
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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Rachel Sandford



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