

BTEC Applied Psychology

Preparatory Work 2026

Welcome! In this summer work pack, you have 5 short tasks that will get you thinking about how we use Psychology in everyday life – in other words how we ‘apply’ the knowledge we gain from psychology. This will help you build key skills needed for the BTEC Applied Psychology course, including research, critical thinking, and evaluation, as well as give you a taste of what the course will cover. Bring completed work to your first lesson in September – we will be using these points at the start of the course, so come prepared!

Task 1: What is Psychology?

Create an A4 information sheet or poster showing:

- What is psychology?
- What do psychologists study?
- Describe briefly the 4 approaches: Behaviourist, Cognitive, Biological, Social. Include key assumptions and at least 2 real-life examples of behaviour in that approach.

Task 2: Research Behaviourist Learning Theories

Research: Find out what theories the following three psychologists discovered.

- B.F. Skinner (Operant Conditioning)
- Ivan Pavlov (Classical Conditioning)
- Albert Bandura (Social Learning Theory)

Write about a page on each covering:

- Aims
- Methods
- Key concepts
- Findings

Then evaluate which theory is most useful and why.

Task 3: Psychology in Everyday Life

Find one real-world example of how psychology may be used in everyday life. For example is psychology used in advertising things such as clothes or trainers? What about social media or AI? How do you think Banners and Posters around town work? Are they effective?

Write two or three paragraphs explaining how you think psychology is used and whether or not it is effective.

Task 4: Ethical Thinking

What are ethics? Can you find a definition? Then can you describe...

- Why are ethics important?
 - What happens if psychologists ignore them?
 - Can you find one example of an unethical psychological study?
- (200–300 words)

Task 5: Mini Investigation Design

Think about how music might affect us in our everyday life – does it help or hinder our progress for example in studying, or exercising? Does it help calm or excite tourists in theme parks? Does it help in calming busy train stations?

Think of how Music works in your life and what you want to know more about – for example maybe you want to know exactly HOW it helps? Does it matter what type of music we might listen to? Does it change our mood?

Write down some ideas about how you might go about finding out if music really can help or hinder us. Look to see if you can find other experiments by searching the internet, and make a list of anything you find that is useful.

Finally make brief notes about how you might carry out your own investigation. Include:

- Aim
- Hypothesis
- Method
- Variables (IV, DV, controls)

You do not need to carry it out – just create a plan.

Deadline

First Lesson!