

## **Unit 3 Health Psychology – Summer Independent Learning 2022**

Your SIL includes completing work on Health Psychology: Booklet 1 – Learning Aim A:

- 1. Completion of Learning Aim A2 Psychological Approaches to Health, wellbeing & Illness.
- 2. Summary of Learning Aim A2
- 3. Self-Test questions on the whole of Booklet 1 (Learning Aims: A1, A2, and A3)

Please complete the listed tasks in the order they are presented in and use the checklist as a guide.

Task Number & Title	Description of Task		(√/≭)	
			Task	
			Complete	
1. Psychological	Complete ng 12 29 of the Learning Aim: A2 costion of your Health			
Approaches to	Complete pg. 13- 28 of the Learning Aim: A2 section of your Health			
	Psychology booklet 1.			
Health, Wellbeing				
& Illness	<ul> <li>You will need to <u>watch</u> the teacher <u>video</u> presentation lessons</li> </ul>			
	by clicking on the images below			
	<ul> <li>You will need to <u>write</u> in the <u>information</u> into your booklet.</li> </ul>			
	<ul> <li>You will need to complete any</li> </ul>	additional activities on a		
	separate piece of paper in your notes.			
	Biological Influences			
	(a) (a) (b) (a) (a) (b) (a) (a) (a) (a) (a) (a) (a) (a) (a) (a	Learning aim A2: Psychological Approaches to health, wellbeing and illness		
	THE THE PARTY OF T	AZ Psychological approaches to health, wellbeing and illness  • Biological influences – of genetic predisposition, the roles of neurobrammitter imbalances,  • Behaviourist approaches – the role of crus, positive reinforcement and negative		
		<ul> <li>Behaviourist approaches - the role of cues, positive reinforcement and negative reinforcement to explain healthy and minestly behaviour; using operant conditioning to encourage and incentivise behaviour.</li> <li>Social learning approach - effects of parental and peer role models on healthy and</li> </ul>		
		unhealthy behaviours; role models in health education.  Cognitive approach - decisions to engage in behaviours to provide relief from stress, anxiety, boredom or to mitigate impacts of other health problems, resolving cognitive disconnance for behaviour change, professional blasses in diagnoses and treatments.		
	Behaviourist Approach	<u>Learning aim A2:</u> Psychological Approaches to health, wellbeing and illness		
		A2 Psychological approaches to health, wellbeing and illness  • Biological influences – of genetic predisposition, the roles of neutrotransmitter imbalances.  • Behaviourist approaches – the role of cues, positive reinforcement and negative		
	CLOS	<ul> <li>belickworants deprecaries "their row or class, positive artenoreatives and redestive and their second processing of the processing of the processing of the processing of encourage and increasive behaviour.</li> <li>Social learning approach – effects of parental and poer role models on healthy and unhealthy behaviour; role models in health elucation.</li> </ul>		
		<ul> <li>Cognitive approach – decisions to engage in behaviours to provide relief from stress, anxiety, benefice not to missigate impacts of other health problems, resolving cognitive disconance for behaviour change, professional blasses in diagnoses and treatments.</li> </ul>		
	国体系经验			
	Social Learning Approach	Learning aim A2: Psychological Approaches to		
		health, wellbeing and illness		
		A2 Psychological approaches to health, wellbeing and illness  • Biological influences – of genetic predisposition, the roles of psychramoliter imbalances.		
		<ul> <li>Biological influences – of genetic predisposition, the roles of neurotransmitter imbalances.</li> <li>Behaviourist approximes – the role of case, positive reinforcement and neglar pages reinforcement to explain healthy and unhealthy behaviours; using operant conditioning to encourage and locentries behaviour.</li> </ul>		
		encourage and incertibiles behalvatur.  Social barrating approach effects of parential and peer role models on healthy and wheelity behaviours; role models in health education.  Oppitive approach—declarion to engage in behaviours by provide relief from stress, enable, benedom or to mitigate impacts of other health problems, resolving cognitive disconance for behaviour change, prefessional bases in diagnoses and reteriments.		
		dissonance for behaviour change, professional biases in diagnoses and treatments.		
	Cognitive Approach	Learning aim A2: Psychological Approaches to		
	回想電影回	health, wellbeing and illness  A2 Psychological approaches to health, wellbeing and illness		
		Biological influences – of genetic predisposition, the roles of neurotransmitter imbalances.     Behaviourist approaches – the role of cues, positive reinforcement and negative reinforcement to explain healthy and unhealthy behaviours; using operant conditioning to		
		Social learning approach - effects of parental and peer role models on healthy and unhealthy behaviours; role models to health relucation.		
	ELL-MOTH	<ul> <li>Cognitive approach - decisions to engage in behaviours to provide relief from stress, amolety, boredom to or brillipate imposts of other health problems, resolving cognitive dissonance for behaviour change, professional blases in diagnoses and treatments.</li> </ul>		
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TASK 1 content <u>must</u> be completed AND submitted via teams for <u>FRIDAY 1<sup>ST</sup> JULY</u>.

You will need upload <u>photos/video</u> of the section in your booklet as evidence of completion.

2. Summary of content covered for Learning Aim A2	Complete the <u>A3 Summary Sheet</u> (on the separate handout) of the material covered in Learning Aim A2 on Psychological Approaches, health, wellbeing & Illness.	
3. Self-Test Questions on Booklet 1	Answer the <u>self-test questions</u> for <i>all</i> of the content covered in Booklet 1 (Learning Aims: A1, A2 and A3)	



TASK 2 and TASK 3 content <u>must</u> be completed AND submitted to your teacher in your first psychology lesson upon your return to college in September as evidence of completion.

Your first cedar assessment will test ALL of the content covered in Booklet 1.

## LINKS USED IN THE VIDEOS

If for whatever reason you have an issue accessing any of the video content, here is a handy list of all the links used throughout this SIL.

Biological Approach <a href="https://web.microsoftstream.com/video/f1bd3d7c-cf2e-4afa-822b-3bc308a49466">https://web.microsoftstream.com/video/f1bd3d7c-cf2e-4afa-822b-3bc308a49466</a>
Behaviourist Approach <a href="https://web.microsoftstream.com/video/f095ab02-0388-4163-9848-5e7ebc7d6c62">https://web.microsoftstream.com/video/f095ab02-0388-4163-9848-5e7ebc7d6c62</a>

Social Learning Theory – <a href="https://web.microsoftstream.com/video/2f2b6eb8-2e66-4fb8-94c7-e717716735f2">https://web.microsoftstream.com/video/2f2b6eb8-2e66-4fb8-94c7-e717716735f2</a> Cognitive Theory - <a href="https://web.microsoftstream.com/video/deecec53-b483-4743-8ea6-a0d91b0575da">https://web.microsoftstream.com/video/deecec53-b483-4743-8ea6-a0d91b0575da</a>

## **CONTACT DETAILS**

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