









## 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 Approaches to Health, Wellbeing & Illness	<p>Complete pg. 13- 28 of the Learning Aim: A2 section of your Health Psychology booklet 1.</p> <ul style="list-style-type: none"> <li>○ You will need to <u>watch</u> the teacher <u>video</u> presentation lessons by clicking on the images below.</li> <li>○ You will need to <u>write</u> in the <u>information</u> into your booklet.</li> <li>○ You will need to complete any <u>additional activities</u> on a separate piece of paper in your notes.</li> </ul>	
	<p><b>Biological Influences</b></p> <div style="display: flex; align-items: center; justify-content: space-around;">   <div style="border: 1px solid black; padding: 5px; font-size: small;"> <p style="text-align: center; margin: 0;"><b>Learning aim A2: Psychological Approaches to health, wellbeing and illness</b></p> <p><b>A2 Psychological approaches to health, wellbeing and illness</b></p> <ul style="list-style-type: none"> <li>• Biological influences – of genetic predisposition, the roles of neurotransmitter imbalances.</li> <li>• Behaviourist approaches – the role of cues, positive reinforcement and negative reinforcement to explain healthy and unhealthy behaviours; using operant conditioning to encourage and incentivise behaviour.</li> <li>• Social learning approach – effects of parental and peer role models on healthy and unhealthy behaviours; role models in health education.</li> <li>• Cognitive approach – decisions to engage in behaviours to provide relief from stress, anxiety, boredom or to mitigate impacts of other health problems, resolving cognitive dissonance for behaviour change, professional biases in diagnoses and treatments.</li> </ul> </div> </div>	
	<p><b>Behaviourist Approach</b></p> <div style="display: flex; align-items: center; justify-content: space-around;">   <div style="border: 1px solid black; padding: 5px; font-size: small;"> <p style="text-align: center; margin: 0;"><b>Learning aim A2: Psychological Approaches to health, wellbeing and illness</b></p> <p><b>A2 Psychological approaches to health, wellbeing and illness</b></p> <ul style="list-style-type: none"> <li>• Biological influences – of genetic predisposition, the roles of neurotransmitter imbalances.</li> <li>• Behaviourist approaches – the role of cues, positive reinforcement and negative reinforcement to explain healthy and unhealthy behaviours; using operant conditioning to encourage and incentivise behaviour.</li> <li>• Social learning approach – effects of parental and peer role models on healthy and unhealthy behaviours; role models in health education.</li> <li>• Cognitive approach – decisions to engage in behaviours to provide relief from stress, anxiety, boredom or to mitigate impacts of other health problems, resolving cognitive dissonance for behaviour change, professional biases in diagnoses and treatments.</li> </ul> </div> </div>	
	<p><b>Social Learning Approach</b></p> <div style="display: flex; align-items: center; justify-content: space-around;">   <div style="border: 1px solid black; padding: 5px; font-size: small;"> <p style="text-align: center; margin: 0;"><b>Learning aim A2: Psychological Approaches to health, wellbeing and illness</b></p> <p><b>A2 Psychological approaches to health, wellbeing and illness</b></p> <ul style="list-style-type: none"> <li>• Biological influences – of genetic predisposition, the roles of neurotransmitter imbalances.</li> <li>• Behaviourist approaches – the role of cues, positive reinforcement and negative reinforcement to explain healthy and unhealthy behaviours; using operant conditioning to encourage and incentivise behaviour.</li> <li>• Social learning approach – effects of parental and peer role models on healthy and unhealthy behaviours; role models in health education.</li> <li>• Cognitive approach – decisions to engage in behaviours to provide relief from stress, anxiety, boredom or to mitigate impacts of other health problems, resolving cognitive dissonance for behaviour change, professional biases in diagnoses and treatments.</li> </ul> </div> </div>	
	<p><b>Cognitive Approach</b></p> <div style="display: flex; align-items: center; justify-content: space-around;">   <div style="border: 1px solid black; padding: 5px; font-size: small;"> <p style="text-align: center; margin: 0;"><b>Learning aim A2: Psychological Approaches to health, wellbeing and illness</b></p> <p><b>A2 Psychological approaches to health, wellbeing and illness</b></p> <ul style="list-style-type: none"> <li>• Biological influences – of genetic predisposition, the roles of neurotransmitter imbalances.</li> <li>• Behaviourist approaches – the role of cues, positive reinforcement and negative reinforcement to explain healthy and unhealthy behaviours; using operant conditioning to encourage and incentivise behaviour.</li> <li>• Social learning approach – effects of parental and peer role models on healthy and unhealthy behaviours; role models in health education.</li> <li>• Cognitive approach – decisions to engage in behaviours to provide relief from stress, anxiety, boredom or to mitigate impacts of other health problems, resolving cognitive dissonance for behaviour change, professional biases in diagnoses and treatments.</li> </ul> </div> </div>	



**TASK 1 content must be completed AND submitted via teams for FRIDAY 1<sup>ST</sup> JULY. You will need upload photos/video of the section in your booklet as evidence of completion.**

<b>2. Summary of content covered for Learning Aim A2</b>	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.	
<b>3. Self-Test Questions on Booklet 1</b>	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 must 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 <https://web.microsoftstream.com/video/f1bd3d7c-cf2e-4afa-822b-3bc308a49466>

Behaviourist Approach <https://web.microsoftstream.com/video/f095ab02-0388-4163-9848-5e7ebc7d6c62>

Social Learning Theory – <https://web.microsoftstream.com/video/2f2b6eb8-2e66-4fb8-94c7-e717716735f2>

Cognitive Theory - <https://web.microsoftstream.com/video/deec53-b483-4743-8ea6-a0d91b0575da>

## CONTACT DETAILS

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