SOCIOLOGY INDEPENDENT STUDY EXPECTATIONS

Research shows that students who achieve the strongest grades at A Level typically complete around **5 hours of independent study per week for Sociology**. This should be spread across the week and broken into three types of study:

1. Consolidation (Approx. 1-2 hours per week) This is about making sure you understand what was covered in lessons.

After each Sociology lesson:

- Re-read your class notes.
- Complete any unfinished class tasks.
- Fill gaps using lesson resources on Teams.
- Review key sociological concepts and studies.
- Add examples and evidence to your notes.

Suggested tasks:

- Create flashcards for key terms and sociologists.
- Complete retrieval questions.
- Update your glossary of sociological terminology.
- Complete relevant pages in your booklet/workbook.

2. Reactive Study (Approx. 2 hours per week) This is the work set by your teacher.

Examples include:

- Reading textbook sections before lessons.
- Completing knowledge questions.
- Producing revision resources.
- Completing exam questions.
- Improving assessed work following feedback.

Minimum expectation: All home learning tasks should be completed by the deadline and to a high standard.

3. Proactive Study (Approx. 1-2 hours per week) This is where students make the biggest progress. It involves independently extending and applying your knowledge

Examples:

Knowledge Building

- Read Tutor2U Sociology articles.
- Watch The Teacher Sociology videos.
- Read Sociology Review articles.
- Listen to sociology podcasts.

Revision

- Self-quiz using flashcards.
- Use Look-Cover-Write-Check with key concepts.
- Review knowledge organisers.
- Create mind maps for each topic.

Exam Practice

- Plan a 10-mark or 20-mark question.
- Complete timed paragraphs.
- Write introductions and conclusions.
- Improve previous answers using mark schemes.

What could it look like

Review lesson notes after two Sociology lessons	1 hour
Complete home learning	2 hours
Flashcards and retrieval practice	30 mins
One exam question or essay plan	1 hour
Video/article/podcast enrichment	30 mins
Total	**5 hours**

READ	WATCH	LISTEN	DO
			
• Tutor2U Sociology • ReviseSociology • Sociology Review Articles	• The Teacher Sociology (YouTube) • Tutor2U Sociology Videos • The Sociology Guy (YouTube)	• The Sociology Show Podcast • BBC Radio 4: Thinking Allowed	• Flashcards • Retrieval practice • Essay plans • Timed exam questions • Knowledge organisers • Glossary building

A/A* Grade Student Habit

Students who make the most progress don't just complete homework. They regularly:

- Review content from previous topics.
- Self-quiz several times per week.
- Practise exam questions independently.
- Learn sociologists, studies and key concepts in detail.
- Use feedback to improve their answers.

A good rule is: **every Sociology lesson should lead to at least 15-20 minutes of review that evening.** This prevents knowledge gaps building up and makes revision much easier later in the course.

