

Stage 1 Psychology: Science as a Human Endeavour (SHE)

Steps to Complete your SHE task

Step 1: Choose your focus

To start with, you need to choose which focus you're going to research. You can concentrate on one or look at both in less depth.

- The use of psilocybin to treat mood disorders including treatment-resistant depression.
- The use of MDMA to treat post-traumatic stress disorder (PTSD).

Choose the one(s) that interests you the most. If you're not sure, do some research first (step 2) and then decide.

Step 2: Research your focus and psychological background

Use the resources in the task sheet as a starting point. To begin with, you just want to find out the background information about your chosen focus. As you are researching, write down the key points in your own words (don't just copy and paste from websites). You will use this information in your introduction and psychological background. Keep a record of all resources you're using as you go to include in your reference section.

Step 3: Choose your key concept(s)

Based on your research so far, decide which key concept(s) of Science as a Human Endeavour you're going to discuss in relation to your findings. Choose no more than 2 key concepts as otherwise your task will lack depth.

In your readings, have you encountered the most evidence of communication and collaboration, development and application or limitation? Remember, this is the main focus of your task, so you want to be able to provide a range of examples of this concept.

Step 4: Evidence of key concepts

Now that you have chosen your key concept(s), it is time to go back through your sources for evidence of this concept. You might like to start by highlighting the concepts within your reading material like we did in the class examples.

Create a subheading for each concept or part of a concept. Underneath, record all examples you have found including the source.

For example:

Communication		Collaboration	
<i>How scientists researching clinical effects of psychedelics, developing/trialling new intervention have communicated their findings</i>	<i>References</i>	<i>Examples of how scientists have collaborated</i>	<i>References</i>

Step 5: Organising your ideas under sub-headings

Create a sub-heading for each part of your SHE task using the checklist in the task sheet. Arrange your recorded key points and examples from Steps 2 and 4 under each of these headings.

When discussing your key concepts, stay focused on the interaction between science and society, not just summarising research findings. In other words:

- How has society's understanding of and attitudes about psychedelics influenced the development of their use (or not) treatment programs, interventions and public policies/TGA approval?
- How has Science's influenced society regarding our understanding of psychedelics, their medical benefits and how this has been transferred into advancements in treatments and interventions in mental illness?

Step 6: Discussing impact

To conclude your SHE task, discuss its potential impact. There are many different types of impact, for example:

- Future developments – where next?
- Effect on quality of life for those suffering from PTSD/treatment-resistant depression
- Economic impact
- Social impact

Step 7: Choose your format

You're almost ready to start putting it together as a proper draft so it's time to decide on your format. Remember, you can present your information as a poster, essay, newspaper or magazine report, interview with a neuroscientist or oral presentation. Choose the format that you feel will best enable you to communicate your findings and demonstrate your understanding of the topic.

Step 8: Drafting

Before you start formalising your draft, watch my YouTube on drafting:

<https://www.youtube.com/watch?v=6Wh9zcaBGOY> This video is also linked on SEQTA on the cover page.

Allow plenty of time for this step, working on it at times of the day when you are well rested and able to concentrate.

Step 9: Proof-reading

Both during and after writing, carefully proof-read your work. Read it out loud and to another person if you have a willing audience. Consider:

- Is it easy to follow? Is the sequence logical?
- Are you using psychological terms?
- Is it written in third person? (no personal pronouns eg I, we)

Go back to the task sheet and read through the task requirements, checklist and performance standards. Have you covered everything? Is anything missing or lacking depth? Make changes to your draft accordingly if needed.

Remember that I am happy to answer questions, guide and provide feedback at each step of the task, just make sure you are proactive about seeking this out!