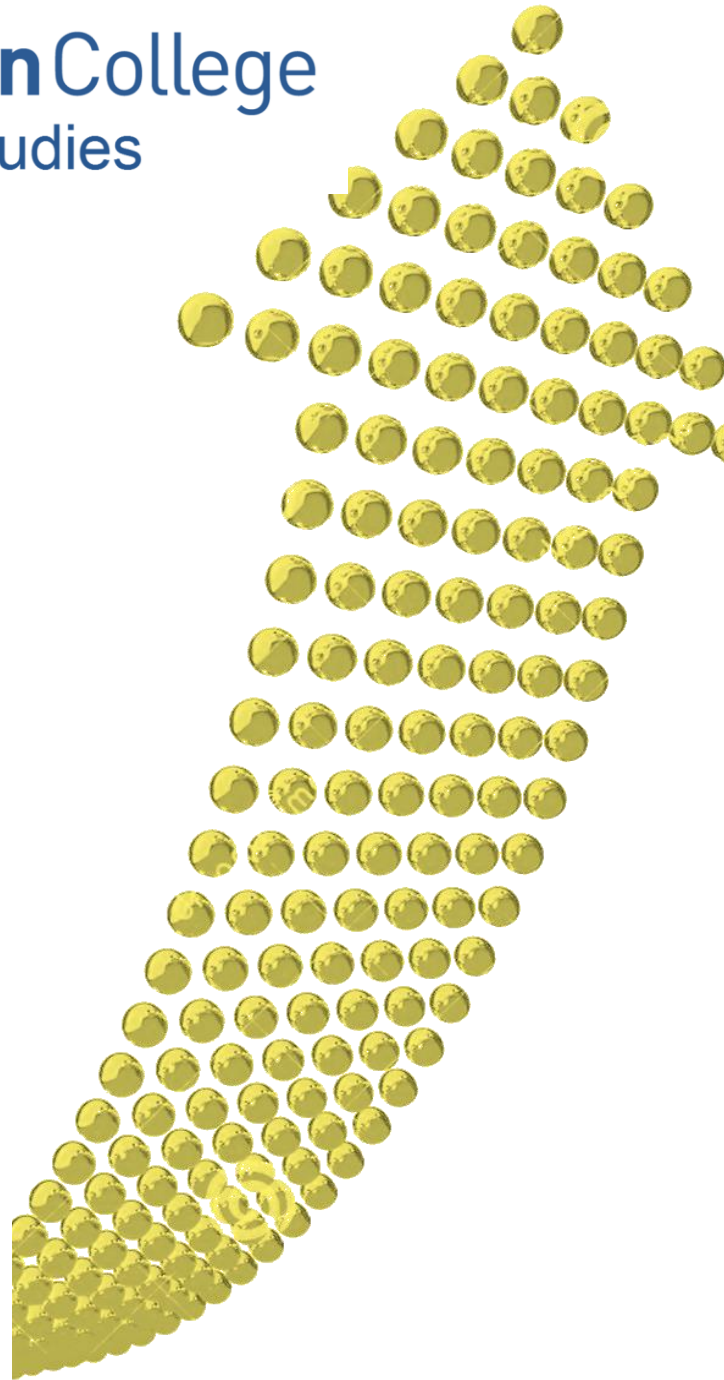




Xaverian College
Applied Studies

Your Guide to
Your Health and
Social Care
Course at
Xaverian College
2020



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THE COLLEGE'S MISSION STATEMENT

We are a Catholic College dedicated to the development of the whole person.

To achieve our mission we will:

- Maintain a Christian environment which is purposeful and fulfilling
- Value all members of the College Community equally
- Promote excellence in teaching and learning
- Have the very highest expectations of all our students
- Offer appropriate choices, guidance, support, and facilities
- Help students to develop as people who strive for the highest possible standards in all aspects of their lives as happy, useful, and successful members of society, and who combine success with service to others in both their personal and working lives.

