Psychology – Academic Introduction Task

Welcome to Psychology at Brunel! We are looking forward to meeting you and welcoming you to the Department. The following task will give you an introduction to Psychology and a starting point for your degree. Have a look at the task below and read the associated information. We look forward to seeing you in Welcome Week.

What is good evidence in undergraduate psychology?

Understanding what is and is not good evidence is important. At school you are taught what primary, secondary, tertiary and trusted evidence is. At university, your academic instructors will require more of you. Concepts such as peer reviewed literature, published sources of academic credibility and judging evidence will become an important and more subtle key skill. Those of you that master this skill early in your course will transition faster and are likely to achieve higher grades. This task is designed to help you understand what is and is not acceptable evidence and what you should and should not use in your academic arguments.

Self-esteem

Self-esteem is a construct that permeates all aspects of psychology. You will cover it in social, individual differences, and clinical psychology explicitly and it has a huge impact on biological and cognitive processes. Therefore, learning about self-esteem is going to be helpful for you.

Self-esteem and its various constituents and typologies is arguably the foundation to psychological resilience, adaptation to new environments and forming relationships. All skills you will be drawing on in the coming weeks. There are ways to improve self-esteem and there are risks to undermining it. If you are aware of these factors, you will be able to help yourself and those around you through the difficult and critical transitional period.

Please read the following: [http://www.nhs.uk/Livewell/mentalhealth/Pages/Dealingwithlowself-esteem.aspx](http://www.nhs.uk/Livewell/mentalhealth/Pages/Dealingwithlowself-esteem.aspx)

Prepare a brief answer (a few sentences) to the following questions:

1. What is self esteem?
2. What are the risk factors and causes of low self-esteem?
3. How do you improve low self-esteem?
4. What is the aim of this material?
5. Who is it designed for?
6. Would you use it in an academic essay?

Now read the paper by Forrester et al (2017) that is linked to on the Academic Introduction task webpage.

- Would you alter or add to your answer to questions 1-3?
- How would your answer to questions 4-6?

This will form the basis of a discussion during your first meeting with your tutor.