

**GCSE (9–1)**  
*Teacher Guide*

# PSYCHOLOGY

J203  
For first teaching in 2017

## Key Terms

Version 2



# GCSE (9–1) PSYCHOLOGY

## Introduction

This resource is to be used as a guide to help provide teachers and students with an understanding of the key terms/vocab used within GCSE (9-1) Psychology.

Criminal Psychology	Page 3
Development	Page 4
Psychological Problems	Page 5
Social Influence	Page 6
Memory	Page 7
Sleeping and Dreaming	Page 8
Brain and Neuropsychology	Page 9
Research Methods	Page 11
Debates	Page 18

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## DISCLAIMER

This resource was designed using the most up to date information from the specification at the time it was published. Specifications are updated over time, which means there may be contradictions between the resource and the specification, therefore please use the information on the latest specification at all times. If you do notice a discrepancy please contact us on the following email address: [resources.feedback@ocr.org.uk](mailto:resources.feedback@ocr.org.uk)

## Criminal psychology

Key term	Definition
<b>Delinquency</b>	A legal or moral misdeed or act.
<b>Deterrent</b>	Preventing or controlling actions or behaviour through fear of punishment or justice.
<b>Extraversion</b>	One of the three personality traits identified by Eysenck. Extraversion is characterised by sociability, talkativeness, assertiveness and excitability.
<b>Internalisation</b>	Involves the addition of attitudes, values, standards and the opinions of others into one's own identity or sense of self.
<b>Neuroticism</b>	One of the three personality traits identified by Eysenck. Neuroticism is usually categorised as someone who has below average emotional control, will power and capacity to exert self.
<b>Psychoticism</b>	One of the three personality traits identified by Eysenck. Psychoticism usually categorises a personality pattern typified by aggressiveness and interpersonal hostility.
<b>Punishment</b>	Any change in a human or animal's surroundings that occurs after a given behaviour or response which reduces the likelihood of that behaviour reoccurring.
<b>Reinforcement</b>	A stimulus which strengthens or increases the likelihood of a specific response.
<b>Rewards</b>	An objective way to describe the positive value that an individual attributes to an object, behavioural act or an internal physical state.
<b>Role model</b>	A person whose behaviour, example, or success is or can be imitated by others.
<b>Self-Esteem</b>	Reflects a person's overall subjective emotional evaluation of his or her own worth.
<b>Socialisation</b>	Process by which children and adults learn from others.

## Development

Key term	Definition
<b>Animism</b>	The belief that objects that are inanimate (not living) have feelings, thoughts, and have the mental characteristics and qualities of living things.
<b>Conservation</b>	A logical thinking ability.
<b>Fixed Mindsets</b>	People believe their basic qualities, like their intelligence or talent, are simply fixed traits.
<b>Growth Mindsets</b>	People believe that their most basic abilities can be developed through dedication and hard work.
<b>Intelligence</b>	The capacity to acquire and apply knowledge.
<b>Object permanence</b>	The understanding that objects continue to exist even when they cannot be observed.

## Psychological problems

Key term	Definition
<b>Anti-depressants</b>	These substances are used to influence brain chemistry and the most common classes of these are selective serotonin reuptake inhibitors (SSRIs), serotonin–norepinephrine reuptake inhibitors (SNRIs), tricyclic antidepressants (TCAs) and monoamine oxidase inhibitors (MAOIs).
<b>Anti-psychotics</b>	Also known as neuroleptics or major tranquilizers are a class of medication primarily used to manage psychosis.
<b>Clinical Depression</b>	Also known as major depression or major depressive disorder. To be diagnosed with clinical depression an individual must meet the criteria in the DSM or the ICD ( <i>please see the ICD and DSM for the different criteria</i> ).
<b>Diagnostic Statistical Manual of Diseases (DSM)</b>	Published by the American Psychiatric Association (APA), offers a common language and standard criteria for the classification of mental disorders.
<b>Discrimination</b>	From a behaviourist perspective - the individual responding to certain stimuli but not to those that are similar. In the context of mental health, it refers to when someone is treated unfairly because of their mental health.
<b>International Classification of Diseases (ICD)</b>	The International Statistical Classification of Diseases and Related Health Problems, referred more commonly as International Classification of Diseases (ICD), is the international "standard diagnostic tool for epidemiology, health management and clinical purposes".
<b>Mental Health</b>	Defined by the WHO ' <i>as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.</i> '
<b>Psychotherapy</b>	A term used to describe the process of treating psychological disorders and mental distress by the use of verbal and psychological techniques.
<b>Schizophrenia</b>	Schizophrenia is a severe mental disorder, characterised by profound disruptions in thinking, affecting language, perception, and the sense of self ( <i>please see the ICD and DSM for the different classifications</i> ).
<b>Stigma</b>	Negative attitudes create prejudice which leads to negative actions and discrimination.
<b>World Health Organisation (WHO)</b>	A governmental agency that work side by side with multiple governments and other partners to ensure the highest attainable level of health for all people.

