







## **ATPSY**

## **Unit 3 Memory and learning**

Cognitive psychology is concerned with the process of how human beings develop understandings and apply this to the world in which they live. Memory and learning form core components of cognitive psychology. Various theories of memory and learning have been developed based on psychological research.

In this unit, you will learn the roles of sensation, perception and attention in memory. You will further develop understanding of memory by applying models, understanding how specific structures of the brain affect memory, and learning about some of the processes associated with memory and forgetting.

## Unit 4 Psychology motivation, wellbeing and health

A key concern in psychology is developing the understanding of human cognition, emotion and behaviour to inform improvements in the wellbeing of individuals and groups in society. In this unit, you will develop a psychological understanding of the relationship between motivation and wellbeing and apply this to the development of effective strategies related to stress and sleep.