WELCOME TO THE FACULTY

Hello and welcome to the Business and Professional Studies Faculty.

This handbook contains a lot of information that you will find useful throughout your course so please remember to keep coming back to it when you have any queries.

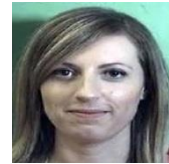
Your course is delivered by the 'Business and Professional Studies Faculty' based in the building called **Mayfield**. On your CAMBRIDGE LEVEL 3 TECHNICALS course you will have different teachers helping you through your work. All are subject specialists who have taught applied courses for many years.



Mrs Gaynor Eccleston
Curriculum Leader/Head of
Applied Studies



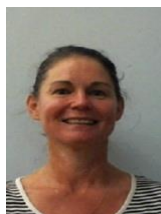
Miss C McKesy
Teacher



Miss A Hutton
Teacher



Miss M Mackintosh
Teacher



Mrs H Hickey
Teacher



Mrs L Barratt
Teacher



Mrs S Maud
Teacher



Miss Jones
Teacher

COURSE ASSESSMENT PLAN

The table below is a plan of units you need to complete to be successful.

	Extended Certificate (1 block)	Diploma (2 blocks)	Extended diploma (3 blocks)
LOWER SIXTH	Building positive relationships in health and social care Coursework	Safeguarding Exam	Promote positive behaviour Coursework
LOWER SIXTH	Equality, diversity and rights in health and social care Exam	Creativity and activity for children and young people Coursework	Caring for Older People Coursework
LOWER SIXTH	Health, safety and security in health and social care Exam	Promoting health and wellbeing coursework	Looked after children and young people Coursework

BRITISH VALUES

Xaverian College upholds British values.

By British Values we mean democracy, the rule of law, individual liberty and respect for all others. You will see evidence of this during your time with us. Below are just a few examples of the ways we uphold these values.

Democracy

- You will frequently be asked for your opinion on college lessons and the pastoral support you receive in something we call a 'Learner Voice Survey'. What you say has an impact on the way the college is run.
- You will frequently be given opportunities to express yourself effectively in lessons and in teacherials.

The rule of law

- Xaverian College staff will uphold the College's Rules of Conduct. These rules are displayed on posters in every classroom for you to read. You will study the legislation applicable to Health and Social Care

Individual liberty

- Xaverian College staff will frequently provide you with the opportunity to express your point of view regardless of your beliefs or opinions.

Respect for all others

- Xaverian College staff will ensure that the opinions and beliefs of everyone in the college are respected by everyone.
- Xaverian College staff will always challenge discrimination and anti-social behaviour without exception.
- Xaverian College staff will generate good relations between all in your lessons.

THE XAVERIAN MINDSET

These are the habits we want you to form while you are with us.

We believe that everyone is capable of improving themselves and achieving excellence. However, there are no shortcuts. Research has shown that the only difference between those who are 'good' and those who are 'excellent' is the amount of independent practice an individual puts in.

We expect students to work independently for more than 16 hours per week for each teacher they are with. Some students make the mistake of thinking, "that's impossible - my teacher only sets me 2 hours of homework a week". We want to get everyone out of this way of thinking! The homework your teacher sets only contributes to your study time, the rest of the 16 hours or so is made up by you independently. We are here to guide you and help you adopt the Xaverian Mindset on your journey to excellence. It all starts with forming good habits:

Good time management	Using time outside of the class room effectively
Engagement in classes	Taking an active part in learning in the classroom
Using available resources	Using books, the library, intranet and internet etc.
Responsiveness to teacher feedback	Using feedback to improve your next piece of work
Organisation of work	Planning your independent study times

GREAT EXPECTATIONS

What we expect of you.

Your course is broken down in to units and the higher the grade you achieve in each unit, the more points you score – a little like a win is worth more points than a draw in sport. Regardless of your predicted grades and your previous performances in GCSEs for example, you are going to aim to achieve “Distinctions” on this course. Distinctions are the equivalent to grade As at A’ level and almost 100% of our students achieve them - so you will too, whatever you think now!