	Week	READ	WATCH	LISTEN	DO
Half Term 1	1	What is Sociology? https://www.discoversociology.co.uk/what_is_sociology?page=1 [discoverso...logy.co.uk]	What Is Sociology? Crash Course Sociology #1 https://www.youtube.com/watch?v=YnCJU6PaCio [youtube.com], [tutor2u.net]	The Sociology Show (Introduction to Sociology episodes) https://podcasts.apple.com/gb/podcast/the-sociology-show/id1507196347	Create a glossary of 10 key sociological terms from the week's learning.
	2	Sociological Imagination (Simply Psychology) https://www.simplypsychology.org/sociological-imagination.htm	[simplypsychology.org]	*A Sociology: The Sociological Imagination** https://www.youtube.com/watch?v=kyCTjft5pl0	BBC Thinking Allowed https://www.bbc.co.uk/sounds/play/m0013jdv	Find a current news story and explain it using the sociological imagination.
	3	About Census 2021 https://www.ons.gov.uk/census/aboutcensus/census2021	ONS Census YouTube Channel https://www.youtube.com/@ONSstats	ONS Podcasts https://www.ons.gov.uk/aboutus/whatwedo/programmesandprojects/podcasts	Find three interesting statistics about your local area and explain what they reveal about society.
	4	British Culture - Cultural Atlas https://culturalatlas.sbs.com.au/british-culture	Cultures, Subcultures and Countercultures (Crash Course #11) https://www.youtube.com/watch?v=Rv7B6A0j0nQ [youtube.com], [videohighlight.com]	The Sociology Show (Culture episodes) https://podcasts.apple.com/gb/podcast/interview-with-professor-iain-borden-on-skateboarding/id1507196347?i=1000568210185	Compare British culture with another culture of your choice.
	5	Discover Sociology Resource Hub https://www.discoversociology.co.uk/ [discoverso...logy.co.uk]	Symbols, Values and Norms (Crash Course #10) https://www.youtube.com/watch?v=LK5ukHSZ7p4 [youtube.com], [videohighlight.com]	Thinking Allowed episode of your choice on identity/culture https://www.bbc.co.uk/sounds/play/m0013jdv	Create a photo collage showing examples of norms and values in everyday life.
	6	What is Socialisation? Sociology in Everyday Life https://openoregon.pressbooks.pub/soceveryday/chapter/what-is-sociology/ [openoregon...sbooks.pub]	Socialisation: Crash Course Sociology #14 https://www.youtube.com/watch?v=K-RvJQxqVQc [youtube.com]	The Sociology Show episode on socialisation and identity https://www.thesociologyshow.com/	Produce a mind map showing the role of family, education, peers and media in socialisation.
Half Term 2	1	ONS Census: Ethnic Group, England and Wales https://www.ons.gov.uk/peoplepopulationandcommunity/culturalidentity/ethnicity/bulletins/ethnicgroupenglandandwales/census2021	Crash Course Sociology #24: Race & Ethnicity https://www.youtube.com/watch?v=7myLgdZhzjo	The Sociology Show - Race and Ethnicity episodes https://podcasts.apple.com/gb/podcast/interview-with-dr-simone-kolysh/id1507196347?i=1000525377382	Create an identity wheel showing how ethnicity, gender, age, class and religion influence identity.

	Week	READ 	WATCH 	LISTEN 	DO 
	2	Equality and Human Rights Commission: Protected Characteristics https://www.equalityhumanrights.com/en/equality-act/protected-characteristics	TED Talk: Kimberlé Crenshaw - The Urgency of Intersectionality https://www.ted.com/talks/kimberle_crenshaw_the_urgency_of_intersectionality	The Sociology Show - Intersectionality episode https://podcasts.apple.com/gb/podcast/interview-with-dr-marcia-morgan/id1507196347?i=1000470991755	Create a case study showing how multiple identities may affect life chances.
	3	Scope: Disability and Everyday Life https://www.scope.org.uk	Disability and Representation video https://www.youtube.com/watch?v=DxYUuWpQi4A	BBC Thinking Allowed: Disability episodes https://www.bbc.co.uk/sounds/play/m002fjnx	Analyse the representation of disability in a TV programme, film or advert.
	4	Stonewall: LGBTQ+ Facts and Figures https://www.stonewall.org.uk	TEDx: Understanding Gender Identity https://www.youtube.com/results?search_query=understanding+gender+identity+tedx	The Sociology Show - Gender Identity episodes https://podcasts.apple.com/gb/podcast/social-media-and-gender-identity-student-takeover/id1507196347?i=1000534050972	Research changing attitudes to gender in Britain and summarise your findings.
	5	Centre for Ageing Better https://ageing-better.org.uk	Crash Course Sociology: Ageing and Society (or equivalent sociology lecture) https://www.youtube.com/results?search_query=sociology+ageing+society	BBC Thinking Allowed: Age and Generations https://www.bbc.co.uk/programmes/b006qy05	Interview someone from a different generation and compare their experiences with your own.
	6	ONS Religion, England and Wales: Census 2021 https://www.ons.gov.uk/census/articles/religionenglandandwales/census2021	Religion and Identity sociology lecture https://www.youtube.com/watch?v=plgb-3e8CWA	The Sociology Show - Religion and Identity episodes https://podcasts.apple.com/gb/podcast/interview-with-jonas-hart-on-the-topic-of-religion/id1507196347?i=1000579872581	Explain which aspect of identity (e.g. class, gender, ethnicity, religion) has the greatest impact on people's lives and justify your view.
Half Term 3	1	ONS Families and Households Statistics: https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/families	Tutor2u: Family Diversity Overview https://www.youtube.com/watch?v=WFr4ccDUfzU	The Sociology Show: Family Diversity https://podcasts.apple.com/gb/podcast/the-sociology-show/id1507196347	Create a visual guide explaining four family types (nuclear, extended, lone-parent, reconstituted).
	2	Joseph Rowntree Foundation - UK Poverty Explained https://www.jrf.org.uk/our-work/explainers/poverty-in-the-uk	BBC: Britain's Child Poverty Crisis https://www.youtube.com/results?search_query=BBC%3A+Britain%27s+Child+Poverty+Crisis+	The Sociology Show: Poverty and Social Class https://podcasts.apple.com/gb/podcast/interview-with-dr-mike-savage-on-the-great-british/id1507196347?i=1000476023546	Explain three ways poverty may affect family life and childhood experiences.

