Suggested Reading List, 1st Year Psychology

Students starting to study at QMUL often ask for information about recommended textbooks because their A-level courses typically followed one textbook. There are many ways in which studying at university is different from studying at school. For example, at university you will find that we rarely follow just one textbook. Instead, academic staff use lectures to introduce you to topics; you will then explore those topics in more detail during your independent study by using a variety of sources.

At the beginning of each module your lecturer will direct you towards sources relevant for that module. Below we have listed the key textbooks for the compulsory modules you will study in the first year. However, your lecturer may also direct you to other sources in addition to these.

Please note it is not necessary to purchase all of the textbooks listed below. There are some copies of the physical books available to borrow from the QMUL library, plus some textbooks also have an electronic version, which you will be able to access via the QMUL Library website. Note also that if the most recent edition is not available, the previous edition is often a good (and cheaper) substitute.

There is a bookshop (John Smith’s) on the Mile End campus which offers a price match against Amazon, Waterstones and WHSmith. Further details of the price match can be found online.

Semester A & Semester B

PSY100 Essential Skills for Psychologists


Semester A

PSY117 Introduction to Biopsychology


PSY119 Positive Psychology

PSY124 Exploring Psychology I


Semester B

PSY109 Research Methods and Statistics in Psychology I


PSY121 Brain & Behaviour


PSY125 Exploring Psychology II


Students also study one elective module in Semester B; information about suggested textbooks will be available on the module’s QMplus page.