**Personalised Learning Checklist**

Subject: Psychology

Year group: 12 (covered between June & July – remote learning)

Dear Student,

During the academy closure you have been set a number of tasks. The list below is the learning you should have completed. Your teacher will use the list to check your progress during this time. It may be used for short quizzes, mini assessments or homework. Where there are gaps your lessons will focus on improving your knowledge and understanding.

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| Point on specification | My personal RAG rating (Red- do not understand, Amber- some understanding, Green- I am confident | | | Teacher RAG rating |
| Definitions of abnormality, including deviation from social norms, failure to function adequately, statistical infrequency and deviation from ideal mental health. | RED | AMBER | GREEN |  |
| The behavioural, emotional and cognitive characteristics of phobias, depression and OCD. | RED | AMBER | GREEN |  |
| The behavioural approach to explaining phobias: the two-process model, including classical and operant conditioning | RED | AMBER | GREEN |  |
| The behavioural approach to treating phobias: systematic desensitisation, including relaxation and use of hierarchy; flooding. | RED | AMBER | GREEN |  |
| The cognitive approach to explaining depression: Beck’s negative triad and Ellis’ ABC model | RED | AMBER | GREEN |  |
| The cognitive approach to treating depression: CBT including challenging irrational thoughts | RED | AMBER | GREEN |  |
| The biological approach to explaining OCD: genetic and neural explanations | RED | AMBER | GREEN |  |
| The biological approach to treating OCD: drug therapy | RED | AMBER | GREEN |  |