

Level 3 Applied Psychology



Name _____

Course outline at a glance

In Applied Psychology you will study **four units** (two exams and two piece of coursework), covering the following content areas:

Unit 1: Applications of Psychological Approaches: social, cognitive, learning and biological approaches and how they apply to issues relevant to contemporary society.

Unit 2: Conducting Psychological Research: developing understanding and skills in the scientific process and in psychological research methodology through a psychological research project.

Unit 3: Health Psychology: psychological approaches, theories and studies related to lifestyle choices, unhealthy behaviours and behavioural change and linking them to their specific contexts.

Unit 6: Introduction to Psychopathology: types and characteristics of mental disorders and approaches to treatment, and the role of professionals in supporting and promoting mental health.

The complete specification can be viewed on the Pearson website:

<https://qualifications.pearson.com/en/home.html>

TASK 1

1. What is Psychology? Research an approved definition and notes what you find below.

2. Complete the table below. Use the following website to help you:

<https://www.simplypsychology.org/a-level-approaches.html#cog>

Psychological approach	What are the main assumptions (beliefs) of this approach?
The cognitive approach	
The social approach	
The learning approach	
The biological approach	

For each of the approaches in the previous table research how each could explain each of the following:

- 1) Aggression
- 2) The development of gender
- 3) Consumer behaviour

