



**Longley Park**

**SIXTH FORM ACADEMY**

Creating Excellence Together,  
through a culture of care

# Get Ready For...

**Level 2 BTEC First  
Certificate In health  
and Social Care**

LONGLEY PARK SIXTH FORM

## What will I study?

On the level 2 First Certificate in Health and Social Care you will study a range of units which will consist of both Exam and course work Units

- Unit 1 – Human Lifespan Development – Exam Unit
- Unit 2 - Health and Social Care Values
- Unit 3 – Effective Communication in Health and Social Care
- Unit 6 – The Impact of Nutrition on Health and Wellbeing
- Unit 7 – Equality and Diversity in Health and Social care
- Unit 9 – Healthy Living – Exam Unit
- Unit 10 – Human Body Systems and Care of Disorders

## What can I do next?

Students who have previously studied level 2 First Certificate have either progressed on to:

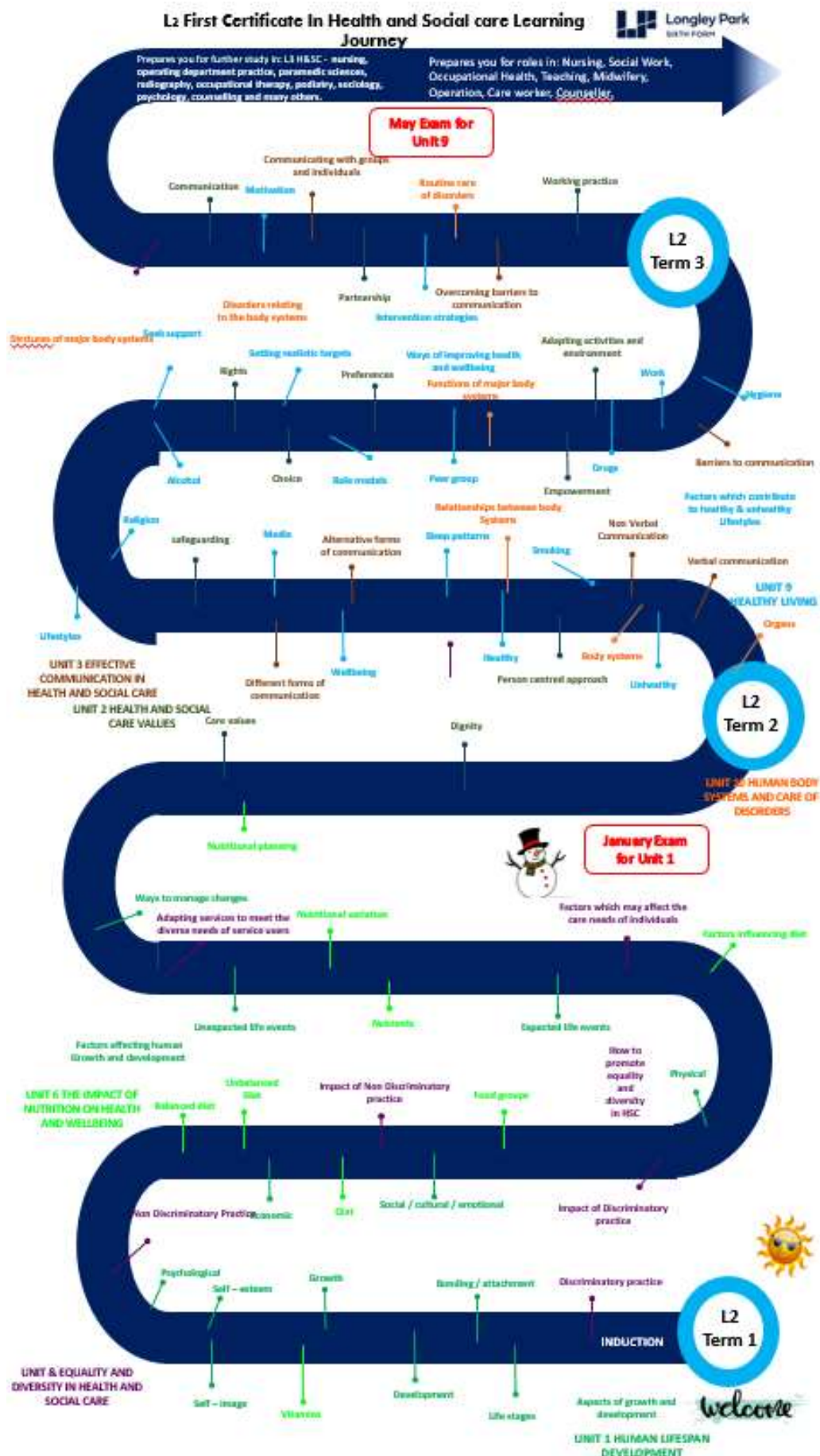
- Level 3 Extended Diploma in Health and Social Care
- Level 3 Diploma in Health and Social Care
- Apprenticeship

