

Psychology Summer Task

Task 1: Read the 3 articles

- The Psychodynamic Approach
- The Humanistic Approach
- Free Will vs Determinism

Task 2: Write an Essay

After reading the 3 articles, write an essay about your thoughts on human behaviour.

Main question to answer:

Do people choose how they behave (free will), or is behaviour controlled by other things like the brain or other people (determinism)?

You should:

- Give your opinion.
- Use real-life examples (from your life, news, or history).
- Use ideas from the articles.
- You can also watch videos or do extra reading (make a list if you do).

What makes a good essay?

- **Structured paragraphs** — Use this method:
 - Point** - Make your argument.
 - Evidence** - Give an example or fact.
 - Explain** - Say what it means.
 - Link** - Connect back to the main idea.
- **Evidence**— From real life, the news, or the articles.
- **Key words** — Explain important psychology words like free will, determinism, etc.
- **Evaluation** — Give both sides of the argument:
 - If people have free will - what does that mean for society?
 - If behaviour is controlled - how does that affect how we treat others?
- **Length** — Write 2 pages by hand on A4 paper.

Planning Questions - Free Will vs Determinism

Use these questions to help plan your essay.

Understanding the Basics

- What is free will in psychology?
- What does determinism say about how people behave?
- Can you think of a time when you made a completely free choice?
- What might have influenced that choice?

Key Studies and Evidence

- What did Benjamin Libet's experiment show about how we make decisions?
- If the brain starts acting before we realise we've chosen something, are we really choosing?
- Is walking or breathing something we choose to do (free will) or something we can't control (determinism)? Why?

Humanistic Approach (Believes in Free Will)

- How does the humanistic approach explain behaviour?
- Why did Maslow and Rogers say it's important to try to reach your full potential?
- Do you think people can change, even if they've had bad experiences in the past? Why?

Psychodynamic Approach (Believes in Determinism)

- Freud said childhood shapes who we are. Does this stop us from making our own choices?
- Can things from our past control us without us knowing?
- If someone does something wrong because of childhood trauma, should they still be blamed?

Thinking About Both Sides

- Can both free will and determinism be true in different situations? Can you give an example?
- Are we truly making our own choices, or are we being influenced by others?
- Should we blame or praise people for things they didn't fully choose?

Your Opinion

- Which idea do you agree with more — free will or determinism?
- Which theory or idea made the most sense to you, and why?
- Do you think psychologists will ever prove if we truly have free will?

If you need help, email: Mr Eagleton-Mitchell — jake.mitchell@rednockschool.org.uk