

SOCIAL SCIENCES

COMMUNITY NEWSLETTER



FEBRUARY 2021

Social Science in the media

Why not unwind and develop your interest in social science with a good book, TV programme or podcast. These are our recommendations this month:

- **Book of the month** - 'The Little book of Psychology' - All of the best bits about psychology with none of the fluff. This is a good book to read if you want a basic overview of psychology and to learn about the key theories.
[https://www.theworks.co.uk/p/psychology-books/the-little-book-of-psychology/9781786858078.html?
CAWELAID=720011340002900699&gclid=Cj0KCQiA4L2BBhCvARIsAO0SBdZQ-
bKyA54tbJZeSewAHdQgB3pfsmWPIK7hhUESHMGHZ2Uorv6V_5saAtm3EALw_wcB](https://www.theworks.co.uk/p/psychology-books/the-little-book-of-psychology/9781786858078.html?CAWELAID=720011340002900699&gclid=Cj0KCQiA4L2BBhCvARIsAO0SBdZQ-bKyA54tbJZeSewAHdQgB3pfsmWPIK7hhUESHMGHZ2Uorv6V_5saAtm3EALw_wcB)
- **TV series of the month** - Darren McGarvey's Class Wars - A modern take on the impact of class. Available on BBC iPlayer
<https://www.bbc.co.uk/iplayer/episodes/m000s7hg/darren-mcgarveys-class-wars>
- **Podcast of the month** - Do you want to know a little bit more about what Sociology is, what you will study and what you can do with a Sociology qualification? In this episode, Matthew talks to fellow teacher Ben Hewitson about some of the common questions students have when studying the subject for the first time.
<https://www.spreaker.com/user/thesociologyshow/stusocforfirsttime>

Social Science in the news

Interested in studying psychology, but unsure how it is useful in the real world? Well, in Applied Psychology

The current pandemic is having a huge impact on our home lives. With people being told to work from home and children being educated from home, there has been an increase in household chores and care needs. A new report by UN Women suggests that the majority of this extra work has fallen on women.

https://www.weforum.org/agenda/2020/12/covid-women-workload-domestic-caring?utm_source=facebook&utm_medium=social_scheduler&utm_term=COVID-19&utm_content=13/02/2021+20:00

Study skills

“Procrastination is the thief of time” (Edward Young, 1742)

Are you finding it difficult to motivate yourself to complete tasks? Will you do absolutely anything other than what you really should be doing? This article has some great tips for getting back on track: <https://bigthink.com/personal-growth/avoid-procrastinating-online?rebellitem=1#rebellitem1>

