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## Sample Assignment: Unit 13 The Mind and the Brain

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### ASSIGNMENT BRIEF

<b>Unit Name:</b> The Mind and the Brain	<b>Unit Number:</b> Unit 13
<b>Assignment Title:</b> Factsheet on Stress	<b>Assignment Number:</b> 13.1
<b>Date Set:</b>	<b>Due Date:</b>
<b>Assessment Objective(s):</b> AO1a	
<b>Brief:</b> <p>Stress is a word that is used daily. We all think that we understand what the word stress refers to and the fact that stress is something that we don't like to suffer from.</p> <p>We may not however, all be familiar with the symptoms of stress and may not even recognise stress within ourselves.</p> <p>You are required to produce a factsheet that would be suitable for 'members of the public'. This factsheet needs to be informative and to summarise your research into the area of stress. It needs to include definitions of stress, possible causes of stress and its effect upon health. It should conclude with suggestions for how to cope with stress.</p>	
<b>You have about 5 hours to research and produce your factsheet.</b> <b>Stage 1</b> Research the area of stress. Include: <ul style="list-style-type: none"><li>• Definition of the term stress</li><li>• Define and identify possible stressors</li><li>• The possible direct effects of stress upon health – with examples</li><li>• The possible indirect effects of stress upon health – with examples</li><li>• Identification of different methods of coping with stress.</li></ul> <p><b>Please ensure that you keep details of the sources of your evidence in order to complete a bibliography.</b></p>	

**Stage 2**

Using the information you have researched produce a factsheet/leaflet.

You decide upon the shape and style e.g. A4 folded into 3 sections and double-sided.

Ensure that you produce the factsheet with the target audience in mind. You will need to give evidence but don't get too scientific! Be concise; keep it interesting, informative and logical.

Maximum possible marks for this task: 5

**Resources:**

Information should be available from any Advanced level general psychology, health and social care and health text books.

Many general health and BBC Website addresses will also be useful sources of information.