

## Unit 3 Health Psychology – Summer Independent Learning 2023

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

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
	<b>Answer the self-test questions on the separate handouts for Booklet 1 (Learning Aim A):</b>	
<b>Task 1: Self-Test Qs Learning Aim A1</b>	<b>A1 – Psychological Definitions of Health, ill health, addiction &amp; stress (pg. 2-12)</b>	
<b>Task 2: Self-Test Qs Learning Aim A2</b>	<b>A2 – Psychological Approaches to health, wellbeing &amp; illness (pg.13-28)</b>	
<b>Task 3: Self-Test Qs Learning Aim A3</b>	<b>A3 – Theories of Stress, behavioural &amp; physiological addiction (pg.29-49)</b>	



**You will be expected to produce all of this work in your first lesson to your teacher upon your return to college in September as evidence of completion. Your first cedar assessment will test this content.**

### CONTACT DETAILS

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