**Stage 2 Psychology**

**SCIENCE AS A HUMAN ENDEAVOUR
Psychological Health and Wellbeing
Stress Management**

Your task is to individually investigate contemporary examples of how science interacts with society with a focus on stress management and how problem-focused and/or emotion-focused coping strategies attempt to address stress.

**Key Concepts of Science as a Human Endeavour:**

*Communication and Collaboration*

* Science is a global enterprise that relies on clear communication, international conventions, and review and verification of results.
* Collaboration between psychologists and stakeholders advances research and understanding. It requires shared evidence from many sources in a multidisciplinary approach.

*Development and Application*

* Developments in research and technology lead to advances in psychological understanding.
* The application of psychological understanding can enable scientists to develop solutions, design actions, and evaluate and respond to economic, sociocultural, and environmental factors.

*Influence*

* Psychological knowledge and its application are both influenced by, and influence economic, sociocultural, religious, ideological, political, and environmental perspectives in a local, national, and global context.
* The use of psychological knowledge may have positive, negative, or unexpected consequences that require monitoring, assessment, and evaluation. The use of psychological knowledge must take into account risks and ethical considerations.

**Part A: Find an article that:**

* describes current research, a recent discovery or topical issue related to stress management that is of interest to you *e.g. therapy dogs, time management, assertiveness training, relaxation, meditation, exercise*
* contains psychological content that you will be able to understand
* demonstrates some aspects of Science as a Human Endeavour. Consider the technology, ethics, benefit to humans, costs, environmental concerns etc. of this topic of interest.

**Choose your one or two key concepts of SHE**

**Choose the format of your work i.e. written report, multimedia presentation**

**Check the chosen management strategy article and SHE concept suitability with your teacher before you proceed**

**Part B: Refinement of Information for your chosen focus**

* Search for further articles/data/case studies/research that you could use to support your chosen management strategy, ensuring you link how the strategy reduces stress at the psychological level
* Link your research to psychological concepts and theories.

**Part C: Findings**

* Include an introduction that identifies the focus of the investigation (i.e. problem-focused and/or emotional-focused) and the key concept(s) of science as a human endeavour that it links to.
* Relevant psychological concepts/background – this should support your article by not be the focus. (i.e. Explain how your chosen management strategy reduces stress in terms of psychological theories and understandings)
* Demonstrate your understanding of one or two Psychological ideas relevant to the content in the article in approximately 350 words. Use in-text referencing to acknowledge your information sources.
* Identify one or two of the dot-point elaborations of the Science as a Human Endeavour statements that apply to your focus. Detail how the focus illustrates the interaction between science and society in approximately 400 words. Use intext referencing where relevant.
* Conclude your findings with a discussion of the potential impact or future application of the focus of the investigation a summary of the one *Key Concepts* of Science as a Human Endeavour that is mostly clearly illustrated within the focus.
* Document the information sources used within a bibliography.

SHE Investigation considerations:

* Maximum of 1500 words (written) or a maximum of 9 minutes for an oral presentation or the equivalent in multimodal form
* Must be written in your own words; with in-text referencing for information and quotes from credible sources
* (The bibliography does not contribute to the word limit.)

Performance Standards for Stage 2 Psychology

|  | Investigation, Analysis and Evaluation | Knowledge and Application |
| --- | --- | --- |
| A | Critically deconstructs a problem and designs a logical, coherent, and detailed psychological investigation. Accurately and thoroughly obtains, records, and represents data. Systematically analyses and interprets data and evidence to formulate logical conclusions with detailed justification. Critically and logically evaluates procedures, and their effect on data. | Demonstrates deep and broad knowledge and understanding of a range of psychological concepts. Highly effective application of psychological concepts in diverse contexts. Critically explores and understands in depth the interaction between science and society. Communicates knowledge and understanding of psychology coherently, with highly effective use of appropriate terms, conventions, and representations. |
| B | Logically deconstructs a problem and designs a well considered and clear psychological investigation. Logically obtains, records, and represents data. Logically analyses and interprets data and evidence to formulate suitable conclusions with reasonable justification. Logically evaluates procedures and their effect on data. | Demonstrates some depth and breadth of knowledge and understanding of a range of psychological concepts. Mostly effective application of psychological concepts in diverse contexts. Logically explores and understands in some depth the interaction between science and society. Communicates knowledge and understanding of psychology mostly coherently, with effective use of appropriate terms, conventions, and representations. |
| C | Deconstructs a problem and designs a considered and generally clear psychological investigation. Obtains, records, and represents data with some errors. Undertakes some analysis and interpretation of data and evidence to formulate generally appropriate conclusions with some justification. Evaluates procedures and some of their effect on data. | Demonstrates knowledge and understanding of a general range of psychological concepts. Generally effective application of psychological concepts in diverse contexts. Explores and understands aspects of the interaction between science and society. Communicates knowledge and understanding of psychology generally effectively, using some appropriate terms, conventions, and representations. |
| D | Prepares a basic deconstruction of a problem and an outline of a psychological investigation. Obtains, records, and represents data with occasional accuracy and effectiveness. Describes data and undertakes some basic interpretation to formulate a basic conclusion. Attempts to evaluate procedures or suggest an effect on data. | Demonstrates some basic knowledge and partial understanding of psychological concepts. Applies some psychological concepts. Partially explores and recognises aspects of the interaction between science and society. Communicates basic psychological information, using some appropriate terms, conventions, and/or representations. |
| E | Attempts a simple deconstruction of a problem and a procedure for a psychological investigation. Attempts to record and represent some data. Attempts to describe results and/or interpret data to formulate a basic conclusion. Acknowledges that procedures affect data. | Demonstrates limited recognition and awareness of psychological concepts. Attempts to apply psychological concepts. Attempts to explore and identify an aspect of the interaction between science and society. Attempts to communicate information about psychology. |