SAMPLE COURSE OUTLINE **PSYCHOLOGY** ATAR YEAR 12

Acknowledgement of Country

Kaya. The School Curriculum and Standards Authority (the Authority) acknowledges that our offices are on Whadjuk Noongar boodjar and that we deliver our services on the country of many traditional custodians and language groups throughout Western Australia. The Authority acknowledges the traditional custodians throughout Western Australia and their continuing connection to land, waters and community. We offer our respect to Elders past and present.

Copyright

© School Curriculum and Standards Authority, 2022

This document – apart from any third party copyright material contained in it – may be freely copied, or communicated on an intranet, for non-commercial purposes in educational institutions, provided that the School Curriculum and Standards Authority is acknowledged as the copyright owner, and that the Authority's moral rights are not infringed.

Copying or communication for any other purpose can be done only within the terms of the *Copyright Act 1968* or with prior written permission of the School Curriculum and Standards Authority. Copying or communication of any third party copyright material can be done only within the terms of the *Copyright Act 1968* or with permission of the copyright owners.

Any content in this document that has been derived from the Australian Curriculum may be used under the terms of the Creative Commons <u>Attribution 4.0 International (CC BY)</u> licence.

Disclaimer

Any resources such as texts, websites and so on that may be referred to in this document are provided as examples of resources that teachers can use to support their learning programs. Their inclusion does not imply that they are mandatory or that they are the only resources relevant to the course

Sample course outline

Psychology – ATAR Year 12

Semester 1 - Unit 3 - Memory and learning

This unit includes the knowledge, understandings and skills described below. This is the examinable content.

For named theorists in this unit (Bandura), students should demonstrate an understanding of:

- the specified characteristics and features of their theory
- the strengths and limitations of their theory
- the application of their theory to a real-world context.

For designated studies in this unit (Craik and Tulving, 1975; Pavlov, 1902; Waston and Rayner, 1920; Thorndike, 1898; Skinner, 1948; Bandura, Ross and Ross, 1961), students should demonstrate an understanding of:

- the aim of the study
- the method used in the study
- the key findings of the study
- the contribution of the study to psychology
- criticisms/limitations of the study (e.g. findings, methods or ethics).

The purpose of including studies is to explicitly link the process of Science inquiry to the development of psychological theory. Students are not expected to read or memorise published studies written for post-graduate publications. Age-appropriate sources and teacher instruction ensure that the key information listed for studies is provided.

Science inquiry and psychological knowledge and understanding are intrinsically linked. Science inquiry skills are common to both Unit 3 and Unit 4 and are incorporated into all learning and assessment activities.

Week	Key teaching points
1–2	Science inquiry Ethical guidelines and practices for psychological research the role of ethics/ethical guidelines in psychological research role of ethics committee approval and monitoring of conduct for all psychological research understand and apply ethical guidelines and practices related to human participants protection from harm (physical and psychological) informed consent withdrawal rights deception confidentiality privacy voluntary participation debriefing Communicating use appropriate psychological terminology

Week	Key teaching points
	 acknowledge sources of information using appropriate referencing Memory sensation and perception processes of sensation – reception, transduction, transmission processes of perception – selection, organisation and interpretation the role of attention in memory selective and divided attention as seen in the Cocktail party effect (Cherry, 1953)
	 Memory models for explaining memory processes of memory – encoding, storage, retrieval features of the multi-store model of memory (Atkinson and Shiffrin, 1968) sensory register: duration, capacity, encoding short term memory: duration, capacity, encoding long-term memory: duration, capacity, encoding procedural, declarative – semantic and episodic memory features of the working memory model (Baddeley and Hitch, 1974; Baddeley, 2000) central executive, phonological loop, visuospatial sketchpad, episodic buffer
	Science inquiry
2–4	Formulating research identify the aim/s of the research develop a research question based on the aim/s identify variables (independent, dependent, control, extraneous) construct/formulate a hypothesis and/or inquiry question directional and non-directional hypothesis (quantitative) inquiry questions (qualitative) Methodology variables independent dependent control extraneous – participant, environment, researcher confounding Data collection types of data qualitative data quantitative data Processing and analysing data construct and interpret data displays graphs – scatterplot, bar, column, line, histogram tables – summary, frequency
	 calculate and interpret the mean and median as measures of central tendency Drawing conclusions evidence-based conclusions consistent with psychological evidence and relevant to the research question
5–6	 Memory memory formation structures of the brain the role of the hippocampus in the formation and storage of memory

