

Effective Cornell Note-Taking for A-Level Psychology

Many students struggle with effective note-taking because this skill is often taught too late. Research and my years of teaching show that using a structured method - like these Cornell notes - can greatly improve your learning (Boyle, 2007; Gray & Madson, 2007).

How to Use Cornell Notes

While Learning:

- Use the left-hand column's key questions to focus on essential information.
- Pair these notes with the Approaches PowerPoints
- Complete the summary section about 24 hours later to help transfer the information into long-term memory.

For Revision:

- Cover your detailed notes so only the guiding questions are visible.
- This prompts active recall of the key content.
- Use this method on your own or in a group setting.

Stay organised and systematic to ensure you cover all content and boost your exam preparation.

Good luck!

Miss C.

AQA A-level Psychology	Approaches
Paper 2	Origins of Psychology and the Emergence of Psychology as a Science
AO1 Who was the founding Father of Psychology? When and where was the first lab opened? What was the name of the first psychological textbook? What did his work attempt to do? How did Wundt get Psychology emerge as a Science? What is meant by introspection? What is meant by structuralism?	

**Emergence of Psychology
as a science**

How did behaviorism
contribute to Psychology as
a science?

How did cognitivism
contribute to Psychology as
a science?

How did the biological
contribute to Psychology as
a science?

AO3

Summary	

AQA A-level Psychology	Approaches
Paper 2	The Behaviourist Approach
AO1 When was behaviourism founded? By Whom? Why? Who are the key theorists of behaviourism? What are the assumptions of the behaviourist approach? Observable events Scientific Blank slate (tabula rasa) Value of animal research S-R response What is meant by classical conditioning? How did Pavlov discover this?	

What is the process of classical conditioning? Annotate with the context of Pavlov's dogs.	
Who proposed operant conditioning?	
What is meant by operant conditioning?	
What is positive reinforcement?	
What is negative reinforcement?	
What is punishment?	
Outline of Skinner's research	
What is a reinforcement schedule?	

What is meant by
environmental
determinism?

A03

Summary	

AQA A-level Psychology	Approaches
Paper 2	Social Learning Theory
AO1 Who developed SLT? Why? Which two approaches does SLT sit between? How did Bandura argue people learn? When are people more likely to copy a role model? What is meant by vicarious reinforcement? What are the mediational processes?	

**Bandura's Bobo Doll
research**
Procedure

Findings

Conclusion

A03

Summary	

AQA A-level Psychology	Approaches
Paper 2	The Cognitive Approach
AO1 What do cognitivists argue about human behaviour? Why was it developed? Examples of areas of study. What are inferences? Why do cognitivists make inferences? What research method do they rely on? What analogy do cognitivists use to describe the human mind? The use of theoretical models What are schemas?	

How do they influence cognitions? Use examples. What are the strengths of schemas? What are the limitations of schemas? What is cognitive neuroscience? How has cognitive neuroscience been useful? AO3	
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Summary	

AQA A-level Psychology	Approaches
Paper 2	The Biological Approach
AO1 What do biological psychologists argue about human behaviour? Genetic explanations What are genes? How do genes affect behaviour? Can you inherit a behaviour? How do we study the genetic basis of behaviour? Why do concordance rates pose a problem for the biological approach? <i>Evolutionary explanation</i> What is Darwin's theory of natural selection?	

What is an example of evolutionary psychology?	
What is meant by genotype?	
What is meant by phenotype?	
Neurochemical basis of behaviour	
What does this mean?	
What is an example?	
Neuroanatomical basis of behaviour	
What does this mean?	
What is an example?	
Hormones as a basis of behaviour	
What are hormones?	
What is an example?	

Summary	

AQA A-level Psychology	Approaches
Paper 2	The Psychodynamic approach
AO1 The unconscious What do all psychodynamic theories suggest about human behaviour? Who was the founder of the approach? What analogy does Freud use to describe the mind? What is the conscious, pre conscious and unconscious mind? Tripartite theory of personality What is the id? Governed by the: What is the superego? Governed by the: What is the ego? Governed by the:	

Defence mechanisms

What are defence mechanisms?

What is repression?

What is denial?

What is displacement?

When are defence mechanisms problematic?

What is psychoanalysis?

Psychosexual stages

How is childhood important?

What is the stage theory of development?

What is the oral stage?

What is the anal stage?

What is the phallic stage?

What is the Oedipus complex?

What is the Electra complex?

What is the latency stage?

What is the genital stage?

AO3

Summary	

AQA A-level Psychology	Approaches
Paper 2	The Humanistic Approach
AO1 What is humanistic psychology? Why do humanists reject scientific methods? Who are the two key theorists? What is meant by free will? What does humanism suggest about free will? Maslow's Hierarchy of Needs What are the five levels of needs? What does the theory suggest? What is self-actualisation?	

Roger's The Self

Where does Roger's argue self-worth derives from?

What are the three features which person centered therapy is based on?

What is unconditional positive regard?

What are conditions of worth?

What is meant by congruence and incongruence?

How did Roger's influence counselling?

What are the strengths of
Roger's influence?

What are the limitations of
Roger's influence?

AO3

Summary	

The Comparison of Approaches

This table can only be completed once Issues and Debates has also been completed.

	Free will v determinism	Nature v nurture	Reductionism v holism	Idiographic v nomothetic	Scientific?
Behaviourism					
Social Learning Theory					
Cognitivism					
Biological					
Psychodynamic					
Humanism					

