

Unit 3 Health Psychology – Summer Independent Learning 2024

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
	Answer the self-test questions on the separate handouts for Booklet 1 (Learning Aim A):	
Task 1: Self-Test Qs Learning Aim A1	A1 – Psychological Definitions of Health, ill health, addiction & stress (re-read content pg. 2-12)	
Task 2: Self-Test Qs Learning Aim A2	A2 – Psychological Approaches to health, wellbeing & illness (re-read pg.13-26)	
Task 3: Self-Test Qs Learning Aim A3	A3 – Theories of Stress, behavioural & physiological addiction (re-read pg.27-46)	



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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