

Psychology transition activities

Here are some ideas of things you could do before you start your psychology course:

Watch some psychology [Ted Talks](#). My favourite talks are by Philip Zimbardo, Jim Fallon, Steven Pinker, and VS Ramachandran

Read brief summaries of current research with the [BPS Research Digest](#) (you can also register for email updates of the latest research)

Take part in some real-life psychology research online with the [University of Plymouth](#) or a variety of worldwide institutions [across the internet](#). Be sure to read the consent information carefully, and know that you can stop at any time.

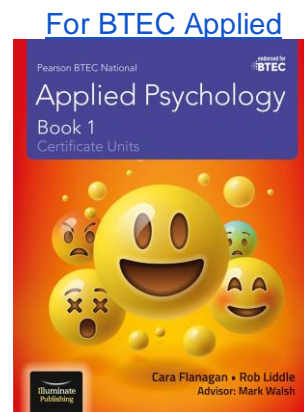
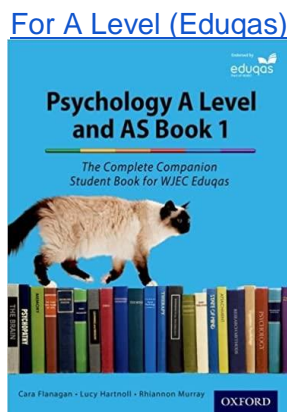
Read up on some of the psychologists we will be learning about on the course.

- Stanley Milgram
- Elizabeth Loftus
- Sigmund Freud
- Martin Seligman
- John Bowlby
- Aaron Beck
- Adrian Raine
- Lawrence Kohlberg

Watch some films with psychological themes:

- Good Will Hunting - Reactive Attachment Disorder and psychotherapy
- A Beautiful Mind - Schizophrenia
- Memento - Memory
- One Flew Over the Cuckoo's Nest - Psychological treatments
- Inside Out - Emotions
- Happy - Positive psychology
- The Soloist - Schizophrenia

Textbooks



Please email Nikki Owen if you have any questions: nowen@stvincent.ac.uk

I look forward to meeting you in September!