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| **Pre-A Level Academic Preparation Programme for****Psychology****Week 1: Mental Health**  | **Research*** What is psychology?
* What different types of psychologists are there?
* What is the difference between psychology, criminology and forensic psychology?

[***What is psychology?***](https://www.bps.org.uk/)[***Becoming a psychologist***](https://www.bps.org.uk/become-psychologist/additional-careers-resources)***Time: 1hrs*** | **Watch and listen*****Mental health***TED talk about mental healthSummarise some of the key points highlighted in this talk.[What's so funny about mental health?](https://www.ted.com/talks/ruby_wax_what_s_so_funny_about_mental_illness)***Time: 15mins***  | **Research Task*****Mental health***Research the clinical characteristics (diagnostic criteria) of at least three different psychological disorders including:* Obsessive Compulsive Disorder (OCD)
* Depression
* Phobias

Produce a poster or PowerPoint for each disorder to explain the symptoms/ characteristics under the following headings 1. Emotional characteristics
2. Behavioural characteristics
3. Cognitive characteristics.

***Time: 2hr*** |
| **Watch and listen*****Mental health***TED talk about stressSummarise some of the key points highlighted in this talk.[The science of stage fright and how to overcome it](https://www.ted.com/talks/mikael_cho_the_science_of_stage_fright_and_how_to_overcome_it)***Time: 15mins*** | **Watch and listen*****Mental health***TED talk about causes for depression and anxiety [This is why you could be depressed or anxious](https://www.ted.com/talks/johann_hari_this_could_be_why_you_re_depressed_or_anxious)***Time: 20mins*** | **Complete** ***Mental health***Create a mind map to summarise possible cause for mental health. You should try to include some highlighted in the different TED talks and the research from the disorders. ***Time: 30mins*** |