



2022 revision support for learners: Higher Psychology

Guidance for the 2022 exam

You can use the following information to help you plan your revision and prepare for the 2022 Higher Psychology exam.

The exam will be worth a total of 60 marks. There will be two sections: Individual Behaviour and Social Behaviour, and both sections will be worth 30 marks each. You must answer all questions in both sections. Questions in the Individual Behaviour section will be on the topic of Sleep and Dreams, and questions in the Social Behaviour section will be on the topic of Conformity and Obedience.

Exam technique

- ◆ Take the time to understand the key aspects of each question. You could highlight or underline the **question type** and key topic of the question, for example:

Question: **Explain** psychodynamic processes as they relate to sleep and dreams.

Make sure that you consider the question type, which in this example is 'explain'. Where you are asked to 'explain', you need to give the key features of a concept, theory or study, and you also need to give reasons 'why', or 'how' this works. Markers will check that you have done this when awarding marks. If you 'describe' rather than 'explain', you will gain a maximum of half of the marks available.

The above question requires you to relate psychodynamic processes to sleep and dreams. If you do not make this connection in your answer, you will gain few, if any, marks. The following examples show sample answers to the question:

- The following answer would gain full marks, as it provides an explanation, and relates to sleep and dreams:
'Dreams do not directly relate to our unconscious desires but are translated into symbols by the ego. The ego defends us from the anxiety produced by dreams by using defence mechanisms. During dreams, repressed emotions are displaced from an anxiety-producing object into something that is less anxiety-provoking. Freud suggests that dreams provide a psychic safety valve to discharge unacceptable feelings: the true desire may be hidden behind symbols to protect the dreamer from anxiety. The story of the dream is the manifest content which masks the true content of the dream.'