## Social Influence

Key term	Definition
<b>Anti-social behaviour</b>	Are disruptive acts characterised by hostility and intentional aggression toward others.
<b>Authority</b>	The ability or right to give orders, make decisions, and enforce obedience (and other behaviours).
<b>Dispositional Factors</b>	Individual characteristics that influence behaviour and actions in a person like personality traits, temperament, and genetics.
<b>Locus of control</b>	The extent to which people believe they have power over events in their lives.
<b>Majority influence</b>	The behaviour of a large number of people affects the behaviour of a smaller group of people.
<b>Minority influence</b>	When a small number of people affect a larger number.
<b>Obedience</b>	Compliance with commands given by an authority figure.
<b>Pro-social behaviour</b>	Any action intended to help others.
<b>Situational factors</b>	Influences that do not occur from within the individual but from elsewhere like the environment and others.
<b>Social influence</b>	The term used to describe how the behaviour of one person affects the behaviour of another.

## Memory

Key term	Definition
<b>Anterograde Amnesia</b>	Loss of the ability to create new memories.
<b>Autobiographical memory</b>	A memory system consisting of episodes recollected from an individual's life, based on a combination of episodic (personal experiences and specific objects, people and events experienced at particular time and place) and semantic (general knowledge and facts about the world) memory.
<b>Cues</b>	Internal or external events which have a signalling significance to an organism which subsequently affects learning and behaviour.
<b>Forgetting</b>	The apparent loss or modification of information already encoded and stored in an individual's long term memory.
<b>Interference</b>	Occurs in learning when there is an interaction between the new material and transfer effects of past learned behaviour, memories or thoughts that affect the understanding the new material.
<b>Long-term memory</b>	Informative knowledge can be stored for long periods of time.
<b>Procedural memory</b>	Part of the long-term memory that is responsible for knowing how to do things, also known as motor skills.
<b>Retrieval cues</b>	Stimuli that are used to bring a memory to consciousness or into behaviour.
<b>Retrograde Amnesia</b>	A loss of memory-access to events that occurred, or information that was learned, before an injury or the onset of a disease.
<b>Schemas</b>	A cognitive framework or concept that helps organise and interpret information. Schemas can allow individuals to take shortcuts in interpreting the vast amount of information that is available in their environment.
<b>Short-term memory</b>	The part of the memory system where information is stored for roughly 30 seconds.
<b>Working memory</b>	A system for temporarily storing and managing the information required to carry out complex cognitive tasks such as learning, reasoning, and comprehension.