## What additional opportunities will I have on my course?

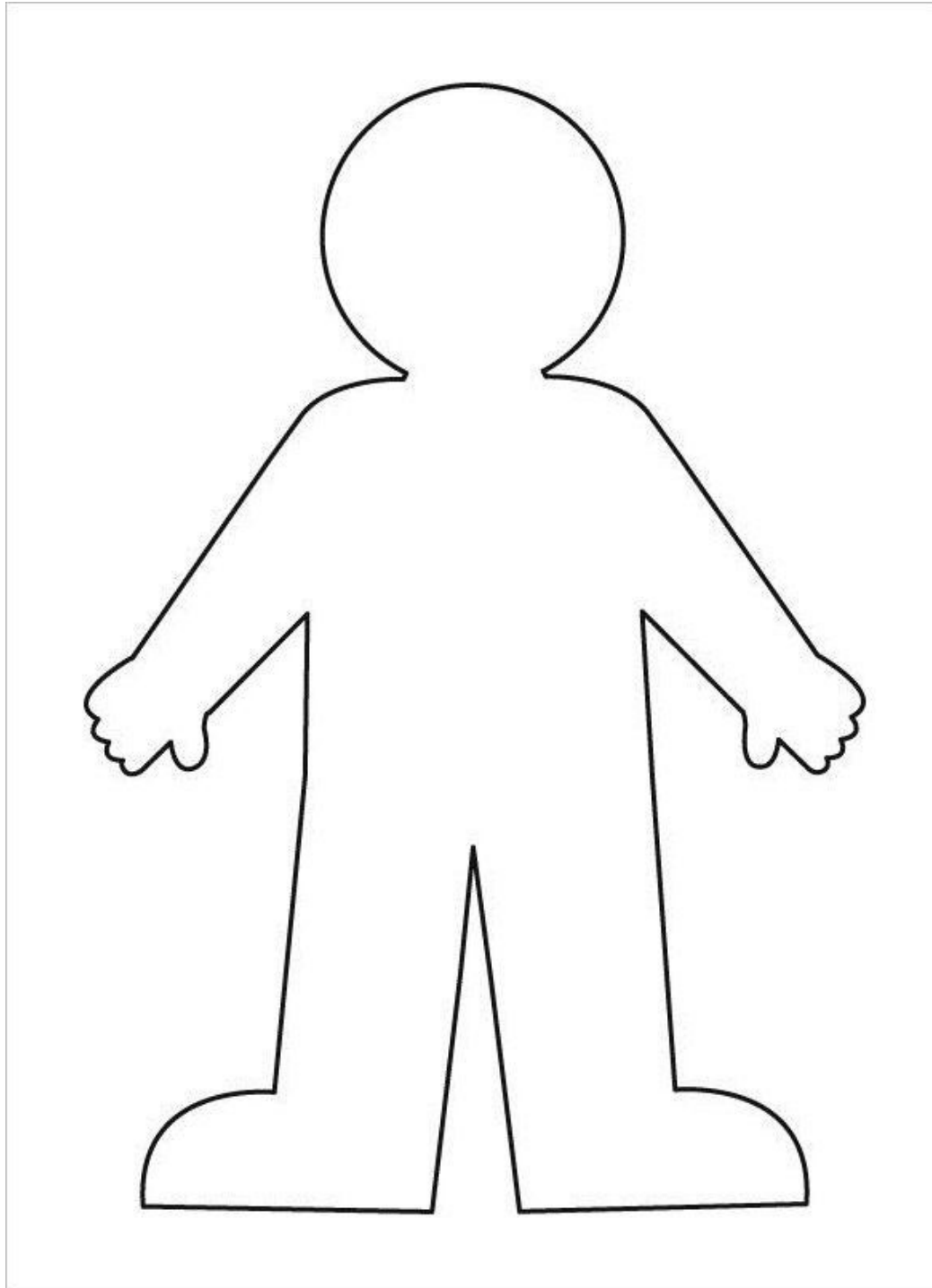
- Placement opportunities
- University taster days
- Guest speakers
- Enrichment activities



