

Year 12 Long Term Scheme of Learning 2025-26

Subject: Psychology

HELSBY

High School



Date	Exams/ Assess	Teacher A 5 hours per fortnight Roughly 20 lessons	Teacher B 4 hours per fortnight Roughly 16 lessons
1/9/25		Approaches - Learning approaches: i) the behaviourist approach, including classical conditioning and Pavlov's research, operant conditioning, types of reinforcement and Skinner's research; - Learning approaches ii) social learning theory including imitation, identification, vicarious reinforcement, the role of mediational processes and Bandura's research. - The cognitive approach: the study of internal mental processes, the role of schema, the use of models to explain and make inferences about mental processes - The psychodynamic approach: the role of the unconscious, the structure of personality that is Id, Ego and Superego, defence mechanisms including repression, denial and displacement, psychosexual stages. - Humanistic Psychology: free will, self-actualisation and Maslow's hierarchy of needs, congruence, the role of conditions of worth AS Biopsychology - The divisions of the nervous system: central and peripheral (somatic and autonomic). - The structure and function of sensory, relay and motor neurons. - The process of synaptic transmission, including reference to neurotransmitters, excitation and inhibition. Finish approaches - The biological approach: the genetic basis of behaviour: genotype, phenotype and evolution. Influence of biological structures and neurochemistry on behaviour. Cognitive neuroscience. - Comparing the approaches CORE TASK: PAST PAPER QUESTIONS	Social Influence - Types of conformity: internalisation and compliance. - Explanations for conformity: informational social influence and normative social influence - Variables affecting conformity including group size, unanimity and task difficulty as investigated by Asch. - Situational variables affecting obedience including proximity and location (as investigated by Milgram) and uniform. - Explanations for obedience: agentic state and legitimacy of Authority - Dispositional explanation for obedience: the Authoritarian Personality - Explanations of resistance to social influence, including social support and locus of control. - Minority influence including reference to consistency, commitment and flexibility. CORE TASK: PAST PAPER QUESTIONS
8/9/25			
15/9/25			
22/9/25			
29/9/25			
6/10/25			
13/10/25			
20/10/25			
October half term holiday			
3/11/25		Revision	Revision
10/11/25		Revision	Revision
17/11/25		Assessment window 1 (Approaches and Social Influence)	
24/11/25			
1/12/25		Roughly 5 lessons Research methods - Features of science - Aims, hypotheses, variables, pilot studies - Experimental methods	Roughly 4 lessons Memory The multi-store model of memory: sensory register, short-term memory and long-term memory. Features of each store: coding, capacity and duration.
8/12/25		Work experience week	
15/12/25		Research methods (continued) Control: random allocation and counterbalancing, randomisation, standardisation and control groups.	Memory (continued) Introduction to the working memory model
Christmas holidays			
5/1/26		Roughly 15 lessons Research methods (continued) - Non-experimental methods - Sampling methods - Ethics - Types of data - Descriptive statistics - Introduction to probability and significance - Introduction to inferential statistics - Type 1 and Type 2 errors - Graphs, including distribution graphs - Content analysis - Reporting and peer review - Paradigm shifts - Psychology and the economy CORE TASK: PAST PAPER QUESTIONS	Roughly 12 lessons Memory (continued) - The working memory model: central executive, phonological loop, visuo-spatial sketchpad and episodic buffer. Features of the model: coding and capacity - Explanations for forgetting proactive and retroactive interference and retrieval failure due to absence of cues. - Factors affecting the accuracy of eyewitness testimony: leading questions and post-event discussion; anxiety. - The use of the cognitive interview CORE TASK: Mini Mock Exam
12/1/26			
19/1/26			
26/1/26			
2/2/26			
9/2/26			

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February half term		
23/2/26		Roughly 15 lessons Clinical Psychology and Mental Health - Definitions in the field of mental health: deviation from ideal mental health, deviation from social/ cultural norms, failure to function adequately and statistical infrequency - The characteristics of phobias - The behavioural approach to explaining phobias: the two-process model, including classical and operant conditioning - The behavioural approach to treating phobias: systematic desensitisation, including relaxation and use of hierarchy; flooding - The characteristics of depression - The cognitive approach to explaining depression: Beck's negative triad and Ellis's ABC model; Try to squeeze in the rest of CP&MH for those doing AS EXAMS CORE TASK: Mini Mock Exam
2/3/26		
9/3/26		
16/3/26		
23/3/26		
30/3/26		Roughly 12 lessons Attachment - Animal studies of attachment: Lorenz and Harlow. - Explanations of attachment: learning theory - Explanations of attachment; Bowlby's monotropic theory. The concepts of a critical period and an internal working model. - Ainsworth's 'Strange Situation.' Types of attachment: secure, insecure-avoidant and insecure-resistant. - Cultural variations in attachment, including van Ijzendoorn. - Bowlby's theory of maternal deprivation. Try to squeeze in the rest of attachment for those doing AS EXAMS CORE TASK: PAST PAPER QUESTIONS
Easter holidays		
20/4/26		ASSESSMENT WINDOW 2 Memory, attachment, CP&MH, Research Methods
27/4/26		
4/5/26		Roughly 7 lessons Clinical Psychology and Mental Health (continued) - The cognitive approach to treating depression: cognitive behaviour therapy (CBT), including challenging irrational thoughts. - The characteristics of OCD - The biological approach to explaining OCD: genetic and neural explanations; - The biological approach to treating OCD; drug therapy
11/5/26		
18/5/26		
18/5/26		Roughly 6 lessons Attachment (continued) - Effects of institutionalisation, including the English and Romanian Adoptees project. - The influence of early attachment on childhood and adult relationships, including the role of an internal working model.
May half term		
1/6/26		Roughly 15 lessons Issues and debates - Gender bias including androcentrism and alpha and beta bias - Cultural bias, including ethnocentrism and cultural relativism. - Free will and determinism: hard determinism and soft determinism; biological, environmental and psychic determinism. The scientific emphasis on causal explanations. - The nature-nurture debate: the relative importance of heredity and environment in determining behaviour; the interactionist approach. CORE TASK: Mini Mock Exam
8/6/26		
15/6/26		
22/6/26		
29/6/26		
6/7/26		Roughly 12 lessons Relationships - Factors affecting attraction in romantic relationships: self-disclosure; physical attractiveness, including the matching hypothesis; filter theory, including social demography, similarity in attitudes and complementarity. - Theories of romantic relationships: social exchange theory, equity theory and Rusbult's investment model of commitment, satisfaction, comparison with alternatives and investment. CORE TASK: Mini Mock Exam
13/7/26		Futures week