Psychology and Health Level 3

For **unit 1, psychological approaches and applications**, you need to learn significant unit content, as this is an exam unit.

Prior to starting this unit in college, you need to carry out research on the following:
A Psychological approaches and assumptions
A1 Approaches and assumptions

You must be able to understand and apply knowledge of key assumptions and key concepts as used to explain aspects of human behaviour.

• Cognitive assumptions:
 o behaviour is a product of information processing
o the brain can be compared to a computer (computer analogy) – input, processing and output.

• Key concepts:
o characteristics of sensory, short term, and long-term memory (encoding, capacity, duration)
o remembering (recognition, recall and the importance of cues)
o reconstructive memory, including the role of schema (shortening, rationalisation and confabulation)
o cognitive priming, including the role of cognitive scripts and different types of priming (repetition, semantic and associative)
o the role of cognitive scripts (memory scripts, person perception)
o cognitive biases, including fundamental attribution error, confirmation bias and hostile attribution bias.

• Social assumptions:
o behaviour occurs in a social context (influenced by people around us)
o wider culture and society influence people's behaviour.
• Key concepts:
o conformity (normative social influence and informational social influence)
o types of conformity, including internalisation, identification, compliance
o in and out groups – social categorisation (formation and effect of stereotypes, prejudice and discrimination)
o intra group dynamics including group cohesion, roles, common goals, groupthink and social facilitation
o influences of others on self-concept (self-esteem, self-image); self-efficacy.

• Behaviourist and Social Learning assumptions:
o behaviour is a learned response from environmental stimuli
o behaviour can be learned from observation and imitation.
• Key concepts:
o classical conditioning – learning by association, to include the role of the unconditioned stimulus, unconditioned response, neutral stimulus, conditioned stimulus and conditioned response

o operant conditioning – learning by consequences, to include the role of positive reinforcement, negative reinforcement and punishment, motivation (extrinsic and intrinsic rewards)
o social learning theory – learning through observation, imitation, modelling and vicarious learning.

• Biological assumptions:
o behaviour is influenced by central nervous system (CNS), genes and neurochemistry
o behaviour is a product of evolution.
• Key concepts:
o the influence of biology on behaviour and traits, including introversion and extroversion
o genetics and inheritance including genes, genotype, phenotype and the SRY gene
o neuroanatomy, including basic localisation of function, lateralization and plasticity of the brain
o organisation of the nervous system, including the central nervous system and autonomic nervous system (parasympathetic and sympathetic divisions)
o neurochemistry, including the role of hormones in the stress response (adrenaline and cortisol), neurotransmitters
o evolutionary psychology, including the environment of evolutionary adaptation, survival of the fittest, the fight, flight, freeze response, sexual selection and genome lag.
Task:
Produce a fact file that includes information on the key assumptions of each of the different approaches to psychology. Remember to reference your sources of information within your work. This work is due in on your first day in September 2024.
(3000 words)

Health and Social Care
Task
Title: Exploring Human Lifespan Development: An Investigative Project

Introduction: Human lifespan development is a fascinating journey filled with growth, changes, and challenges. From the moment we are conceived to the end of our lives, we experience various stages of development that shape who we are. This project aims to introduce you to the basics of human lifespan development and encourage you to explore its key concepts through research and reflection.

Activity 1: **Define Human Lifespan Development:** Define human lifespan development in your own words. Explain why understanding this concept is important for appreciating the changes individuals go through from birth to old age.
Activity 2: **Investigate Stages of Human Development: Research and describe the different stages of human development: Identify and discuss the key characteristics, milestones, and challenges associated with each stage.** • Prenatal: From conception to birth • Infancy: Birth to 2 years old • Childhood: 2 years old to puberty • Adolescence: Puberty to adulthood • Adulthood: Early, middle, and late adulthood

- Old age: Geriatrics and end of life

Activity 3:

Explore Influential Factors: Explore the factors that influence human development: Provide examples to illustrate how these factors can impact individuals' development across the lifespan.

- Genetic factors inherited from parents
- Environmental factors such as family, culture, and socio-economic status
- Socio-cultural factors like peer influence and societal expectations
- Psychological factors such as personality and cognitive abilities

Activity 5:

Reflect on Personal Development: Reflect on your own development journey so far. Identify significant milestones or experiences that have shaped who you are today. Consider how factors like family, school, friends, and personal interests have influenced your growth and development.

Activity 6:

Create a Visual Representation: Create a visual representation (e.g., timeline, poster, infographic) that illustrates the stages of human development from birth to old age. Include key characteristics, milestones, and factors that influence development at each stage.

Activity 7:

Conclusion: Summarise your findings and reflect on what you have learned about human lifespan development. Discuss the importance of understanding this concept in everyday life and how it can help us better understand ourselves and others.

Presentation Guidelines:

- Your project can be presented in written or visual format, or a combination of both.
- Ensure clarity and organisation in your presentation.
- Use appropriate language and avoid jargon
- Include relevant examples and illustrations to support your points.

Submission Guidelines:

- Make sure your project is neat, well-presented, and reflects your understanding of human lifespan development.
- Hand in on your first day in September 2024