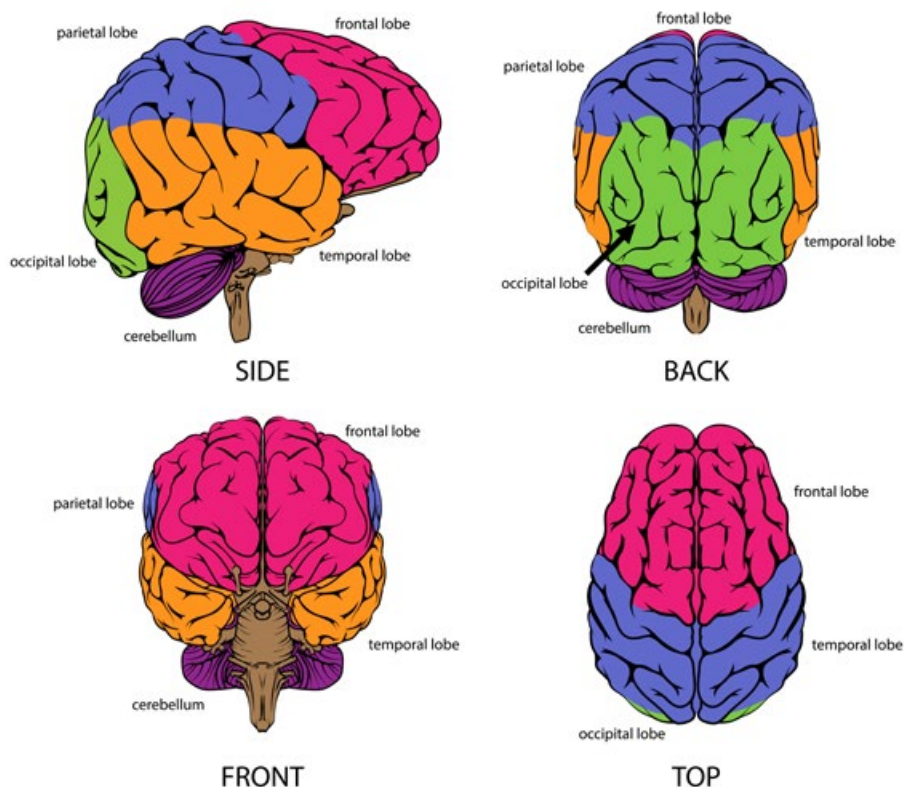
## Sleeping and dreaming

Key term	Definition
<b>Dreaming</b>	A dream is a succession of images, ideas, emotions, and sensations that usually occurs involuntarily in the mind during certain stages of sleep. Dreaming usually occurs during REM sleep.
<b>Endogenous Pacemakers</b>	Internal 'biological clocks' that measure human rhythms.
<b>Exogenous zeitgebers</b>	External cues that help to keep an individual's rhythms adjusted with the changing external environment.
<b>Fantasies</b>	An imaginary thought or image, or a set of images, that provides a pleasurable experience for an individual.
<b>Infantile Neurosis</b>	A psychogenic mental disorder which manifests expresses psychic conflict that has been symbolically noted in the subjects early childhood.
<b>Insomnia</b>	Habitual sleeplessness; inability to sleep.
<b>Primal scene</b>	Phrase used within psychoanalysis which to define when a child witnesses a sexual act, usually between the parents, that traumatises the psychosexual development of the child.
<b>Psychoanalysis</b>	Psychiatric therapy originated by Sigmund Freud in which free association, dream interpretation, and analysis of resistance and transference are used to explore repressed or unconscious impulses, anxieties, and internal conflicts.
<b>Psychosexual development</b>	Freud proposed that a child's psychological development had a series of fixed phases. Stages of development include Oral stage, Anal stage, Phallic stage, Latent stage and Genital stage.
<b>Rapid Eye Movement (REM)</b>	An erratic motion of a person's eyes occurring in REM sleep.
<b>REM Sleep</b>	A form of sleep that occurs at intervals during the night and is characterised by rapid eye movements.
<b>Sleep disorders</b>	Changes in the way an individual sleeps.



## Brain and neuropsychology

The content of brain and neuropsychology has been embedded throughout the GCSE (9-1) Psychology qualification and can be assessed as either part of that topic, or as an isolated question within the given section.



### Brain Structure

Key term	Definition
<b>Frontal lobe</b>	Each of the paired lobes of the brain lying immediately behind the forehead, including areas concerned with behaviour, learning, personality, and voluntary movement.
<b>Pre-frontal cortex</b>	The grey matter of the anterior part of the frontal lobe that is highly developed in humans and plays a role in the regulation of complex cognitive, emotional, and behavioural functioning.
<b>Dorsolateral Frontal lobe</b>	One of the most recently evolved parts of the human brain that undergoes an extremely prolonged period of maturation that lasts until adulthood.
<b>Cerebral cortex</b>	The outer layer of the brain, composed of folded grey matter and playing an important role in consciousness.
<b>Temporal lobe</b>	Each of the paired lobes of the brain lying beneath the temples, including areas concerned with the understanding of speech.
<b>Amygdala</b>	A roughly almond-shaped mass of grey matter inside each cerebral hemisphere, involved with the experiencing of emotions.
<b>Hypothalamus</b>	Coordinates both the autonomic nervous system and the activity of the pituitary, controlling body temperature, thirst, hunger, and other homeostatic systems, and involved in sleep and emotional activity.
<b>Hippocampus</b>	The elongated ridges on the floor of each lateral ventricle of the brain, thought to be the centre of emotion, memory, and the autonomic nervous system.
<b>Limbic system</b>	A complex system of nerves and networks in the brain, involving several areas near the edge of the cortex concerned with instinct and mood.
<b>Pineal Gland</b>	A pea-sized conical mass of tissue behind the third ventricle of the brain, secreting a hormone-like substance in some mammals.