However, as you will know from school, this is only going to happen if you follow certain guidelines. The most important ones are:

- Listen to staff and do as they say, we’ve lots of experience you can benefit from.
- Meet all deadlines - this is essential to success on any CAMBRIDGE LEVEL 3 TECHNICALS course.
- Do work when you are given it, don’t leave it until “tomorrow”.
- Frequently work in your independent study periods.
- Keep attendance and punctuality at 100%.
- Always attempt high grade work

INTRODUCTION TO CAMBRIDGE TECHNICALS LEVEL 3

How do CAMBRIDGE LEVEL 3 TECHNICALSs work?

All CAMBRIDGE LEVEL 3 TECHNICALS courses are designed to be work-related qualifications. Each will give you knowledge, understanding and the skills you need to prepare for employment, further education or University and therefore provide you with valuable progression opportunities.

Here are some key points for you to consider:

- Cambridge Level 3 Technical qualifications are offered in different sizes. Be sure to know which size course you are on. At Xaverian College we offer the ones below which will take you 2 years to complete.

Full course name	A' level equivalence
Cambridge Technical Level 3 Extended Certificate	1
Cambridge Technical Level 3 Diploma	2
Cambridge Technical Level 3 Extended Diploma	3

- CAMBRIDGE LEVEL 3 TECHNICALS qualifications consist of 'units', some are Mandatory and some Optional. Mandatory units must be studied and passed. Only after the Mandatory units are passed do Optional units (selected by your teacher to best meet your needs) add to the overall result you gain after. Each unit helps you develop a particular area of knowledge or skills in your subject area. Some of the units are assessed externally through examination or controlled assessment and others are assessed internally through coursework
- Although you will be required to refer to exam board material, units will be presented to you in a friendlier format in an assignment brief, some written by college staff. These will be sent to you electronically along with other support resources, and explain in detail what work you are to complete and by when.
- All units will be graded as a Pass (E), Merit (C), or Distinction (A). A better unit grade gives you more points towards your final qualification grade

EMPLOYABILITY AND TRANSFERABLE SKILLS

Throughout your assignments you have the opportunity to develop extra skills.

All CAMBRIDGE LEVEL 3 TECHNICALS qualifications offered at Xaverian College offer opportunities, during the teaching and learning phase, to give you practice in developing employability and transferable skills.

Employability Skills

Self-management	Readiness to accept responsibility, flexibility, resilience, self-starting, appropriate assertiveness, time management, readiness to improve own performance based on feedback/ reflective learning.
Team working	Respecting others, co-operating, negotiating/persuading, contributing to discussions, and awareness of interdependence with others.
Problem solving	Analysing facts and situations and applying creative thinking to develop appropriate solutions.
Communication and literacy	Application of literacy, ability to produce clear, structured written work and oral literacy – including listening and questioning.
Application of numeracy	Manipulation of numbers, general mathematical awareness and its application in practical contexts (e.g. measuring, weighing, estimating and applying formulae).
Application of information technology	Basic IT skills, including familiarity with word processing, spreadsheets, file management and use of internet search engines.

