

20 things YOU can do to help ensure success in 'Health & Social Care'

<p>Find out what the principles of care are. Write a short job description for a care worker and include all the principles of care in it.</p>	<p>Exercise helps humans in many ways. Think of 2 benefits of physical exercise for each of the PIES.</p>	<p>Produce a timeline from 0 – 100. Write on at least 5 expected and 5 unexpected life events. Add on images to illustrate.</p>	<p>Create a thought shower on 'Human Development'. Use the life stages as your bubbles/branches.</p>	<p>Create a concise 2 sided A5 information card detailing the skills needed to be a care worker.</p> <p>Use p68-73 or ICT research</p>
<p>List 8 different ways of helping individuals. For each one think of a professional and non-professional carer who would provide this help/support, give named examples.</p>	<p>Create a spider diagram/mind map that analyses the support available to help people cope with life events. Make sure that you include family, friends, professionals and voluntary sources.</p>	<p>Use the NHS website to create separate flash cards on the following health issues: Diabetes, Obesity, Heart disease, Cancer. Make sure you include the causes, symptoms and ways to reduce the risk</p>	<p>Find 2 contrasting images of living conditions. Label with explanations of how these homes could impact positively and negatively on human development.</p>	<p>What might stop an Elderly person from accessing health services? These are called barriers to access.</p> <p>Try to list 5.</p>
<p>Create a fortune teller. You will need 8 questions and answers, base these on the summary table of development in childhood (p15).</p>	<p>Use Quizlet to create your own quizzes on nutrition and what makes a diet healthy. Include questions on all the food components and the foods that are a good sources of these nutrients.</p>	<p>There are lots of jobs in the health and social care industry. Some professions overlap. Try to think of 3 that would work in partnership with each other and explain the connection.</p>	<p>Write a list of services that a young parent could access with their pre-school child.</p>	<p>Create a poster on a topic of your choice. Display in your room and test yourself regularly.</p>
<p>Twitter post. Define Gross and/or Fine motor skills in under 140 characters.</p>	<p>How could a marriage breakdown affect a child's social and emotional development?</p>	<p>Create a glossary for the bold words that you find in the first two chapters of our text book.</p>	<p>Find a newspaper article about child neglect, highlight key information and reduce it to 5 sentences.</p>	<p>Create 10–15 challenging quiz questions about one of the topics we have covered.</p>

