




























Psychology Skills Self-Assessment

Name:

Knowledge and understanding skills (A01)

Date:

Skill	What it involves	Self-assessment		
Defining	Stating, in technical terms, the meaning of a psychological term or concept	 Not so good at this	 OK at this	 Good at this
Giving aims	Explaining in detail what a study attempted to find out, why this was done and giving some indication of the theoretical background	 Not so good at this	 OK at this	 Good at this
Giving procedures	Explaining exactly what was done in order to carry out a particular study	 Not so good at this	 OK at this	 Good at this
Giving findings	Explaining the results of a study, identifying the trends in the results and giving exact figures where appropriate	 Not so good at this	 OK at this	 Good at this
Giving conclusions	Explaining in psychological terms what the results of a study tell us, indicating which theories are supported or challenges by the study	 Not so good at this	 OK at this	 Good at this
Giving criticisms	Stating and explaining problems with a study, for example by highlighting weaknesses in the methodology, sampling or ethics	 Not so good at this	 OK at this	 Good at this
Describing studies	Explaining what a study involved, giving some detail about aims, procedures, findings and conclusions	 Not so good at this	 OK at this	 Good at this
Describing theories	Explaining the psychological processes underlying a particular behaviour or phenomenon (e.g. obedience or attachment)	 Not so good at this	 OK at this	 Good at this
Stating hypotheses	Stating what predictions can be derived from a particular theory	 Not so good at this	 OK at this	 Good at this

Development targets for the next six weeks

- 1.
- 2.