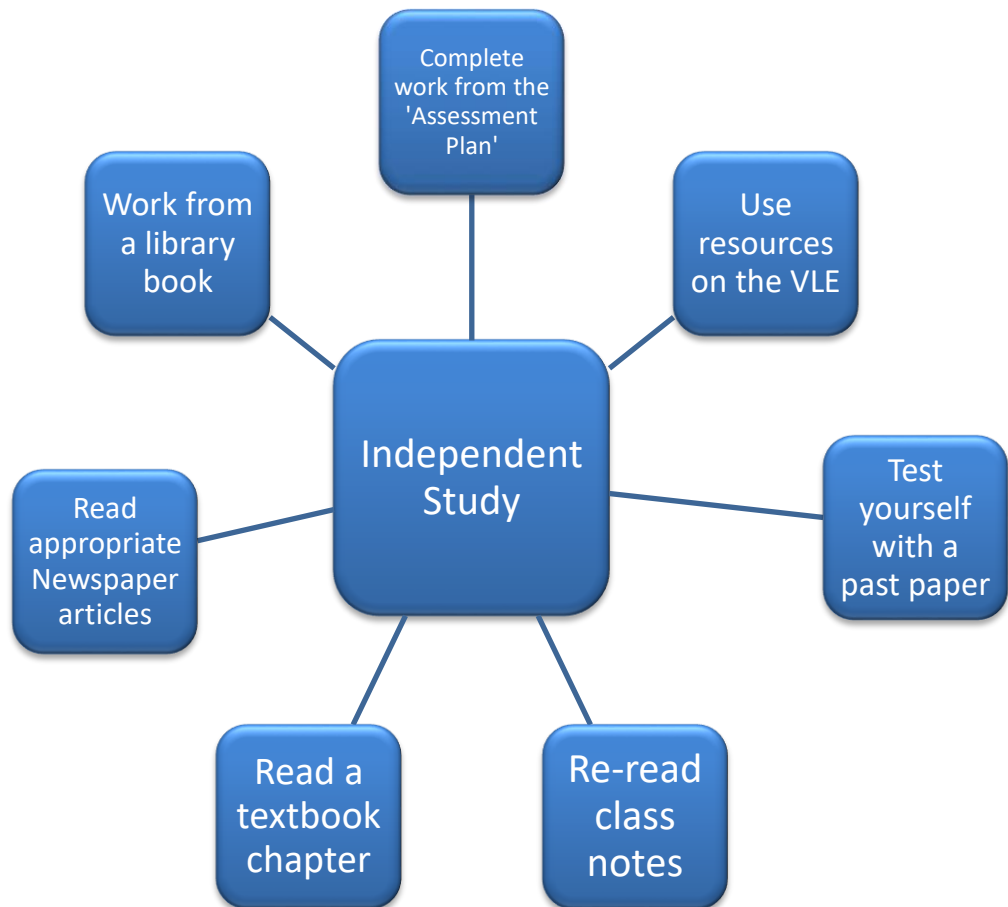
Transferable skills

These skills include the ability to learn independently; the ability to research actively and methodically; to be able to give presentations and be active group members; effective writing; analytical skills; creative development; preparation for assessment methods used in degrees.

INDEPENDENT STUDY

You are expected to independently work 16 hours per week. What can you do?

You should be working more outside of the class room than you do in it. This may take some getting used to! Although your teacher will give you homework that takes up some of this time, the rest you have to fill yourself. Here are some suggestions:



Research shows that the following learning methods do not work:

Leaving everything to the last minute – work done at midnight the night before submission will never be the best that you can do!

SUBJECT SUPPORT

There is support for you every step of the way!

Please remember that at Xaverian College we provide the opportunity for lots of support throughout the year, to ensure that you reach and achieve at your highest potential.

This is what we offer:

- Each teacher provides a timetabled lesson of subject. Ask your teachers where and when their subject support lessons are.
- Directed support for when you are underachieving and your teacher believes that further support will help. This will be at an agreed time between you and your teacher.
- Your Curriculum Leader will help you with any issues you have.
- The Learning Support centre offers a wide range of assistance from helping you develop essential study skills and improve time management, to help with spelling, punctuation and grammar.
- Pastoral care. Your Progress Teacher, Pastoral Manager and Senior Pastoral Manager are all there to help and support you. Talk to them.
- A library full of CAMBRIDGE LEVEL 3 TECHNICALS books and other resources, all there to help you with subject knowledge.
- All Assignment Briefs and learning resources used in class are available on your One Drive. They are available at all times, from anywhere in the world!
- Cedar platform is there to keep you and your teachers informed about your progress. Information available here may automatically trigger support you need to succeed.