Week	Key teaching points
	 Henry Molaison – case study the role of the cerebellum in the formation and storage of implicit memories the role of the amygdala in the formation of memories Methodology
	 selection of participants identification of sample and population methods to sample participants – application, method, strengths and limitations convenience sampling snowballing random sampling
	 stratified sampling allocation of participants – application, method, strengths and limitations random allocation
	Task 1: Response (Test) – Memory and Science inquiry
6–7	 Process of forgetting and remembering forgetting types of forgetting retrieval failure interference – proactive and retroactive motivated forgetting decay theory remembering the role of recall (free, serial and cued), recognition and re-learning in memory levels of processing model of memory (Craik and Lockhart, 1972) shallow (structural, phonemic) and deep (semantic, elaboration) processing study: Depth of processing and the retention of words in episodic memory (Craik and Tulving, 1975)
	Science inquiry
	 Methodology sources and effects of extraneous variables and confounding variables experimenter effect demand characteristics minimise the effects of extraneous and confounding variables random allocation of participants single-blind procedures standardisation of procedures and instructions

Week	Key teaching points
8–9	Memory
10	Learning ■ theories of learning ■ classical conditioning ○ neutral stimulus, unconditioned stimulus, unconditioned response, conditioned stimulus, conditioned response ○ stimulus generalisation, discrimination, extinction and spontaneous recovery ○ study: Pavlov's dogs (Pavlov, 1902) ○ study: 'Little Albert' experiment (Watson and Rayner, 1920) ■ application and evaluation of learning theories in behaviour modification ○ systematic desensitisation as a treatment for phobias
11–12	Learning theories of learning operant conditioning three phase model – antecedent, behaviour, consequence reinforcement role of reinforcers – positive and negative punishment role of punishers – positive and negative schedules of reinforcement – fixed, variable, interval and ratio study: Law of effect (Thorndike, 1898)

Week	Key teaching points
	 study: Skinner box (Skinner, 1948) application and evaluation of learning theories in behaviour modification token economies
	Science inquiry
	Ethical guidelines and practices for psychological research use of animals in research replacement, reduction, refinement Data collection methods of data collection – application, strengths and limitations qualitative interviews – focus group and individual; structured, semi-structured open-ended survey quantitative objective physiological measures – heart rate, breathing rate, galvanic skin response (GSR) subjective measures – checklists and rating scales, such as Likert scales mixed methods – data collection may be a combination of qualitative and quantitative data differences between subjective and objective data
13–14	 Learning theories of learning social learning theory − Bandura (1977) process of observational learning − attention, retention, reproduction, motivation, reinforcement modelling − vicarious reinforcement study: 'Bobo doll' experiment (Bandura, Ross and Ross, 1961) Science inquiry Methodology types of research designs − application, method, strengths and limitations experimental (control and experimental group) and non-experimental observational Task 3: Response (Test) − Learning and Science inquiry
15	Unit 3 Revision
16	Task 4: Semester 1 examination – Unit 3 content (3 hours)

Semester 2 - Unit 4 - Psychology motivation, wellbeing and health

This unit includes the knowledge, understandings and skills described below. This is the examinable content.

For named theorists in this unit (Deci and Ryan, Maslow), students should demonstrate an understanding of:

- the specific characteristics and features of their theory
- the strengths and limitations of their theory
- the application of their theory to a real-world context.

For designated studies in this unit (He et al., 2020), students should demonstrate an understanding of:

- the aim of the study
- the method used in the study
- the key findings of the study
- the contribution of the study to psychology
- criticisms/limitations of the study (e.g. findings, methods or ethics).

The purpose of including studies is to explicitly link the process of Science inquiry to the development of psychological theory. Students are not expected to read or memorise published studies written for post-graduate publications. Age-appropriate sources and teacher instruction ensure that the key information listed for studies is provided.

Science inquiry and psychological knowledge and understanding are intrinsically linked. Science inquiry skills are common to both Unit 3 and Unit 4 and are incorporated into all learning and assessment activities.

Week	Key teaching points
1–2	 Motivation and wellbeing sources of motivation – physiological, cognitions, emotions, social self-determination theory – Deci and Ryan (1985) amotivation, extrinsic and intrinsic motivation psychological needs for motivation – autonomy, competence, relatedness hierarchy of needs – Maslow (1954, 1970) levels of motivation based on deficiency and growth needs (1954) deficiency needs – physiological, safety, love and belongingness, esteem growth needs – self-actualisation expanded hierarchy of needs (1970) – cognitive, aesthetic and transcendence needs concept of self-actualisation characteristics of a self-actualised person
	Science inquiry
	 Ethical guidelines and practices for psychological research the role of ethics/ethical guidelines in psychological research role of ethics committee approval and monitoring of conduct for all psychological research understand and apply ethical guidelines and practices related to human participants protection from harm (physical and psychological) informed consent withdrawal rights

