

## Revision (5–6 weeks from exam)

Session	Topic	Subtopic	Important lessons	Done
1	Unit 3: Area of Study 1	Nervous System Functioning	<u>The Spinal Cord</u> , <u>The Central Nervous System</u> , <u>The Peripheral Nervous System</u>	<input type="radio"/>
		Stress as an Example of a Psychobiological Process		<input type="radio"/>
2	Unit 3: Area of Study 2	Neural Basis of Learning and Memory		<input type="radio"/>
		Models to Explain Learning	<u>Classical Conditioning</u> , <u>Operant Conditioning</u> , <u>Social Learning Theory</u>	<input type="radio"/>
3		Process of Memory	<u>Memory Storage and Capacity</u> , <u>Memory Coding</u> , <u>Multi-store Model of Memory</u>	<input type="radio"/>
4		Reliability of Memory	<u>Memory Encoding and Types of Cues</u> , <u>Memory and Learning</u> , <u>Fallibility of Memory</u>	<input type="radio"/>
5	Unit 4: Area of Study 1	Nature of Consciousness	Continuum of Arousal	<input type="radio"/>
		Importance of Sleep	Sleep-Wake Cycle	<input type="radio"/>
		Effects of Sleep Disturbances and Possible Treatments	Sleep-Wake Shift	<input type="radio"/>
6	Unit 4: Area of Study 2	Defining Mental Health	Concepts of Normality, Characteristics of Mental Health, Researching Mental Health	<input type="radio"/>
7		Application of a Biopsychosocial Approach To Explain Specific Phobia	<u>Introduction to Anxiety Disorders</u> , <u>Specific Phobia: Prevalence and Symptoms</u>	<input type="radio"/>
		Maintenance of Mental Health	Maintaining Mental Health	<input type="radio"/>
8	Unit 4: Area of Study 3	Practical Investigation	Planning an Experiment: Variables, Planning an Experiment: Aim and Hypothesis, Reporting an Experiment	<input type="radio"/>

Practice (3–4 weeks from exam)

Session	Topic	Subtopic	Confidence	Done
9	Unit 3: Area of Study 1	Nervous System Functioning	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
		Stress as an Example of a Psychobiological Process	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
10	Unit 3: Area of Study 2	Neural Basis of Learning and Memory	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
		Models to Explain Learning	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
11		Process of Memory	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
12		Reliability of Memory	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
13	Unit 4: Area of Study 1	Nature of Consciousness	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
		Importance of Sleep	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
		Effects of Sleep Disturbances and Possible Treatments	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
14	Unit 4: Area of Study 2	Defining Mental Health	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
15		Application of a Biopsychosocial Approach To Explain Specific Phobia	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
		Maintenance of Mental Health	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
16	Unit 4: Area of Study 3	Practical Investigation	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>