WHAT CAN I DO NOW?

There is a lot of activities which you can do before the start of the course to prepare you for your Cambridge Technical Qualification

Getting ready for work experience

When we ask Health and Social Care students what they have really enjoyed about their course, one of the common things that we get told is how much they enjoyed their work experience. Work experience gives you a chance to see what it is like to work in the health and social care sector, meet professionals who have chosen this as a career and also a chance to think about your own future careers. Most Health and Social Care related degree courses in universities ask you to write a personal statement which tells them what transferable skills you have which will make you a good HSC professional. This is a chance to develop skills and to pick up lots of good examples of the transferable skills you have.

Before we can send you out on placement we need you to apply for a DBS.

A DBS is a check to make sure that anyone working with vulnerable adults or children are safe and suitable. They are carried out by the police and will look at information from a range of sources to check suitability. Every volunteer, student and employee working in the sector must have one by law.

We will support you to complete your DBS application after you have enrolled onto our course but to help you with your application it is useful to be prepared. You will need to bring in original copies of certain types of ID. We will take info from this ID and sign as a college to say that your identity has been proven.

We ask every student to bring in the following ID before we can submit their DBS application.

Passport, birth certificate/adoption certificate, proof of National Insurance Number (wage slip/p60/printed letter) proof of your address (not parents) address (bank statement, phone bill)

We can give additional advice to students who don't have this ID when they start college.

You will also need your address history for the last 5 years including the month/year you moved in, the month/year you moved out and full address including postcodes. Now might be a good time to put this list together with your parents help.

There is no cost to you to do this and we will support you fully with the process but we can't send you to HSC work experience settings until you have received your DBS Certificate and we have seen it. For additional information re applying for a DBS follow the link below.

<https://www.gov.uk/government/publications/dbs-identity-checking-guidelines/id-checking-guidelines-for-dbs-check-applications-from-3-september-2018>

You probably have a good idea about health and social care services already because we all need health and social care support as we go along our life course. It may be though that you've never thought about other people who use services and what is out there. This first research task is all about finding it about the services available, what's going on in your local area and who provides these services.

We know that anyone in the UK can use health and care services but your first task is to think of which groups of people in society may need to use services more often or receive specialist services. I'll start you off – see how many different types of service user groups you can think of
Pregnant mums Babies.....

Thinking now about the types of places in our society where health and social care. I imagine that you have all visited your GP practice but what other types of health and social care settings are there – I'll again start you off but with a social care setting examples this time
YOUTH CLUB DAY CARE CENTRE FOR OLDER PEOPLE

Finally, who provides and pays for these services. In the UK we use a range of different providers to help us with our health and social care needs. They will provide every type of service and work in all the different settings you have identified above.

Below is the main 4 sectors (providers) within the UK . You will see a short outline of this sector. Your task is to research, using the internet, local services which will fall within these sectors. By local we mean a service that is near to where you live. You'll be amazed what is around you which you were never aware of. All you need to find is the name of the service and give a little outline about what type of health and social care it provides.

The statutory Sector – A statutory service is one which is provided through the government (either local government such as local councils or the central government.) These services are free at the point of delivery but are paid for through taxation such as National Insurance. The term 'statutory' applies to the fact that there is a law or 'statute' in the UK which states that these services need to be provided to UK citizens. Sometimes called the public sector. These services cover health through organisations such as the NHS or they cover social care through Social Services.

Your example of a local statutory provider

The Private Sector – This is part of the 'Independent' sector. This means that it is independent from the government and there is no legislation which behind the need to provide this service. These services are provided by businesses which need to be run for a profit. Somebody needs to pay for the service directly. Sometimes this cost is met by the service user themselves but the cost can also be met in other ways. For example, the government may pay on a service users behalf. For example, social services paying the care costs for an older service user if they cannot pay for themselves.

