

# Psychology & Health

## Level 2

**Welcome to Psychology & Health Level 2 at West Suffolk College.**

Please pick **THREE** of the following tasks over the summer period and bring them with you on your first day of college.

**TIPS: Make it creative and make it yours!**

**Task 1: Create a poster, including the following:**

- What is psychology?
- How does the brain work?
- Myth vs Fact about the brain
- Encourage healthy living for teenagers

**Task 2: Written task – 200 words**

- How does memory work?
- What causes anxiety?
- How do lifestyle factors affect health?

**Task 3: Self Tracking**

- Track your mood, sleep, phone use, hydration & diet.
- Did you notice any patterns?

Write about what you have discovered!

**Task 4: Case Study**

- Create a character called **Taylor** with anxiety or depression
- Describe their symptoms and treatment

**Task 5: Experiment**

“Does music affect concentration?”

Test it out – write down your findings.

**We can't wait to meet you in September!**

**Remember to bring your completed 3 tasks to your first day at college in September!**

**See you then!**

**Sophie & Donna**