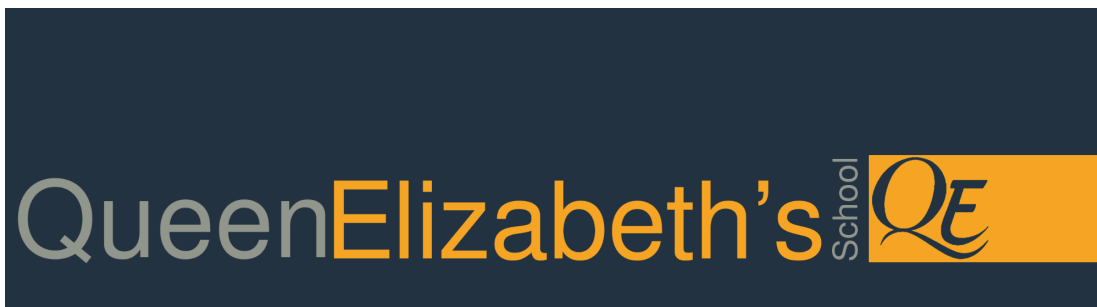


Cambridge National Certificate

Health and Social Care

Transition Booklet



Name : _____

The work that you are going to carry out over the summer will form part of your Induction Programme into the Cambridge National Certificate in Health and Social Care.

You will see a series of tasks that you are asked to complete. Hopefully when you have completed this booklet it will help you understand the skills you will need to collect evidence for your qualification.

Induction, or learning about something, never really stops. You will continue to learn about qualifications all through the course, this workbook has been designed to start you off by introducing you to different aspects of the course.

Good Luck in your work.

Task 1

Unscramble these letters to give five different client groups that use Health, Social Care and Early Years services? Then give an example of one service that each might use.

1. ladust _____ e.g. _____
2. redlo eelpop _____ e.g. _____
3. seabib dan richlaend _____ e.g. _____
4. cadtensesol _____ e.g. _____
5. dabsidle eelpop _____ e.g. _____



What can I do with a qualification in Health and Social Care?

It may seem strange to be thinking about what to do after the course when you have just started it, but during the course you will need to consider what you are going to do next. So let's start here.

You may already have some ideas about what you would like to do when you have finished. What are your thoughts right now? If you are undecided or unsure about what you want to do then record your ideas at the moment.

Record your career ideas here and why you have chosen them.

?

These are your thoughts for the moment, and it is all right if you change your mind as you go through the course. You can now use the form on the next page to begin to develop a career action plan. You may need guidance from a Careers Teacher.

Your Career Action Plan will introduce to you the idea of planning. Planning your work is very important for qualifications.

Look at the Career Action Plan and fill out as much information as you can.

Career Action Plan

Name _____ Date _____

THE CAREER I AM AIMING FOR:

QUALIFICATIONS I WILL NEED:

SKILLS I NEED TO DEVELOP:

WORK EXPERIENCE I NEED TO OBTAIN:

WHAT I NEED TO FIND OUT MORE ABOUT:

ACTION I NEED TO TAKE:

Remember you need to start thinking about what you want to do when you have finished your G.C.S.Es/level 2 qualifications.

As you work through the Cambridge National Certificate in Health and Social Care you will start to learn new words. Look at the list on the next page and using a dictionary find the definitions of the words and write them down.

Puberty:

Discrimination:

Gender:

Culture:

Communication:

Identity:

Hygiene:

Diet:

Interview someone in your family or a family friend and ask them the following questions (you may like to ask your parents). You can add some of your own questions if you wish to.

a) What does family mean to you?

b) What words do you associate with family?

c) What do you remember of your family life when you were a child?

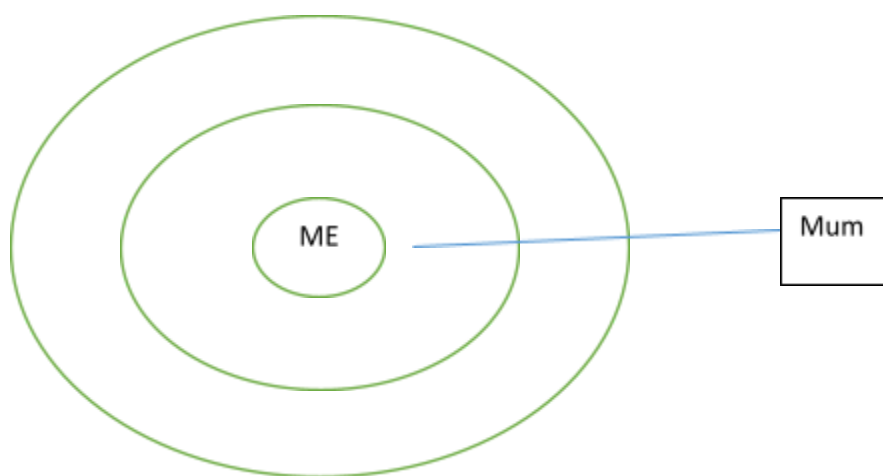
d) Which T.V. programme do you watch which shows family life?

e) Are T.V. programmes that show family life fact or fiction

f) Why do you say this?

1. In your own family life – choose the person that you most look up to and say why you admire this person.

2. Using the circle diagram below. Show the relationships that you've experience in your life.



3. Feeling good about yourself and feeling healthy helps to raise your own self-esteem and your own self-confidence. Complete the following statements about yourself.

The best thing about me is:

My favourite foods are:

I really have fun when I:

My favourite music is:

I exercise by:

My favourite T.V. programme is:

When I go out with my friends I like to wear:

I always make time to:

Reasons for improving health and well-being

In order to prepare a plan to improve an individual's health and well-being, it is helpful to identify some reasons for improving health and well-being.

Look at the following case studies and try to identify some reasons the individuals might have to improve their health and well-being.

Jean

Jean is 15 years old. She has never enjoyed sports in school, because the other children tease her about her weight. She is having trouble with her homework, because she keeps missing school due to colds and flu. She is feeling a bit depressed because she doesn't seem to have a very good social life.

Jean's teacher tries to help Jean with her problems. Before Jean can make up an action plan for how to improve her health and well-being, she needs to know what her aims and objectives are. The teacher asks Jean to explain why she wants to improve her health and well-being.

What are some of the reasons for improving health and well-being that Jean might have?



Carol

Carol smokes 25 cigarettes a day. On a recent visit to her GP, she was told that she had high blood pressure. Carol joins a support group to help her quit smoking. At the first meeting which Carol attends, she is asked to explain why she has decided to try to quit smoking.

What reasons might Carol give for wanting to improve her health and well-being?



Research each of these dietary components, and write down how the body uses them and give an example of a food that contains them. The first one is done for you:

Protein	For body building, growth and repair	Found in meat, fish, eggs, cheese and milk.
Fat		
Vitamins e.g. Vitamin C and Vitamin D		
Minerals e.g. Iron and Calcium		
Carbohydrate		
Water		
Fibre		

