

Starting with confidence >>

Health & Social Care

The following is a list of activities you may like to do during your summer holidays, in preparation for studying BTEC Health & Social Care.

You should begin to pay careful attention to the world around as nearly everything that happens in the news is related to Health & Social Care. You should also look to develop your communication skills and if possible participate in some relevant work experience.

Watch the News

This will help you to find out what is happening in the NHS and how health care workers can be affected.



Get Active

Contact voluntary and community sector services such as Help the Aged, Action for Children, local hospices or children's centres such as nurseries to enquire about participating in some work experience, this will add to your knowledge about different services and help to familiarise you with the care values.

Get Online

You can get online to discover career pathways within the health care sector:

- www.nhscareers.nhs.uk
- www.skillsforcare.org.uk



Reflect on your Current Knowledge and Skills

One of the units of study is Personal and Professional Development in Health & Social Care.

- How much have you learned about health and social care up to now?
- What services have you used? Which health or care professionals looked after you?
- What qualities do you think you need to work in health and social care?
- Which of these qualities do you already have?
- How do you need to develop your abilities so that you can progress successfully in a career in health and social care?

By reflecting on your current knowledge and skills it will encourage you to become an independent enquirer and acquire the skills to become a reflective practitioner.