Week	Key teaching points
	 deception confidentiality privacy voluntary participation debriefing use of animals in research replacement, reduction, refinement Communicating use appropriate psychological terminology acknowledge sources of information using appropriate referencing
	Motivation and wellbeing ■ models of wellbeing — model of subjective wellbeing — Diener (1984) ○ key components — life satisfaction, affective balance ■ psychological wellbeing— six factor model of wellbeing — Ryff (1989) ○ autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, self-acceptance
	Science inquiry
3–5	Formulating research identify the aim/s of the research develop a research question based on the aim/s identify variables (independent, dependent, control, extraneous) construct/formulate a hypothesis or inquiry question directional and non-directional hypothesis (quantitative) inquiry questions (qualitative) Methodology selection of participants identification of sample and population methods to sample participants – application, method, strengths and limitations convenience sampling
	 snowballing random sampling stratified sampling allocation of participants – application, method, strengths and limitations random allocation sources and effects of extraneous variables and confounding variables experimenter effect demand characteristics minimise the effects of extraneous and confounding variables random allocation of participants single-blind procedures standardisation of procedures and instructions
	 bata collection types of data qualitative data quantitative data methods of data collection – application, strengths and limitations qualitative interviews – focus group and individual; structured, semi-structured open-ended survey

Week	Key teaching points
	Task 5 – Response (Test) – Motivation and wellbeing and Science inquiry
6–7	Applications of psychology to health stress as defined by Selye (1936) types of stress – distress and eustress (Selye, 1983) stressors types of stressors – environmental, psychological, social, cultural characteristics of stressors – nature, duration, strength models of stress stress as a response – General Adaptation Syndrome (GAS) model (Selye, 1936, 1983) physiological response to stress – heart rate, breathing rate stages – alarm, resistance, exhaustion Science inquiry Data collection methods of data collection – application, strengths and limitations quantitative objective physiological measures – heart rate, breathing rate, galvanic skin response (GSR) subjective measures – checklists and rating scales, such as Likert scales
	 mixed methods – data collection may be a combination of qualitative and quantitative data differences between subjective and objective data
8–9	Applications of psychology to health models of stress stress as a stimulus application of the Social Readjustment Scale (Holmes and Rahe, 1967) to assess the impact of stressors on individual health and wellbeing stress as a transaction – Transactional Theory of Stress and Coping (Lazarus and Folkman, 1984) interaction between individual and environment role of cognitive appraisal – primary and secondary appraisal methods of coping – problem-focused, emotion-focused health related consequences of stress – maladaptive and adaptive coping strategies Task 6 – Response (Extended response) – Applications of psychology to health and Science inquiry
10	Applications of psychology to health • purpose of sleep – evolutionary and restorative • sleep—wake cycle • four stages of non-rapid eye movement (NREM) and rapid eye movement (REM) • characteristics – sleep state, heart rate, eye movement, muscle tension • length and repetition of the sleep cycle
11–12	Applications of psychology to health ■ sleep deprivation ■ causes of sleep deprivation – shift work, drugs, sleep environment, stressors ■ psychological and physiological effects of partial and chronic sleep deprivation ○ partial sleep deprivation – mood, attention, reflex speed, vision ○ chronic sleep deprivation – heart disease, obesity, insomnia, anxiety

Week	Key teaching points
	Science inquiry
	 Methodology types of research designs – application, method, strengths and limitations experimental (control and experimental group) and non-experimental observational case study correlational longitudinal cross-sectional variables independent dependent control extraneous – participant, environment, researcher confounding Commence Task 7: Science inquiry (practical) – Application of psychology to health – Sleep
	hygiene
	 Applications of psychology to health techniques to improve sleep hygiene – management of electronic devices, consistent sleep patterns, creation of a healthy sleep environment study: Effect of restricting bedtime mobile phone use on sleep, arousal, mood and working memory (He et al., 2020)
	Science inquiry
13–14	 Processing and analysing data construct and interpret data displays graphs – scatterplot, bar, column, line, histogram tables – summary, frequency calculate and interpret the mean and median as measures of central tendency interpret Pearson's correlation coefficient as a measure of strength and direction of linear relationships Praying conclusions
	 Prawing conclusions evidence-based conclusions consistent with psychological evidence and relevance to the research question Evaluation of research application and use of the concept of validity as a measure of evaluating research application and use of the concept of reliability as a measure of evaluating research generalisability of sample to the population suggest relevant improvements to address limitations of research ethical implications critical evaluation of information from a range of scientific sources
	Submit Task 7: Science inquiry (practical) – Application of psychology to health – Sleep hygiene
15	Unit 3 and Unit 4 Revision
16	Task 8: Semester 2 examination – Unit 3 and Unit 4 content (3 hours)