# Your Learning Journey



*Mini ME Task*



- Using the body template draw on your chosen career / profession
- Around the template, identify the reasons to your chosen career, aims and aspirations

<u>Hard working</u>	<u>Courage</u>	<u>compassion</u>	<u>Technical</u> <u>/practical</u>	<u>Literacy</u>
<u>Numeracy</u>	<u>Responsible</u>	<u>Decision making</u>	<u>Professionalism</u>	<u>Honesty</u>
<u>Confident</u>	<u>Problem solving</u>	<u>Empathy</u>	<u>Competency</u>	<u>Positivity</u>
<u>patience</u>	<u>Communication</u>	<u>Reflective</u>	<u>Reliable</u>	<u>Supportive</u>
<u>Teamwork</u>	<u>Organisational</u>	<u>Care</u>	<u>Commitment</u>	<u>Negotiating</u>

Using the skills and attributes from the table above – identify and explain the skills and attributes which you think you need to succeed in your chosen career.

- **Skill** – the ability or talent to do something well
- **Attribute** – a quality which contributes to who you are, helps form your personality

### **Preparing myself for Work Experience**

To get you to think about the different types of work experience which can be available for you and the importance of work experience – you are to complete the following activity

By using the internet, textbooks from your local library you are to create a mind map which should contain the following information:

1. Identify what type of settings can be available for work experience.
2. What service each setting provides.
3. Who are the service users in each setting? Identify their needs.
4. Identify the professionals within each setting.
5. What are the role and responsibilities of each professional?

### **Case Study – First day of work**

**Read the case study and answer the questions:**

Abby has just returned home from her first day at work at a residential home for older people. She is exhausted from rushing around all day and has found some of the residents quite hard to cope with, but she has enjoyed herself. She spent quite a long time with Mildred, who is 93 years old, partially sighted and very forgetful, as she has dementia. Mildred remembers words but often says them in the wrong order so that sentences make no sense. Abby was asked to take her from her own room to the dining room, sit with her to make sure that she ate and then take her into the lounge and encourage her to join in with the armchair aerobics activity. Because of Mildred's dementia Abby has to find other ways to communicate with her.

1. What skills will Abby have had to use to help her meet Mildred's needs?
2. What attributes will Abby have needed when dealing with Mildred?
3. How might Abby have communicated with Mildred?
4. What does it matter that Mildred joins in with activities even though, due to her dementia she might not remember doing so afterwards?

## How can I go the extra mile to prepare for my course?

### Additional Reading/ Useful Websites:

- [The NHS website - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- [Department of Health and Social Care - GOV.UK \(www.gov.uk\)](http://www.gov.uk)
- BTEC First in Health and Social Care Student Book (2013) Publisher Pearson. Author  
heather Higgins, Penelope Gamham, Sian lavers, Elizabeth Haworth))

## What else can I do to prepare for starting Sixth Form?

### What our students say

**"Get ready emotionally, it is different from school!"**

**"Be confident. Put yourself out of your comfort zone and meet new people; you will meet lots of new people when you get here"**

**"Start looking at Universities/ Careers now! It will give you a focus when you start at Sixth Form"**

**"You will need to be more independent and be able to manage your time differently to school. Start building those skills now!"**





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# Get Ready For...

## Additional Opportunities

We offer a variety of different opportunities to enrich your time with us and support your next steps:

- ~A variety of Clubs and Societies through Project You
- ~Employer immersion visits & Trips to employers
- ~Work Experience & Placement
- ~Trips to Universities
- ~Guest Speakers
- ~Leadership through the Student Ambassador Programme
- ~ Independent Learning Centre with IT, books and journals, quiet and group study + Seminar Rooms
- ~Health and Fitness Activities in our onsite gym
- ~Duke of Edinburgh
- ~Career Ready internship Programme
- ~ Access to wellbeing, academic tutorial, and careers support