

Year 1 AAQ Mental Health: Individuals and Society: Summer Transition Work

Purpose

The purpose of this summer transition work is to provide a brief glimpse into your first year of the Mental Health qualification. In September you will start the course with a unit called: Fundamentals of Mental Health which is assessed in the form of an exam in January 2027. The work below will give you a taste for what is to come and also allow you to be prepared for the first week of teaching in September.

Submission Guidelines & Conditions

Please ensure the following professional standards are met before handing in your work:

- **Deadline:** Complete all tasks prior to your first formal lesson and present them to your teacher. You will not be able to fully engage in your first few lessons without completing this work.
- **Completion:** Answer every question thoroughly; do not leave any sections blank. If you are unsure, that is okay. Have a go!
- **Formatting:** You can type or handwrite your answers.
- **Academic Integrity:** All answers must be your own independent work. Do not collaborate with others or use generative AI to write your responses.

Activity 1: Structure of the Brain.**4 key areas of the brain:**

- Amygdala
- Hippocampus
- Hypothalamus
- Pre Frontal Cortex

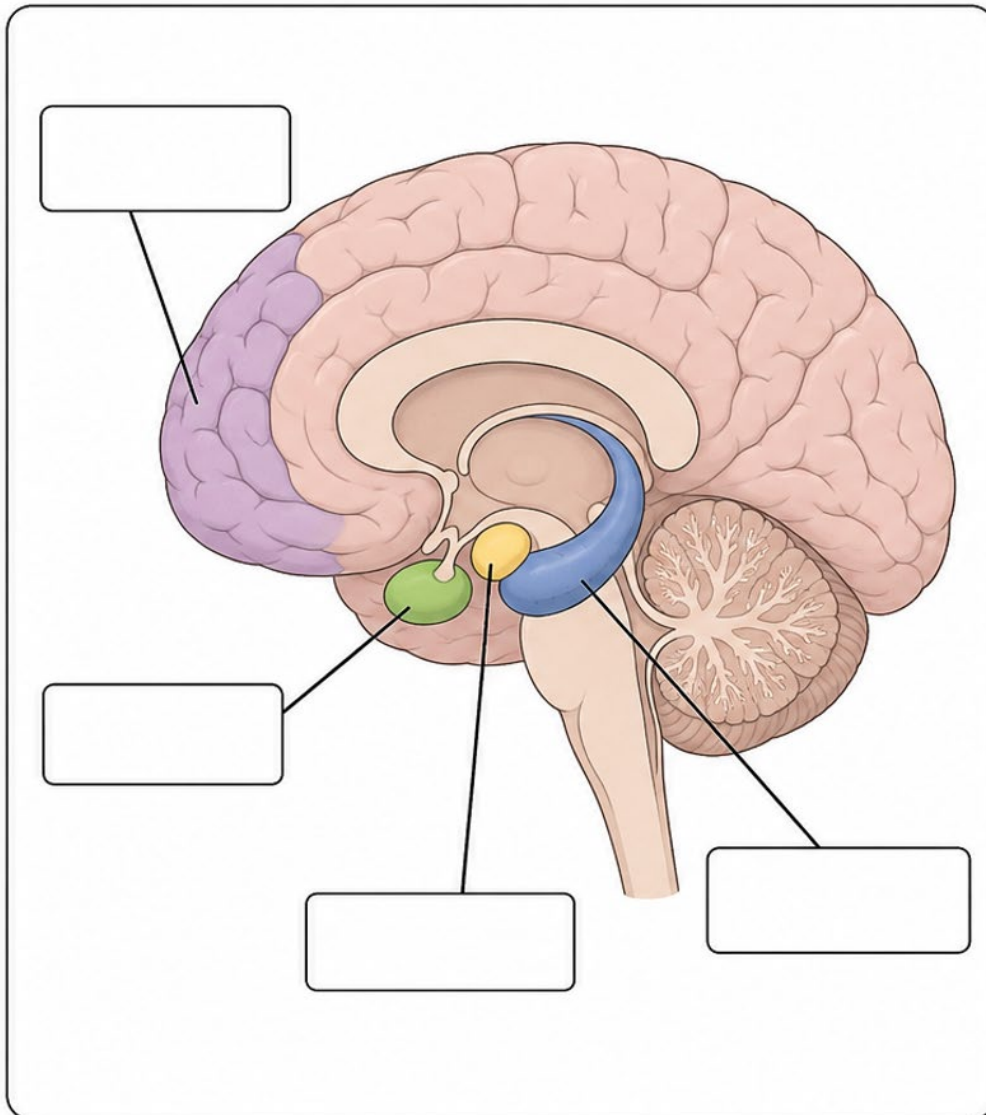
Area of the Brain	Function: (What job does this part of the brain do?)
Amygdala	
Hippocampus	
Hypothalamus	
Pre Frontal Cortex	