	Week	READ 	WATCH 	LISTEN 	DO 
	3	Sociology Central: Ann Oakley and the Domestic Division of Labour http://www.sociology.org.uk/notes/famlit.pdf	Domestic Labour and Gender Roles https://www.youtube.com/watch?v=-L29QaWTM5s	The Sociology Show: Feminism https://podcasts.apple.com/gb/podcast/an-introduction-to-feminism-student-special/id1507196347?i=1000494788438	Keep a diary of household tasks completed in your home for three days and compare findings with Oakley's research.
	4	UCL Millennium Cohort Study https://cls.ucl.ac.uk/cls-studies/millennium-cohort-study/	Sociology of Childhood https://www.youtube.com/watch?v=kwhNQDhvdrg	BBC Thinking Allowed: Childhood https://www.bbc.co.uk/programmes/b006qy05	Compare childhood today to childhood experienced by a parent or grandparent.
	5	Refuge Facts and Figures https://www.refuge.org.uk/get-help-now/support-for-women/facts-figures/	The Dark Side of Family Life https://www.youtube.com/watch?v=Me01MPv6oak	The Sociology Show: Family Conflict https://podcasts.apple.com/gb/podcast/an-introduction-to-sociological-theory/id1507196347?i=1000579134621	Create a one-page summary of sociological explanations of family conflict.
	6	ONS Living Arrangements and Families https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/families	Family Change in Britain https://www.youtube.com/watch?v=3p7ezysb6S4	BBC Thinking Allowed: Contemporary Family Life https://www.bbc.co.uk/programmes/b006qy05	Produce a timeline showing how British family life has changed since 1950.
Half Term 4	1	ONS: Families and Households https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/families	TED-Ed: How Population Growth Impacts Society https://ed.ted.com/best_of_web/t1pefMVY	BBC Sounds - More or Less https://www.bbc.co.uk/sounds/brand/p02nrss1	Find three demographic trends and explain how they may affect family life.
	2	Population Matters: UK Population Trends https://populationmatters.org	Gapminder Videos https://www.gapminder.org/videos/	The Documentary Podcast (BBC World Service) BBC Sounds - The Documentary https://www.bbc.co.uk/sounds/brand/p02nq0gn	Produce an infographic showing changes in birth rates, death rates and life expectancy.
	3	ONS: Living Longer Overview https://www.ons.gov.uk	Hans Rosling - Global Population Growth https://www.ted.com/talks/hans_rosling_global_population_growth_box_by_box	BBC Sounds - Analysis https://www.bbc.co.uk/sounds/brand/b006qk11	Explain how an ageing population may affect families and society.
	4	Rapoports' Family Diversity summary (Tutor2u) https://www.youtube.com/watch?v=WFr4ccDUfzU	Family Diversity Revision Video https://www.youtube.com/watch?v=c8d95k3G5ME	BBC Sounds - In Our Time https://www.bbc.co.uk/sounds/brand/b006qykl	Create a one-page guide explaining organisational, cultural and life-stage diversity.
	5	Chester's Neo-Conventional Family summary https://revisesociology.com	Contemporary Families Documentary Clip https://www.youtube.com	Freakonomics Radio: Modern Family Life https://freakonomics.com	Compare Chester's ideas with those of the Rapoports.
	6	Beck and Giddens summaries https://revisesociology.com	Individualisation and Relationships https://www.youtube.com	The Rest is Politics (special episodes on demographic change) https://www.therestispolitics.com	Produce a timeline showing how family life has changed since 1950.