Please note: This is not an exhaustive list of all key terms within the GCSE (9-1) Psychology qualification.

Key term	Definition
<b>Melatonin</b>	Hormone secreted by the pineal gland which inhibits melanin formation and is thought to be concerned with regulating the reproductive cycle.
<b>Basal Ganglia</b>	A group of structures linked to the thalamus in the base of the brain and involved in coordination of movement.
<b>Dopaminergic Neurons</b>	Located in the substantia nigra are the main source of dopamine.
<b>Occipital lobe</b>	The rearmost lobe in each cerebral hemisphere of the brain.
<b>Parietal Lobe</b>	Either of the paired lobes of the brain at the top of the head, including areas concerned with the reception and correlation of sensory information.
<b>Cerebellum</b>	Latin for "little brain" is a major structure of the hindbrain that is located near the brainstem. This part of the brain is responsible for a number of functions including motor skills such as balance, coordination, and posture.
<b>Synapses</b>	A junction between two nerve cells, consisting of a minute gap across which impulses pass by diffusion of a neurotransmitter.
<b>Central Nervous System (CNS)</b>	The complex of nerve tissues that controls the activities of the body. In vertebrates it comprises the brain and spinal cord.
<b>Cerebral Blood Flow</b>	The blood supply to the brain in a given period of time.
<b>Dopamine system</b>	A monoamine neurotransmitter that is formed during the synthesis of norepinephrine and is essential to the normal functioning of the central nervous system.
<b>Synaptic transmission</b>	To how the nervous system transmits information across a "synaptic gap" (the physical gap between nerve cells) from one neuron to another.

### Neuropsychology

Key term	Definition
<b>Neuropsychology</b>	The study of the relationship between behaviour, emotion, and cognition on the one hand, and brain function on the other.
<b>Brain imaging techniques</b>	Non-invasive or minimally invasive techniques that enable imaging the structure or function of the brain.
<b>Single-photon emission computed tomography (SPECT)</b>	A nuclear medicine tomographic imaging technique using gamma rays.
<b>Magnetic resonance imaging (MRI)</b>	A type of scan that uses strong magnetic fields and radio waves to produce detailed images of the inside of the body.
<b>Functional magnetic resonance imaging (fMRI)</b>	A functional neuroimaging procedure using MRI technology that measures brain activity by detecting changes associated with blood flow.
<b>Positron emission tomography (PET)</b>	An imaging test that allows your doctor to check for diseases in your body.

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## Research methods

### Planning research

#### Hypotheses

Key term	Definition
<b>Hypotheses</b>	A hypothesis (plural hypotheses) is a precise, testable statement of what the researchers predict/s will be the outcome of the study.
<b>Null Hypotheses</b>	A null hypothesis is a statement that predicts no difference or correlation in the findings.
<b>Alternate Hypotheses</b>	An alternate hypothesis is a statement that predicts a difference of correlation in the findings.

#### Variables

Key term	Definition
<b>Variables</b>	A factor or element within the study that is likely to change.
<b>Independent Variable (IV)</b>	The variable/s the experimenter manipulates (i.e. Changes).
<b>Dependent Variable (DV)</b>	A DV is the variable which is measured by the experimenter after they have manipulated the IV.
<b>Extraneous Variable (EV)</b>	Extraneous variables are other variables (not the IV) which could affect the results of the experiment.
<b>Co-Variables</b>	A co-variable is something that changes in relation to another variable.

#### Experimental Designs

Key term	Definition
<b>Experimental designs</b>	Refers to the way participants are allocated to conditions, and includes Independent Measures Design and Repeated Measures Design.
<b>Independent measures</b>	Where each participant is only assigned to one condition of the IV.
<b>Repeated Measures</b>	Where each participant is assigned to more than one condition of the IV.