Please label the location of the part parts of the bran on the diagram below:

4 key areas of the brain:

- Amygdala
- Hippocampus
- Hypothalamus
- Pre Frontal Cortex

1. Label the Brain (Blank)



Activity 2:

Physical Factors that influence mental Health and wellbeing: Research task:

Below are four factors that can influence mental health and wellbeing. For each factor can you research and explain how each factor can influence an individual's mental health. Aim for 100-150 words for each.

Nutrition Levels:

Physical Health:

Sleep quality:

Drugs and substance misuse:

Activity 3:

Jahoda's six criteria

Marie Jahoda (1958) claimed that the absence of mental illness does not necessarily mean a person is mentally healthy. Instead, she focused on the positive aspects of mental health rather than the absence of negative symptoms. She proposed six criteria that promote positive mental health and suggested that, for an individual to flourish, they should work towards achieving these. Jahoda suggested that if an individual lacks any of these areas, they may struggle and become more susceptible to mental health issues.

Jahoda's six criteria have since been used by clinicians and researchers to guide goal-setting and interventions that encourage overall wellbeing. Marie Jahoda's (1958) Six Criteria for Ideal Mental Health:

1. **Positive self-attitudes** – Having a positive view of yourself, including awareness of your strengths and weaknesses. You show self-respect and self-acceptance.
2. **Personal growth and self-actualisation** – Continuing to develop your talents and potential, with a sense of purpose and meaning in life.
3. **Integration** – Managing internal conflicts and stress effectively, maintaining emotional balance and a stable sense of identity.
4. **Autonomy** – Being independent and self-reliant, able to make personal decisions without being overly influenced by others.
5. **Accurate perception of reality** – Seeing the world and others realistically, without distortion, and understanding how others perceive you.
6. **Mastery of the environment** – Feeling capable of meeting life's demands, adapting to change, solving problems, and maintaining fulfilling relationships

Apply your understanding

Maya is a 25-year-old nurse who enjoys her job and feels proud of helping others. She has a close group of friends and a supportive family. When work becomes stressful, she takes time to rest, talk to colleagues, and go running to clear her mind. She feels confident in her abilities but also recognises her weaknesses and asks for help when needed.

Liam is a 27-year-old who recently left university and is unsure about his career path. He spends most days alone and feels disconnected from friends. He struggles to make decisions without asking others for reassurance and often compares himself negatively to other people online. He finds it hard to manage stress and often avoids situations that make him anxious.

2. Read the descriptions of Maya and Liam. Then, for each of Jahoda's six criteria, decide who demonstrates the characteristics below more clearly. Explain why, using evidence from the scenario

	Who is showing the characteristics more strongly? Liam/Maya? Justify why you think this.
1) Positive self attitudes	
2) Personal growth & self actualization	
3) Integration	

4) Autonomy	
5) Accurate perception of reality	
6) Mastery of environment	

Activity 4: - Common Mental Health Disorders:

Below are a list of common Mental Health conditions. You are tasked with creating a PowerPoint presentation