

Exercise walk-through

1.1

What is Psychology

GAC Psychology

You must be able to

- define psychology as a scientific study
- identify major psychological perspectives
- match an explanation to the perspective named in a question

1

The method

Method — Use the perspective requested

Psychology is the scientific study of behaviour and mental processes. A behavioural explanation of aggression focuses on learned actions and consequences; a biological explanation focuses on the brain, genes, or hormones. The **perspectives** 视角 are different explanations of the same behaviour. They are not interchangeable answers.

2

Practice

Practice 2.1 ■ 1 mark

Define psychology.

Solution 2.1

Worked steps

- The scientific study of behaviour and mental processes. **B1**

Practice 2.2 ■ 1 mark

Name one psychological perspective.

Solution 2.2

Worked steps

- Biological, behavioural, cognitive, humanistic, or psychodynamic. **B1**

Practice 2.3 ■ 2 marks

Explain why a biological answer may not gain full marks for a question asking for a behavioural explanation.

Solution 2.3

Method: Use the perspective requested — p.4

Worked steps

- It explains behaviour at a different level. **B1**
- The answer does not address the perspective named by the question. **A1**

3

Exam-style

Exam-style 3.1 ■ 4 marks

Explain aggression from a behavioural perspective.

Solution 3.1

Method: Use the perspective requested — p.4

Worked steps

- Behaviour can be learned from observed actions or direct experience. **B1**
- Aggression that is rewarded may be repeated. **A1**
- Consequences can strengthen or reduce the learned behaviour. **A1**
- This explains aggression through learning, not brain chemistry. **B1**

Exam-style 3.2 ■ 4 marks

Explain why psychology needs systematic evidence rather than personal opinions about behaviour.

Solution 3.2

Method: Use the perspective requested — p.4

Worked steps

- Personal opinions can be selective or biased. **B1**
- Systematic evidence makes the method and result checkable. **A1**
- Other researchers can test whether the finding is repeated. **A1**
- Conclusions are more credible when based on evidence. **B1**