#### Populations and Sampling

Key term	Definition
<b>Target population</b>	The total group of individuals from which the sample might be drawn.
<b>Sample</b>	A section of the population that is used to represent the group as a whole.
<b>Representativeness</b>	Drawn from a population of interest and has demographics and characteristics that match those of the population in as many ways as possible.

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Key term	Definition
<b>Generalisability</b>	The ability to draw conclusions that apply to a larger group.
<b>Random sample</b>	Sample in which each member of the population has an equal chance of being selected to represent the whole.
<b>Opportunity sample</b>	Participants are selected based on who is available at the time and willing to participate.
<b>Self-selected sample</b>	Consists of participants becoming part of a study because they volunteer when asked or in response to an advert.

## Ethical Guidelines

The below definitions have been taken from the [British Psychological Society \(BPS\)](#) ethical code of conduct.

Key term	Definition
<b>Respect</b>	'Psychologists value the dignity and worth of all persons, with sensitivity to the dynamics of perceived authority or influence over clients, and with particular regard to people's rights including those of privacy and self-determination.'
<b>Competence</b>	'Psychologists value the continuing development and maintenance of high standards of competence in their professional work, and the importance of preserving their ability to function optimally within the recognised limits of their knowledge, skill, training, education, and experience.'
<b>Responsibility</b>	'Psychologists value their responsibilities to clients, to the general public, and to the profession and science of Psychology, including the avoidance of harm and the prevention of misuse or abuse of their contributions to society.'
<b>Integrity</b>	'Psychologists value honesty, accuracy, clarity, and fairness in their interactions with all persons, and seek to promote integrity in all facets of their scientific and professional endeavours.'

## Doing research

### Experiments

Key term	Definition
<b>Experiments</b>	An experiment is a method of collecting data that involves arranging and controlling a number of variables.
<b>Laboratory</b>	An experiment conducted under highly controlled conditions.
<b>Field</b>	Is carried out in the everyday environment (i.e. real life) of the participants. The experimenter still manipulates the IV, but the researcher has no control over extraneous variables.
<b>Natural</b>	In natural experiments are a realistic method of researching human behaviour as participants are in their natural environment. In these experiments the researcher has no control over the IV, but instead must choose a variable that is naturally occurring.

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## Interviews

Key term	Definition
<b>Interview</b>	An interview is a conversation where questions are asked and answers are given.
<b>Structured interview</b>	Each interview is presented with exactly the same questions in the same order and the researcher aims to obtain quantitative data.
<b>Unstructured Interviews</b>	Questions in this style of interview are not prearranged. The data obtained from this style of interview is usually qualitative.

## Questionnaires

Key term	Definition
<b>Questionnaires</b>	A set of written questions with a choice of answers, devised for the purposes of a survey or statistical study.
<b>Open-ended questions</b>	Questions which obtain qualitative data by asking questions which cannot be answered with a simple one-word answer.
<b>Closed-ended questions</b>	Questions which can be answered with a simple one-word answer e.g. "yes" or "no".
<b>Rating scales</b>	Requires participants to answer a question by selecting a value (number) to reflect their perception on a topic.

## Observations

Key term	Definition
<b>Observations</b>	Observing of participants behaviour through controlled or uncontrolled conditions.
<b>Naturalistic observation</b>	A research method where the participant's behaviour is studied in their natural environment.
<b>Controlled observation</b>	Participant's behaviour is usually observed in a controlled environment (laboratory) where the researcher can manipulate the IV.
<b>Overt observations</b>	The researcher is open with their participants about observing their behaviour. The participant's know that they are being studied.
<b>Covert Observations</b>	The participants are unaware of the presence of the researcher and they are NOT made aware that their behaviour is being observed.
<b>Participant observation</b>	The researcher observes people while participating in their activities.
<b>Non-Participant Observation</b>	The researcher observes people without participating in their activities.

## Case studies

Key term	Definition
<b>Case Study</b>	A method of collecting data that involves focusing on a small sample in detail.

## Correlations

Key term	Definition
<b>Correlations</b>	The measure of the extent to which two variables are related.
<b>Positive correlation</b>	An increase in one variable tends to be associated with an increase in the other.
<b>Negative correlation</b>	An increase in one variable tends to be associated with a decrease in the other.
<b>Zero correlation</b>	There is no relationship between two variables.

