# GCSE OCR Psychology: Paper 1 Notes

# 1. Introduction to Psychology

### 1.1 Definition of Psychology

Psychology: The scientific study of the mind and behaviour.

### 1.2 Approaches in Psychology

- Biological Approach: Examines how biological factors influence behaviour.
- Cognitive Approach: Studies mental processes like perception, memory, and problem-solving.
- Social Approach: Focuses on how individuals interact with and are influenced by others.

# 2. Developmental Psychology

### 2.1 Key Concepts

- Development: Changes in behaviour and abilities over the lifespan.
- Nature vs. Nurture: Debate on whether genetics (nature) or environment (nurture) has more influence on development.

### 2.2 Piaget's Theory of Cognitive Development

- Stages:
  - Sensorimotor (0-2 years): Learning through sensory experiences and movement.
  - Preoperational (2-7 years): Development of language and symbolic thinking, but thinking is still egocentric.
  - Concrete Operational (7-11 years): Logical thinking about concrete events.
  - Formal Operational (11+ years): Abstract and logical thinking develops.

### 2.3 Vygotsky's Sociocultural Theory

- Zone of Proximal Development (ZPD): The range of tasks that a child can perform with the help of a more knowledgeable other.
- Scaffolding: Support given to a child that is gradually removed as they become
  more competent.

### 3. Social Influence

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**Sarah Byrne** 

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