

Introduction to Y13 Psychology – Summer Independent Learning 2026

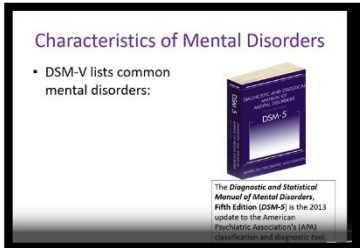
Your SIL includes completing the first section on the Paper 1 topic of Clinical Psychology and Mental Health:

1. Characteristics and Definitions of Abnormality.

Please complete the listed tasks in the order they are presented. The tasks include completing the work booklet and additional exam questions as directed in the videos:

IMPORTANT: to ensure that you can access the videos, please make sure that you have downloaded SharePoint onto the device you intend to view the videos on

If you are able to print this document, then please do so and **tick the checklist off** as you complete each task. If you are unable to print the document, then just read the checklist and use it as a guide.

Task Number & Title	Description of Task	(✓/✗) Task Complete
<u>CHARACTERISTICS of OCD, Depression & Phobias</u>	Watch the three introductory videos to OCD, depression and Phobias as these disorders are referred to throughout the topic by clicking on each of the links: Phobias OCD Depression 	
	Lesson 1 – Characteristics of Disorders Access the video lesson by <u>clicking on the image</u> for the link (<i>you will need to be logged into your college account to access the video</i>). Complete all activities referred to in the videos in your clinical psychology & mental health booklet, and complete the exam Q's referred to in the video in the separate handout:  	

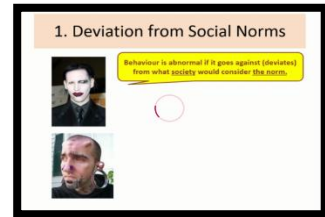
DEFINITIONS OF ABNORMALITY

Lesson 2- Deviation from Social/Cultural Norms

Watch the video clip on 'adult babies' first by clicking on the link. Then access the video lesson by clicking on the image. Complete all activities referred to in the videos in your clinical psychology & mental health booklet, and complete the exam Q's referred to in the video in the separate handout:



[Living as an adult baby](#)

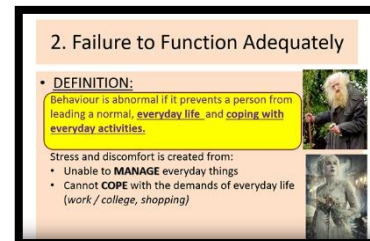


Lesson 3 – Failure to Function Adequately

Watch the video clip on 'Catman' first by clicking on the link. Then access the video lesson by clicking on the image. Complete all activities referred to in the videos in your clinical psychology & mental health booklet, and complete the exam Q's referred to in the video in the separate handout:

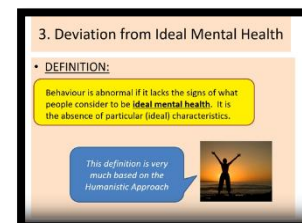


[Totally Obsessed Catman](#)



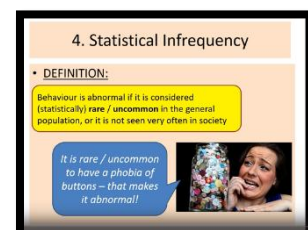
Lesson 4 – Deviation from Ideal Mental Health

Access the video lesson by clicking on the image and complete all activities referred to in the videos in your booklet, and complete the exam Q's referred to in the video in the separate handout



Lesson 5 – Statistical Infrequency

Access the video lesson by clicking on the image and complete all activities referred to in the videos in your booklet, and complete the exam Q's referred to in the video in the separate handout



ADDITIONAL OPTIONAL CONTENT

It is recommended that you complete one of the free online courses related to psychopathology. You will not be tested on this material but it will support you in gaining more knowledge of psychopathology.



If you are thinking about applying to university to study Psychology, then this is an excellent way to demonstrate your interest in psychology beyond the curriculum and something that you can incorporate into your personal statement.

<https://www.futurelearn.com/courses/anxiety-depression-and-cbt>

<https://www.futurelearn.com/courses/faces-of-dementia>

<https://www.futurelearn.com/courses/integrating-mental-and-physical-health-depression-and-anxiety>

LINKS USED IN THE VIDEOS

If for any reason you have an issue accessing any of the video content, here is a handy list of all the links used through this SIL.

<https://www.youtube.com/watch?v=PCOg2G797ek> (Phobias)

<https://www.youtube.com/watch?v=-1w9zCNhVBo> (OCD)

<https://www.youtube.com/watch?v=z-IR48Mb3W0> (depression)

[Psychopathology Video characteristics-20200602_041300.mp4](#) (Characteristics of Disorders)

<https://www.youtube.com/watch?v=66WWIMCy51A> (Adult babies)

[Psychopathology Video Deviation from Social Norms-20200603_085903.mp4](#) (Deviation from Social norms)

<https://www.youtube.com/watch?v=AKRr94ssnQo> (Cat man)

[Psychopathology Video Failure to Function Adequately-20200603_120848.mp4](#) (Failure to Function Adequately)

[Deviation from ideal mental health.mp4](#) (Deviation from Ideal Mental Health)

[Statistical Infrequency.mp4](#) (Statistical Infrequency)

CONTACT DETAILS

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