

# PSYCHOLOGY – PROVE YOUR PASSION

Some great ideas for you to consider if you want to demonstrate your passion for Psychology. There will of course be many other good ideas which you can investigate independently.

## **Reading List** (There are many others for you to choose from)

- "The Essential Jung: Selected Writings" by Anthony Storr
- "I'm OK, Your OK" by Thomas A. Harris (Transactional analysis)
- "Counselling for Toads – A Psychological Adventure" by Robert de Board
- "The Social Animal: The Hidden Sources of Love, Character and Achievement" by David Brooks
- "The Man Who Mistook His Wife for a Hat" by Oliver Sacks
- "As Nature Made Him: The Boy Who Was Raised as a Girl" by John Colapinto
- "I Never Promised You a Rose Garden" by Joanne Greenberg (Schizophrenia)
- "Ordinary People" by Joanne Guest (Dysfunctional family; depressed adolescent)
- "The Talented Mr. Ripley" by Patricia Highsmith (Psychopath)
- "The Curious Incident of the Dog in the Night Time" by Mark Hadam (Asperger's)
- "Sybil" by Flora Rheta Schreiber (Dissociative Identity Disorder)
- "Silence of the Lambs" or "Red Dragon" by Thomas Harris (Serial killers)

## **Trips and Visits**

- Try to attend some university style lectures and Open Days.
- Look out for theatre productions with a Psychological theme and analyse their content.
- Organise a trip of Psychological relevance.

## **Groups**

- Join or start a club or pressure group such as Greenpeace or Amnesty International.
- Become involved with a local or national charity.
- Volunteer at the local hospital or Youth Club.

## **Debating Skills**

- Get involved in the debating matters competition to hone your analytical skills.

## **On-Line**

- Prove your Commitment Lectures. Go to [www.ted.com](http://www.ted.com) and put Psychology into the search engine. Listen to some of these lectures on topics of current interest.

## **Competitions**

- Enter competitions, e.g. essay writing competitions on Psychological topics (look out for posters).

## **Magazines**

- Subscribe to Psychology Review magazine (Philip Allan Publishers) to keep up to date with current psychological issues.

## **News / Radio 4 / Newspapers / Film / TV**

- Regularly watch the news and look out for related programmes on Radio 4 as issues related to Psychology are constantly changing and you need your knowledge to be fresh.
- Read quality newspapers and keep a record of relevant articles which you can analyse from a Psychological perspective.
- Look out for documentaries related to your subject choice, e.g. Panorama and Horizon
- Watch films and analyse for psychological content/messages: perhaps write a review from a Psychological perspective.

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