

Independent Study

In Health and Social Care you should...



1. After each lesson

After each theory lesson review your lesson notes and make a note of anything that you don't understand so that you can ask about this in the next lesson. Locate and read the relevant material in the Cambridge Technical textbook or your revision notes exercise book. Add anything extra or interesting to the notes in your exercise book and complete any outstanding questions or homework set in the lesson.

If it was a coursework lesson continue to work on the coursework assignment set that week, check the assignment brief and the learning criteria. The coursework units can also be found here:

Unit 1 - <https://www.ocr.org.uk/Images/258654-building-positive-relationships-in-health-and-social-care.pdf>

Unit 5 - <https://www.ocr.org.uk/Images/504881-infection-control.pdf>

Unit 24 - <https://www.ocr.org.uk/Images/258679-public-health.pdf>

2. Weekly

You should be working through revision material for the exam units and making sure all class notes are up to date, the exam units can be found here:

Unit 2 - <https://www.ocr.org.uk/Images/258655-equality-diversity-and-rights-in-health-and-social-care.pdf>

Unit 3 - <https://www.ocr.org.uk/Images/258656-health-safety-and-security-in-health-and-social-care.pdf>

Unit 4 - <https://www.ocr.org.uk/Images/258659-anatomy-and-physiology-for-health-and-social-care.pdf>

You should be creating revision cards or a revision technique that works for you each week to consolidate on any learning. You should be using the 'test yourself' section of your revision notes book.

Making sure that all coursework tasks are completed and submitted to set deadlines.

3. Fortnightly

Use past papers to practice exam technique and ensure you are meeting the command verbs. An explanation of all the command verbs used for both exam units and coursework units can be found here:

<https://www.ocr.org.uk/images/273311-command-verbs-definitions.pdf>

Complete any amendments to coursework assignments that have been marked and returned.

4. Termly

You should have a termly review with your teacher to make sure you are up to date with all coursework assignments.

You should be working through the questions and case studies in your revision notes book to reinforce all your learning for the exam units.

You should be using specification checklists to RAG rate how confident you feel about each of the topics within the exam units and then focussing your revision on topics you are less confident with

5. Throughout the year

You can be working on extending your knowledge of the HSC sector by visiting:

- <https://www.scie.org.uk/>

Complete past paper questions with mark schemes are made available on OCR:

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