

## Unit 3 Health Psychology – Summer Independent Learning 2026

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	( /x) 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 task on explaining addiction using the Learning approach.</b>	Complete the summary grids on the 4 addictions using the Learning approach. See the extra resources available in the Teams assignment to help with this.	



This content must be completed, submitted via Teams and brought to your first lesson upon your return to college in September.

Your first cedar assessment will test ALL of the content covered in Booklet 1.

