

Introduction to Y13 Psychology – Summer Independent Learning 2026

Your SIL includes completing the first section on a Paper 1 topic on Clinical Psychology and Mental Health:

Please note that there has been a specification change for the 2027 exam. This means that some of the titles in the video lessons have changed names to what is in the booklet, but the content remains the same.

1. Characteristics and Definitions

Please complete the listed tasks in the order they are presented. The tasks include completing the work booklet and additional exam questions as directed in the videos:

If you are able to print this document, then please do so and **tick the checklist off** as you complete each task. If you are unable to print the document, then just read the checklist and use it as a guide.

Task Number & Title	Description of Task	(/x) Task Complete
<u>CHARACTERISTICS</u> of OCD, Depression & Phobias <u>DEFINITIONS</u> in the field of mental health	Watch the three introductory videos to OCD, depression and Phobias as these disorders are referred to throughout the topic by clicking on the images for the links: https://www.youtube.com/watch?app=desktop&v=PCOG2G797ek https://www.youtube.com/watch?v=DhIRgwdDc-E https://www.youtube.com/watch?v=z-IR48Mb3W0	
	Lesson 1 – Characteristics of Disorders Access the video lesson by clicking on the image for the link. Complete all activities referred to in the videos in your Clinical Psychology booklet, and complete the exam Q's referred to in the video in the separate handout: Psychopathology Video characteristics-20200602_041300.mp4	
	Lesson 2- Deviation from Social & Cultural Norms Watch the video clip on Adult babies first and then access the video lesson by clicking on the images. Complete all activities referred to in the videos in your Clinical booklet, and complete the exam Q's referred to in the video in the separate handout: https://www.youtube.com/watch?v=iA5OzZ4sSMQ Psychopathology Video Deviation from Social Norms-20200603_085903.mp4	

<u>DEFINITIONS</u> in the field of mental health	Lesson 3 – Failure to Function Adequately Watch the video clip on Cat Man first and then access the video lesson by clicking on the images. Complete all activities referred to in the videos in your Clinical Psychology booklet, and complete the exam Q's referred to in the video in the separate handout: https://www.youtube.com/watch?v=AKRr94ssnQo Psychopathology Video Failure to Function Adequately20200603_120848.mp4	
	Lesson 4 – Deviation from Ideal Mental Health Access the video lesson by clicking on the image link and complete all activities referred to in the videos in your Clinical psychology booklet, and complete the exam Q's referred to in the video in the separate handout Deviation from ideal mental health.mp4	
	Lesson 5 – Statistical Infrequency Access the video lesson by clicking on the image link and complete all activities referred to in the videos in your psychopathology booklet, and complete the exam Q's referred to in the video in the separate handout Statistical Infrequency.mp4	

Please be aware that the content referred to in the psychopathology topic is SOCIALLY SENSITIVE. This means that it includes material which some students may find distressing or disagree with. Please be mindful of this throughout your lessons and classroom discussions.

If you would like support with any mental health issues please contact any of the following services:

<https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/where-to-start/>

<https://www.mentalhealth.org.uk/explore-mental-health/get-help>

You will be expected to produce all of this work in your first lesson to your teacher upon

your return to college in September as evidence of completion. Your first cedar assessment will test this content.

Contact Details: l.spriggs@nclt.ac.uk : Psychology teacher at New Brinsworth Sixth Form