



WESTERN PSYCHOLOGY

ASSIGNMENTS

ONLINE TRAINING

W E S T E R N P S Y C H O L O G Y
A S S I G N M E N T S

Welcome!

There are three parts to your assignment for this section on Western Psychology.

They are designed to support you to integrate and consolidate the knowledge from this section.

Please take some time to do the reflections and the self directed practicum task thoughtfully.

In later sections we'll be applying this knowledge to our students, but we're going to start with the most important person.... you.

There is one assignment task per page, with ample space for you to write your reflections. But if you prefer to copy the assignment tasks into your journal or onto your computer, please feel free to do so.

Once you have completed the assignments for this section, please make sure that you tick the Western Psychology checkbox on the Assignment Checklist page.

With gratitude,

A handwritten signature in cursive script that reads "Lauren".

W E S T E R N P S Y C H O L O G Y
A S S I G N M E N T S

1. REFLECTIVE JOURNAL

Reflect on your own mental health, in the past and currently.

2. REFLECTIVE JOURNAL

Reflect on your own internal responses to the material in the lectures.
How did it make you feel?

W E S T E R N P S Y C H O L O G Y
A S S I G N M E N T S

3. SELF DIRECTED PRACTICUM

What yogic or self care practices would you like to commit to doing to support you to self regulate and feel ok after this section of the training?

T H A N K Y O U

