with each other and how does this differ from humans?
- Why do we obey some people more than others?
- What stages of development do babies go through?
- How do researchers conduct experiments, what are the different types of experiments?

# **Expectations for students choosing Psychology:**

- At the start of your Psychology adventure, we expect you to have....A good grasp of **mathematical knowledge (5% of the course)**
- An enthusiasm for the study of human biology and the scientific method.
- A readiness to argue from different perspectives.
- A willingness to participate in discussions and debate.
- The confidence to take risks and answer questions.
- A strong work ethic.

Expectations  
Grade 5 in  
Religious  
Studies  
Grade 5 in  
English

**Exam board – AQA****Specification - 8182**

Exam units	Revision areas
Paper 1 – Cognition and behaviour (1 hour 45)	Memory Perception Development Research methods
Paper 2 – Social context and behaviour (1 hour 45)	Social influence Language, thought and communication Brain and neuropsychology Psychological problems

# Exam format:



- The course is split into two units each worth 50% of the total grade – one studied in Year 10 and one in Year 11. It is all exam based.
- **Unit 1** – Assessed by a 1 hour 45 minutes examination worth 100 marks
- **Unit 2** – Assessed by a 1 hour 45 minutes examination worth 100 marks

## Questions

- Section A: multiple choice, short answer and extended writing (25 marks)
- Section B: multiple choice, short answer and extended writing (25 marks)
- Section C: multiple choice, short answer and extended writing (25 marks)
- Section D: multiple choice, short answer and extended writing (25 marks)

# What skills are you likely to develop?

1. Critical analysis
2. Research skills
3. Problem solving
4. Communication skills



# Career paths:

1. Clinical Psychologist
2. Counselling Psychologist
3. Educational Psychologist
4. Forensic Psychologist
5. Occupational Psychologist
6. Teaching
7. Sport Psychology

