



GCSE Psychology



Personalised Learning Checklist

Name: _____

Exam Board	Edexcel
Topic/Module	Psychological problems

My target grade is	
Group	

My current Grade is:	Autumn:	Spring:	Summer:
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Use this checklist before your assessment to focus your work and after to check the effectiveness of your work.

G	I am confident about this topic and I know what I need to do.
A	I am not too sure about this topic. I may need to check with my teacher and spend more time working on this topic.
R	I am not confident I could answer a question on this topic. I need to check with my teacher and ensure I have what I need to do it.

Topic/Unit Focus			
	R	A	G
Unipolar depression			
Genetic explanation of depression			
Cognitive theory of depression			
Cognitive behavioural therapy (CBT)			
Drug therapy for depression			
Addiction – symptoms and features			
Genetic explanation of addiction			
Learning theory of addiction			
CBT for addiction			
Drug therapy for addiction			
Studies: Caspi – Influence of life stress on depression			
Studies: Young – CBT with internet addicts			
Nature vs nurture debate			

Identifying my gaps

Additional Support / Guidance
<p>Remember these simple steps to help prepare you for exam success:</p> <ul style="list-style-type: none"> • keep your keyword flashcards up-to-date and use them 2/3 times each week • start with learning five facts for any one study, model or theory (you can always increase this later) • look out for podcasts, television and radio programmes on the topics we cover – this really helps with the long answers