

BTEC Applied Psychology (Y13) – Summer Independent Learning 2026

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
<u>TASK 1 –</u> <u>CURRENT:</u> Learning Aim A2	1. Complete <u>Learning Aim A: A2</u> of Booklet 1 Health Psychology (Unit 3). This is pages 14-24 . Access the <u>A2 SIL PowerPoint</u> in the Teams' folder and carefully work through it, completing your booklet.	
	2. Complete the <u>A2 summary sheet</u> to consolidate your knowledge.	
	3. Complete the <u>A2 practice questions</u> which are also in the Teams' folder.	
	4. Complete the <u>A2 glossary</u> to show your understanding of key terms from this section.	
<u>TASK 2 –</u> <u>PREVIEW:</u> Learning aim B1	You are going to complete preview work on <u>B1 causes of stress</u>. Watch the following videos and visit the websites. Make notes on the A3 sheet <u>B1 Stress – Causes of Stress</u>. Videos to watch: • Life events: https://www.youtube.com/watch?v=-ooeUrglDXI (up to 4.50 min) • Daily Hassles: https://www.youtube.com/watch?v=8fODtFuu31k (up to 4.20 min) • Workplace: https://www.youtube.com/watch?v=NWF1E0JlxIk (up to 1.00 min) • Personality: https://www.youtube.com/watch?v=Mkok5VXs32k (up to 2.00 min)	

	• Personality: https://www.youtube.com/watch?v=YK185dYCakU (up to 2.10) Websites to read: • Life events & daily hassles: https://www.simplypsychology.org/SRRS.html • Personality: https://www.simplypsychology.org/personality-a.html	
<u>TASK 3 –</u> <u>REVIEW</u> Learning aim A3	Complete the <u>A3 essay templates</u> (9 markers) on: a. Theory of planned behaviour b. Self-efficacy c. Transtheoretical model	