

SOCIAL SCIENCES

COMMUNITY NEWSLETTER



MAY 2021

Social Science in the media

Film of the month – One of the most notorious studies conducted in Psychology is Philip Zimbardo's Stanford Prison Experiment. The original study demonstrated the power of the social situation in influencing our behaviour. [The Stanford Prison Experiment \(2015\)](#) is a tense psychological thriller based on the true story of the study. It is available on Amazon Prime.

You can also hear Zimbardo talk about the study [here](#).



Podcast of the month – Thinking of studying Sociology at A level or degree level? Listen [here](#) to some current students talk about their experiences of studying Sociology. They also have some great advice on how to be successful in your studies.

Social Science in the news

Do you think you could live in a cave for over a month? No sunlight, no clocks, no mobile phone!? Well that is what a group of French volunteers have just done. In order to study brain activity, cognitive function, body clocks and sleep cycles, 15 participants lived in the cave for 40 days and 40 nights. Read about the study [here](#).

This study is actually based on a much earlier study by French adventurer, explorer and scientist, Michel Siffre. During the 1960s and 1970s Siffre organised research to study our natural body clock and rhythms by spending time underground. Read an interview with Siffre [here](#).

Wellbeing and mental health

Procrastination may be the 'thief of time', but new research suggests that procrastination actually helps to fuel creativity. So the next time you are tempted to take a break from revision (or some other task you would rather not be doing), you don't need to feel guilty as it is backed by research. Read about it [here](#).