	Week	READ	WATCH	LISTEN	DO
Half Term 5	1	Nuffield Foundation – Family Change, Wellbeing and Social Policy: https://www.nuffieldfoundation.org/project/family-change-wellbeing-and-social-policy [nuffieldfo...dation.org]	Nuffield Foundation YouTube Channel: https://www.youtube.com/user/Nuffieldcc	BBC Sounds: Analysis https://www.bbc.co.uk/sounds/brand/b006qk11	Summarise three ways family structures in the UK have changed since 2000.
	2	Office for National Statistics Families Data Hub: https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/families	ONS YouTube Channel: https://www.youtube.com/@ONSstats	BBC Sounds: More or Less https://www.bbc.co.uk/sounds/brand/p02nrss1	Create a graph showing one trend in British family life and explain it.
	3	Institute for Fiscal Studies – Early Childhood Inequalities: https://ifs.org.uk/publications/early-childhood-inequalities-0 [ifs.org.uk]	IFS Public Events: https://www.youtube.com/@TheIFS	BBC Sounds: The Documentary https://www.bbc.co.uk/sounds/brand/p02nq0gn	Produce a one-page explanation of how childhood experiences differ by social class.
	4	Nuffield Family Justice Observatory: https://www.nuffieldfjo.org.uk/ [nuffieldfjo.org.uk]	Family Justice Observatory webinars: https://www.youtube.com/results?search_query=nuffield+family+justice+observatory	BBC Sounds: Thinking Allowed https://www.bbc.co.uk/sounds/brand/b006qy05	Investigate one issue facing children and families in the UK today.
	5	Office for National Statistics Divorce Statistics (2024-25): https://www.ons.gov.uk/releases/divorcesanddissolutionsinenglandandwales2024to2025 [ons.gov.uk], [ons.gov.uk]	BBC News Family & Society explainer videos: https://www.youtube.com/watch?v=iAOZFXNkomY https://www.youtube.com/@socialsciencesdivision	BBC Sounds: Analysis (Families and Relationships episodes) https://www.bbc.co.uk/sounds/brand/b006qk11	Explain how and why divorce patterns have changed in Britain.
	6	Research project: Nuffield Foundation Family Research Hub: https://www.nuffieldfoundation.org/evidence-and-impact/welfare/family [nuffieldfo...dation.org]	TED: How Childhood Shapes Us https://www.ted.com/topics/children	BBC Sounds: In Our Time https://www.bbc.co.uk/sounds/brand/b006qykl	Produce a 500 word answer: "To what extent does family policy improve family life?"
Half Term 6	1	Pew Research Center – Family and Social Trends https://www.pewresearch.org/topic/family-relationships/	TED Talk: The Changing Nature of Families https://www.ted.com/topics/family	Interview with Professor Diane Reay (Re-release) https://www.spreaker.com/episode/interview-with-professor-diane-reay-re-release--47439535	Identify three major changes in family life over the last 50 years and explain their significance.
	2	Relate – Relationships Research https://www.relate.org.uk/get-help	Relate YouTube Channel https://www.youtube.com/@RelateCharity	The Sociology Show https://www.spreaker.com/podcast/the-sociology-show--4318027	Evaluate whether successful relationships are becoming harder to sustain in modern society.

Week	READ	WATCH	LISTEN	DO
3	Resolution Foundation - Living Standards and Families https://www.resolutionfoundation.org	Resolution Foundation YouTube Channel https://www.youtube.com/@resolutionfoundation	The Sociology Show https://www.spreaker.com/podcast/the-sociology-show--4318027	Investigate how economic conditions affect family decisions such as marriage and childbearing.
4	Institute for Fiscal Studies - Children and Families Research https://ifs.org.uk/research/children-and-families	IFS Public Events https://www.youtube.com/@TheIFS	The Sociology Show https://www.spreaker.com/podcast/the-sociology-show--4318027	Summarise one recent piece of research on childhood, parenting or family life.
5	Nuffield Foundation - Family and Welfare Research https://www.nuffieldfoundation.org/evidence-and-impact/welfare/family	LSE Public Lectures (Families and Society) https://www.youtube.com/@LSE	The Sociology Show https://www.spreaker.com/podcast/the-sociology-show--4318027	Review a policy affecting families and assess whether it has been successful.
6	Choose your favourite source from the year and revisit it.	Choose a sociology lecture or documentary from the year.	Choose a podcast episode from the year.	Produce a personal super-curricular project: poster, presentation, podcast or article answering "To what extent has family life improved in modern Britain?"