

**Psychology BTEC (Yr 13) – Summer Independent Learning 2022**

**All resources that you need to complete the SIL will be in a Teams Folder called ‘Unit 3 SIL’ – your teacher will direct you to this folder**

Tick when each “mini” task is complete

Task Number & Title	Description of Task	(✓/✗) Task Complete
<p><b><u>TASK 1</u></b></p> <p><b><u>This work is to be submitted via Teams by Friday 1<sup>st</sup> July 4pm</u></b></p>	<p>1. Complete <u>Learning Aim A: A2</u> of Booklet 1 Health Psychology (Unit 3). This is pages 14-24.</p> <p>Access the Powerpoint which is in Teams and carefully work through it, completing your booklet.</p> <p>2. Complete the <u>questions on Learning Aim A: A2</u>, which are also in this folder</p> <p><b>These questions / answers must be submitted via Teams by deadline</b></p>	
<p><b><u>TASK 2</u></b></p>	<p>1. Complete the <u>A3 summary sheet</u> on: Theories of Stress, Behavioural addiction and Physiological addiction that you have been given</p> <p>2. Complete the <u>A3 essay templates</u> (9 markers) on:</p> <ul style="list-style-type: none"> <li>a. Theory of planned behaviour</li> <li>b. Self efficacy</li> <li>c. Transtheoretical model</li> </ul>	

<p><b><u>TASK 3</u></b></p>	<p>Building on our Introduction to Stress (Booklet 1 Health Psychology pg 11-12) we would like you to do some preview work on <u>Causes of Stress</u>.</p> <p>Watch the following video's and summarise the content on the A3 sheet you have been given. You can also use the additional reading material for more information:</p> <p>Life events : <a href="https://www.youtube.com/watch?v=-ooeUrglDXI">https://www.youtube.com/watch?v=-ooeUrglDXI</a> (upto 4.50 min)</p> <p>Daily Hassles: <a href="https://www.youtube.com/watch?v=8fODtFuu31k">https://www.youtube.com/watch?v=8fODtFuu31k</a> (upto 4.20 min)</p> <p>Workplace: <a href="https://www.youtube.com/watch?v=NWF1E0JlxIk">https://www.youtube.com/watch?v=NWF1E0JlxIk</a> (upto 1.00 min)</p> <p>Personality: <a href="https://www.youtube.com/watch?v=Mkok5VXs32k">https://www.youtube.com/watch?v=Mkok5VXs32k</a> (upto 2.00 min)</p> <p>Personality: <a href="https://www.youtube.com/watch?v=YK185dYCakU">https://www.youtube.com/watch?v=YK185dYCakU</a> (upto 2.10)</p> <p><u>Additional Reading material on causes of stress</u> <a href="https://www.simplypsychology.org/SRRS.html">https://www.simplypsychology.org/SRRS.html</a> <a href="https://www.simplypsychology.org/personality-a.html">https://www.simplypsychology.org/personality-a.html</a></p>	
<p><b><u>TASK 4</u></b></p>	<p>From the document '<u>Health theories application tasks</u>' choose <b>ONE</b> of the activities to complete.</p> <p>These activities are based on either:</p> <ol style="list-style-type: none"> <li>1. Health belief model <b>OR</b></li> <li>2. Self efficacy theory</li> </ol>	