

BTEC Level 3 National Extended Diploma



Year 12 (School Leavers)

Summer Independent Learning

FIRST NAME: _____

LAST NAME: _____

B NUMBER:

B	0					
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Student Declaration: I certify that the evidence submitted for this SIL is my own and I have not copied content directly from Artificial Intelligence (AI) or other media sources.	
Signed	Date / / 2026

UPS Staff Only	SIL Grade	Unclassified	<input type="checkbox"/>	UPS Stamp / Signature
		Pass	<input type="checkbox"/>	
		Merit	<input type="checkbox"/>	

		Distinction	<input type="checkbox"/>	
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Welcome to Uniformed Protective Services

Welcome

Congratulations on enrolling onto our Uniformed Protective Services (**UPS**) programme at New College Bradford (**NCB**).

You have taken the first important step in your journey to join the UPS, progress onto Higher Education or improve your overall employment opportunities.

We look forward to seeing you after your college induction.

Stev & Haj

Stev & Haj

Teachers of Uniformed Protective Services (**UPS**)
Room G.01
New College Bradford



SIL Instructions

1. Read the guidance and content carefully and complete each task to the best of your ability.
Note: Use the links and QR codes available to access additional content.
2. Complete the front page entering your **First Name, Last Name** and **B Number** (Student Number). Then read, sign and date your **Student Declaration**.
3. You must meet all **deadlines** as follows:
 - a. **Monday 24th August 16:00** – Tasks 1 & 2.*
 - b. **First UPS lesson** (after Induction) – Tasks 3-14.

*Late enrolment students – Complete tasks 1 & 2 by **16:00 on Friday 28th August**.

4. On your first UPS lesson, you will hand in your printed SIL document. It may be:
 - a. Hand-written (**black ballpoint pen**) or
 - b. Typed (**black font**).
5. If for any reason you are unable to complete your SIL, you must E-Mail stev_snaith@nclt.ac.uk at the earliest opportunity.

SIL Checklist

As you complete each task, tick off each box

SIL Induction		
Task	1	2
Page	5	5
Complete (✓)	<input type="checkbox"/>	<input type="checkbox"/>

Behaviour and Discipline							
Task	3	4	5	6	7	8	9
Page	7	8	9	9	10	11	14
Complete (✓)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Professional Development in the UPS					
Task	10	11	12	13	14
Page	16	16	17	18	20
Complete (✓)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SIL Induction

Welcome Video

1 Using the Link/QR Code (below), watch the welcome video.

[Click to watch welcome video](#)



UPS Enrolment Questionnaire

2 Access the form using the link/QR Code (below), then complete and submit the UPS Enrolment Questionnaire

This questionnaire must be complete and submitted by **16:00 on Monday 24th August**, using the link/QR code below:



[Click to open questionnaire](#)

Unit 2

Behaviour and Discipline

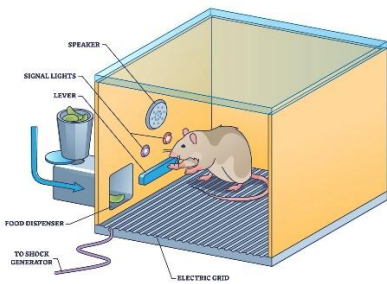
Principal Psychological Perspectives Applied to Behaviour

What is Psychology?

3 In your own words define the term 'psychology'



Psychological Perspectives



Behaviourist



Psychodynamic



Humanistic



Cognitive

Behaviourist Theory:

Behaviourists believe that all behaviour is learned and that when our mind represents a "clean slate" when we are born.

In the Uniformed Protective Services (**UPS**), it is important that we are able to understand how stimuli can affect behaviour.

For example, Jane is a recruit in the British Army. In early training, her instructors pair the command "**ATTENTION!**" with loud, sharp vocal delivery.

This naturally triggers alertness and a spike in adrenaline. Jane instinctively tenses up, focuses, and stands still because the situation is intense. Over time, the *word* "**ATTENTION!**" on its own becomes the trigger — even when it's spoken calmly or outside a training context.

This means that Jane snaps to attention automatically, without needing the loud voice or pressure. Prior to joining the army, Jane wouldn't have responded the word "Attention" at all.

She has made an association between the word attention and the need to tense up, stand still and focus. This is called **Classical Conditioning**.

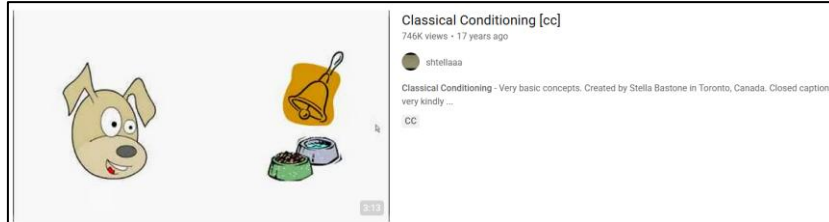
4 What benefits do you think Classical Conditioning brings to the Armed Forces?

