

10 things to do for future Health and Social Care Students

1. Read the specification for your units:

<https://www.ocr.org.uk/qualifications/cambridge-technicals/health-and-social-care/#level-3>

Level 3 Cambridge Technical Extended Certificate in Health and Social Care (1 A-Level equivalent) units

- Building positive relationships in health and social care
- Equality, diversity and rights in health and social care
- Health, safety and security in health and social care
- Anatomy and physiology for health and social care
- Supporting people with mental health conditions
- Sociology for health and social care

Level Cambridge Technical Diploma in Health and Social Care (2 A-Level equivalent)

- Building positive relationships in health and social care
- Equality, diversity and rights in health and social care
- Health, safety and security in health and social care
- Anatomy and physiology for health and social care
- Infection control
- Personalisation and a person-centred approach to care
- Safeguarding
- Promote positive behaviour
- Sexual health, reproduction and early development stages
- Supporting people with mental health conditions
- Caring for older people
- Sociology for health and social care

2. Discover the history of the NHS. How has this changed over time.....

<https://www.bbc.co.uk/news/health-44560590>

<http://news.bbc.co.uk/1/hi/health/7462013.stm>

3. Research the job roles and settings that exist in the Health, Social Care or Early Years sector. What qualifications and skills do you need to do these jobs and consider if you are interested in pursuing one of these?
<https://www.healthcareers.nhs.uk/working-health/we-are-nhs>
4. If you wish to go into a career in Health and Social Care what grades do you need to achieve to do this?
5. Read about the importance of communication skills in Health and Social Care <https://www.skillsforcare.org.uk/Documents/Learning-and-development/Core-skills/Communication-skills-in-social-care.pdf>
6. Watch an episode of One Born Every Minute or Life and Birth. What skills do you see demonstrated by the practitioners when working with patients/ service users?
7. 24 hours in A&E gives a good insight into patient care. Write a case study based on one patient in your chosen episode, include the practitioners involved in their care, the symptoms, treatment and outcome for the individual. <https://www.channel4.com/programmes/24-hours-in-ae>
8. Watch a documentary about issues in Health and/ or Social Care issues. What are the issues, what has caused them, how can they be rectified? (Dispatches and Panorama are good sources)
9. You must read and watch the news regularly whilst studying health and social care. This will enable you to apply your coursework and exam responses to 'real world' scenarios. Ensure you use reputable sources eg. BBC, The Times etc.
Consider how Health, Social Care services and practitioners are currently portrayed in the media <https://www.bbc.co.uk/news/health>
10. Write a letter to yourself describing what you hope you will learn and achieve over the course of the next 2 years in Health and Social Care.