## Analysing research

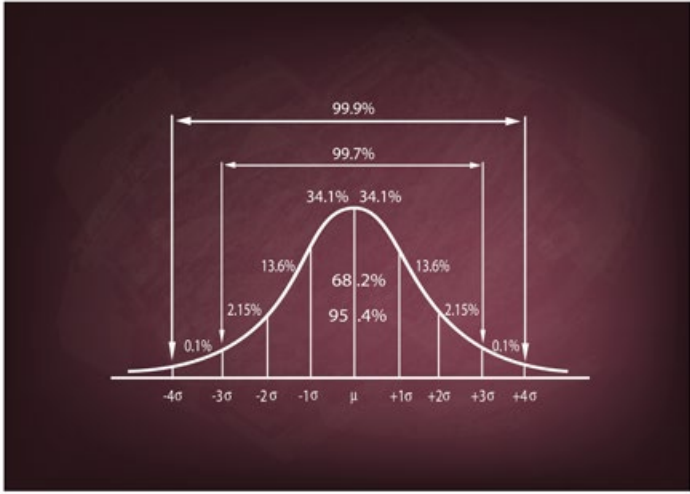
### Types of data

Key term	Definition
<b>Qualitative data</b>	Typically descriptive data.
<b>Quantitative data</b>	Data that can be measured and written down with numbers.
<b>Primary Data</b>	First-hand information that has been collected by the researcher for the purpose of their study.
<b>Secondary data</b>	The researcher uses pre-existing data. The data could have been from a newspaper, diary entry or even data collected by another researcher or study.


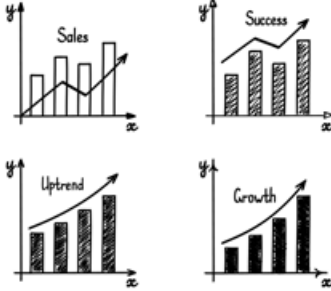


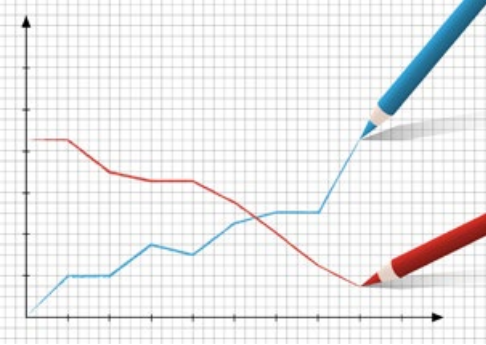

### Descriptive statistics

Key term	Definition
<b>Measures of Central Tendency</b>	Describes the way in which a group of data cluster around a central value. There are three measures of central tendency: the mean, the median and the mode.
<b>Median</b>	The middle score in a set of data.
<b>Mode</b>	The most frequently occurring score in a set of data.
<b>Mean</b>	The average of a set of data.
<b>Range</b>	A statistical measure of variance. It is calculated by subtracting the lowest score from the highest score and then adding one.
<b>Ratios</b>	The quantitative relation between two amounts showing the number of times one value contains or is contained within the other.
<b>Percentages</b>	A rate, number, or amount in each hundred.
<b>Fractions</b>	A numerical quantity that is not a whole number (e.g. 1/2).

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Key term	Definition
<p><b>Normal distributions</b></p>	<p>An arrangement of a data set in which most values cluster in the middle of the range and the rest taper off symmetrically toward either extreme.</p>  <p>The diagram shows a normal distribution curve with the following characteristics:</p> <ul style="list-style-type: none"> <li>Mean (<math>\mu</math>) at the center.</li> <li>Standard deviation markers: <math>-4\sigma</math>, <math>-3\sigma</math>, <math>-2\sigma</math>, <math>-1\sigma</math>, <math>\mu</math>, <math>+1\sigma</math>, <math>+2\sigma</math>, <math>+3\sigma</math>, <math>+4\sigma</math>.</li> <li>Percentage values for areas under the curve: <ul style="list-style-type: none"> <li>Between <math>-4\sigma</math> and <math>+4\sigma</math>: 99.9%</li> <li>Between <math>-3\sigma</math> and <math>+3\sigma</math>: 99.7%</li> <li>Between <math>-2\sigma</math> and <math>+2\sigma</math>: 95.4%</li> <li>Between <math>-1\sigma</math> and <math>+1\sigma</math>: 68.2%</li> <li>Between <math>\mu</math> and <math>+1\sigma</math>: 34.1%</li> <li>Between <math>\mu</math> and <math>-1\sigma</math>: 34.1%</li> <li>Between <math>-1\sigma</math> and <math>-2\sigma</math>: 13.6%</li> <li>Between <math>-2\sigma</math> and <math>-3\sigma</math>: 2.15%</li> <li>Between <math>-3\sigma</math> and <math>-4\sigma</math>: 0.1%</li> <li>Between <math>+1\sigma</math> and <math>+2\sigma</math>: 13.6%</li> <li>Between <math>+2\sigma</math> and <math>+3\sigma</math>: 2.15%</li> <li>Between <math>+3\sigma</math> and <math>+4\sigma</math>: 0.1%</li> </ul> </li> </ul>

