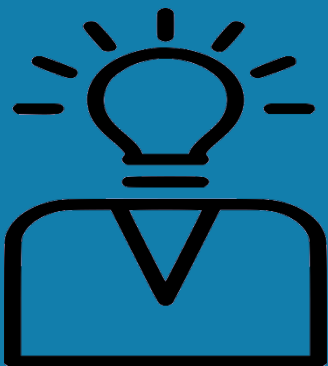


Independent Learning Guide



Health & Social Care

You should be working for a minimum of **three-hours per week** per subject for independent work beyond what is set in lesson time.

Below is a list of suggested activities:

Ensure notes are completed and filed/stored suitably in a folder or book.

There are a number of different things you should do to ensure you are ready for your exam. You should initially focus on content to ensure you have enough knowledge to successfully complete your exam. This initial work on content should be followed up with work focusing on how to apply your knowledge. Things to consider when revising

- Techniques to consider
 - Mind maps
 - Reading and highlighting
 - Flash cards
 - Use your revision guide and have it to hand everywhere you go
 - Write information and definitions in your own vernacular (the words you would use) don't rely on complicated definitions that you will easily forget
- Don't be lazy when writing things out, it will benefit you and help you remember. Be ready to cut things down to shorter sentences or even key words.
- Randomly select headings and write as many bullet points down about them as possible, when you get stuck check your book and revision guide and add some more in a different colour.
- Use your phone, we always have and look at them so take some pictures of your flash cards or revision materials and try to look at something every time you pick up your phone
- Use the practice exams to test yourself some of the questions or variations on them might come up again
- Use the mark schemes, they will show you how you could achieve marks on different questions. A lot of the information is transferrable and can be used to help with different questions on the same topics.
- Use a number of different techniques
 - Don't rely only on what you think is your best method, devote some time to other techniques

Use the following resources to support your independent study:

- Your own class work books
- The google classroom where the PowerPoints will be available
- Your revision guides
- Past Exam Papers
- Past Exam Mark Schemes
- Past Examiners reports
- The NHS Website
- British Association for the Study and Prevention of Child Abuse and Neglect
- British Occupational Hygiene Society – promotes good practice to help to reduce ill-health caused by the working environment
- Department of Health
- Health and Care Professions Council
- Healthy eating - information from the NHS
- Joseph Rowntree Foundation for Social Change
- Learning Disabilities website
- Nursing and Midwifery Council