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Classical Conditioning



Online Video



[Classical Conditioning \[cc\]](#)

5	<p>Watch the video by accessing the Link/QR Code (above).</p> <p>Then, make some notes (on page 21) which will help you with the quiz at the end. Pay attention to the key terminology listed (below).</p>
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Key Terminology

Stimuli	Unconditioned Stimulus (UCS)	Neutral Stimulus (NS)
Unconditioned Response (UCR)	Conditioned Stimulus (CS)	Conditioned Response (CR)

6	Complete the table below, in relation to “Pavlov’s dog” experiment.
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Term	Definition	Example
UCS	A stimulus which triggers a response without any prior learning	Food
UCR		Salivating
NS	A stimulus which doesn't trigger an automatic response.	
CS		

UPS SUMMER INDEPENDENT LEARNING (SIL)

CR		
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7 What is the aim Pavlov's experiment?

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Psychodynamic Theory:

In the UPS, it is also important that we are able to understand how the psychodynamic theory can affect behaviour.

In the iceberg theory, Sigmund Freud explains how experiences can be locked away in our “unconscious mind”.

For example, Sufyaan is a Police Constable (**PC**) who has received a number of complaints from members of the public regarding his conduct when conducting vehicle stops. It is claimed that he has behaved in a disproportionate manner, shouting and swearing at drivers. Sufyaan has recently suffered the death of a close family member.

When Sufyaan receives therapy, it transpires that he is directing internal frustration onto a safer target — e.g., a member of the public rather than the original source of stress).

With therapy, Sufyaan is able to understand why he is demonstrating these behaviours. On returning to work, he can now recognise and control these urges, so his behaviour falls in line with professional standards.



Online Research



Psychology » Freudian Psychology

Psychodynamic Approach In Psychology

By Saul McLeod, PhD | Updated on May 12, 2025

Reviewed by Olivia Guy-Evans, MSc

[Psychodynamic Approach In Psychology](#)

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Read the webpage by accessing the Link/QR Code (above).

Then, make some notes (**on page 21**) which will help you with the quiz at the end. Pay attention to the key terminology listed on page 12.

Key Terminology

id	Conscious	Regression
Ego	Pre-conscious	Denial
Superego	Subconscious	Displacement
Repression		

Term	Definition	Example
Id	Inherited from birth and is our instinct to receive immediate gratification.	You see £20 in a cash machine left by a member of the public. You take it for yourself and treat yourself to a trip to Nando's.
Ego	Balances between the id and the superego enabling us to make decisions and avoid moral dilemmas	
Superego		You see £20 in a cash machine, left by a member of the public. You hand it at the local Police Station, because it is the right thing to do and you would appreciate the same courtesy if you had lost the money.
	Thoughts and perceptions - Here and now.	You are a PC and you witness a criminal steal a phone from somebody's pocket.

<p>Pre-Conscious</p>		<p>In court, you are asked to give your version of events regarding the theft of the mobile phone.</p>
<p>Unconscious</p>		
	<p>When a person unconsciously reverts to an earlier stage of development when faced with stress, anxiety, or conflict.</p>	<p>You are playing a football match and getting beat 3-2. You are angry so you stop trying and lose 10-2.</p>
<p>Denial</p>	<p>A person refuses to accept reality because the experience is too distressing.</p>	
<p>Displacement</p>	<p>Redirecting anger to a "safer" target.</p>	
<p>Repression</p>		<p>A person in an Road Traffic Collision (RTC) is unable to recall the event. Their unconscious may be actively keeping the memory hidden to protect their conscious mind from distress.</p>

Quiz

9	<p>Using the Link/QR Code (below), complete the end of topic quiz.</p> <p>Make every attempt to have taken comprehensive notes for each theory as this content links to an assessment you will undertake during the Autumn term.</p> <p>The quiz is not timed!</p> <p>Good luck.</p>
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<https://forms.office.com/e/xZM899nB7f?origin=lprLink>

Unit 19

Professional Development in the Uniformed Protective Services

A2 Careers and Jobs in the Uniformed Protective Services

The Uniformed Protective Services (UPS) are a competitive, wide-ranging employment field with many different pathways. For a successful career, you need to understand the scope and breadth of the available opportunities and the steps needed to follow your chosen pathway.

In this unit, you will research the different possible careers and the associated job roles in the protective services. As you move through the unit, you have the opportunity to analyse your own skills and identify how to develop them into a career through the use of a career plan, researching your chosen career to understand how to access and progress within it.

Types of UPS

10 In a table format list as many types of UPS as you can. Use the 4 headings below:

Emergency Services	Armed Forces	Other Uniformed Services	Voluntary Uniformed Services

11 Select one service/role you are interested in (such as a Police Constable, Firefighter, Soldier, Royal Marine).

Entry Requirements

All protective services have different entry requirements.

13	<p><u>Research</u> and <u>explain</u> the entry requirements (using relevant websites) for your chosen UPS role.</p> <p>Make sure you include details such as: Age, qualifications, skills and qualities, health requirements, fitness tests, relevant experience.</p>
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Age <hr/> <hr/>
Qualifications (Educational, Vocational and Non-Vocational) <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Skills & Personal Qualities Required <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Health Requirements (Physical / Mental Health) <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