## Table, charts and graphs

<p><b>Key term</b></p>	<p><b>Key term</b></p>	<p><b>Key term</b></p>
<p><b>Frequency tables (tally chart)</b></p> 	<p><b>Bar charts</b></p> 	<p><b>Pie charts</b></p> 
<p><b>Definition</b></p>	<p><b>Definition</b></p>	<p><b>Definition</b></p>
<p>The frequency of a particular data value is the number of times the data value occurs</p>	<p>A graph that presents grouped data with rectangular bars with lengths proportional to the values that they represent.</p>	<p>A type of graph in which a circle is divided into sectors that each represent a proportion of the whole.</p>
<p><b>Key term</b></p>	<p><b>Key term</b></p>	<p><b>Key term</b></p>
<p><b>Histograms</b></p> 	<p><b>Line graphs</b></p> 	<p><b>Scatter diagrams</b></p> 
<p><b>Definition</b></p>	<p><b>Definition</b></p>	<p><b>Definition</b></p>
<p>A graphical representation of the distribution of numerical data.</p>	<p>A type of chart used to visualise the value of something over time</p>	<p>A type of plot or mathematical diagram using Cartesian coordinates to display values for typically two variables for a set of data.</p>

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## Reliability and Validity

Key term	Definition
<b>Reliability</b>	The overall consistency of the measure or study.
<b>Internal Reliability</b>	Assesses the consistency of results across items within a test.
<b>External Reliability</b>	Refers to the extent to which a measure varies from one use to another.
<b>Inter-rater reliability</b>	The method of measuring the external consistency of a test. This method is carried out by different "raters" giving consistent estimates/measures of behaviour.
<b>Validity</b>	Refers to the accuracy of a test's ability to measure what it is supposed to measure.
<b>Ecological validity</b>	Refers to the extent to which the findings of a research study are able to be generalised to real-life settings.
<b>Population validity</b>	How representative the sample used is to the entire population.
<b>Construct validity</b>	Ability of a measurement tool to actually measure the psychological concept being studied.
<b>Demand Characteristics</b>	A subtle cue that makes participants aware of what the experimenter expects to find or how participants are expected to behave.
<b>Observer Effect</b>	Refers to subjects altering their behaviour when they are aware that an observer is present.
<b>Social Desirability</b>	Describes the tendency of survey respondents to answer questions in a manner that will be viewed favourably by others.

## Sources of bias

Key term	Definition
<b>Gender Bias</b>	The emphasis of the study is more inclined to one gender.
<b>Cultural Bias</b>	The emphasis of the study is more inclined to one ethnicity/culture.
<b>Age Bias</b>	The emphasis of the study is more inclined to a certain age group.
<b>Experimenter bias</b>	The researcher influences the results in order to portray a certain outcome.
<b>Observer bias</b>	Observer bias occurs when the observers' biases/personal inclinations determine which behaviours they choose to observe.

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Key term	Definition
<b>Free will vs. Determinism</b>	<b>Free will</b> argument states that people are able to choose their behaviour, whereas, the <b>Determinism</b> argument states that human behaviour is determined by external and internal forces acting on the person.
<b>Nature vs. Nurture</b>	<b>Nature</b> argument states that human behaviour is innate, whereas the <b>Nurture</b> argument states that human behaviour is learnt.
<b>Reductionism vs. Holism</b>	<b>Reductionism</b> argument explains behaviour in its constituent parts, whereas, <b>Holism</b> looks at human behaviour as a whole rather than its constituent parts.



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