

## Unit 3 Health Psychology – Summer Independent Learning 2023

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

1. Self-Test questions on the whole of Booklet 1 (Learning Aims: A1, A2, and A3). Complete the questions first without using your notes, then go back with a different colour pen and use your notes to add in any extra information.

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>1. Self-Test Qs on Learning Aim A1</b>	A1 – Psychological Definitions of Health, ill health, addiction & stress	
<b>2. Self-test Qs on Learning Aim A2</b>	A2 – Psychological Approaches to health, wellbeing & illness	
<b>3. Self- test Qs on Learning Aim A3</b>	A3 – Theories of Stress, behavioural & physiological addiction	
<b>4. Preview work on the body's response to stress</b>	Watch this clip <a href="https://www.youtube.com/watch?v=sQj6GMrt8EE">https://www.youtube.com/watch?v=sQj6GMrt8EE</a> and create your own revision resource to show the two different ways in which the body responds to stress.	

### CONTACT DETAILS

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**This 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.**