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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 health  Summarise 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 stress  Summarise 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*** |