Your example of a local Private Care Provider

The Voluntary Sector – this is also part of the 'independent sector'. There is no law behind these services but someone or a group of people identify that this service would benefit their community or society and set the service up. These services are often classes as 'charities' and the key difference between them and the private sector is that they are 'not for profit'. This means that they can charge a fee to cover their costs or give their service free of charge to the public but they can't make any money from the public using the services. They often rely on government grants, grants from other charities and charitable donations to fund their services. They rely on volunteers to help the service but also can have paid employees.

Your example of a Voluntary Provider

If you are thinking about doing the Diploma (equivalent to 2 A Levels) or Extended Diploma (Equivalent to 3 A Levels), then this next activity can help you to prepare for Unit 8 – Creativity and activity for children and young people. This is a coursework based assignment where you will plan, deliver and evaluate an activity to a group of children/young adults.

How about having a go at designing a fun activity to carry out with a group of 3 children of primary school age (Year 3/4). Think about what resources you will need in terms of equipment, space etc. What preparation you will need to carry out. How will you run the activity. Timings etc and finally what do you want the children to get out of the activity (learn new skills, communication, fun, developing relationships etc)

Here are some links to get you started

Websites:

<https://www.sitters.co.uk/blog/the-15-best-activities-for-children-to-help-them-learn-through-play.aspx>

<https://www.care.com/c/stories/3176/10-after-school-activities-and-games-for-kids/en-gb/>

<https://www.thecreationstation.co.uk/inspiration/how-do-creative-activities-benefit-my-child>



[10 After-School Activities And Games For Kids - Care.com](https://www.care.com/c/stories/3176/10-after-school-activities-and-games-for-kids/en-gb/)

School's out for the day. But what should you do with the kids? Time to come up with some fun, creative ways to keep the kids entertained until dinnertime. Of course, homework is waiting, but is it better to have kids start on it as soon as they get home? ...

www.care.com

The most successful Health and Social Care students are the ones which go the extra mile in terms of finding out about health and social care. The better understanding you have about how Health and Social Care works then the easier this course becomes. Health and Social Care doesn't always work and one of the things we look at in this course is how to make improvements and to promote quality care. Again understanding some of the issues relating to the sector will help you. Following is a list of sources that you can get easy access to which will help you to gain better understanding of health and social care in the UK. Please don't feel that this is competition – even if you keep up with the news daily then it's a good way of learning about Health and Social Care – use the sources as much or as little as you want

Non-fiction books – available online and through the library and borrowbox

Elly Jensen (Don't) Call Me Crazy

Elena Dunkle Elena Vanishing

Jessica Burkhart Life Inside My Mind

Esther Earl This Star Won't Go Out

Margaret McCartney The Patient Paradox

Ben Goldacre Bad Pharma

Susan Kuklin We Are Here To Stay

Nioucha Homayoonfar Taking Cover

Melissa Falkowski We Say #NeverAgain

Amy Klobuchar Nevertheless, We Persisted

Alex Bertie Trans Mission

Dodie Clark Secrets For The Mad

Nicola Morgan Blame My Brain

Malala Yousafzai I Am Malala

James Bowen A Street Cat Named Bob

Katie Piper Beautiful

Bethany Hamilton Soul Surfer

Aron Ralston Between A Rock And A Hard Place

Michael Marmot The Health Gap

Cathy Rentzenbrink The Last Act Of Love

Matt Haig Reasons To Stay Alive

Brad Lubken It's Just Cancer

Adam Kay This is Going To Hurt.

Podcasts and Radio shows

BBC World Service Health Check

BBC World Service Crowd Science

BBC Radio 4 Inside Health

BBC Radio 4 All In The Mind

BBC Radio 4 Healthy Visions

BBC Sounds All Hail Kale

BBC Radio 5 Live Fit & Fearless

BBC Radio 5 Live You, Me and The Big C

BBC Radio 5 Live Live Wires

BBC Radio 5 Live Bump Club

BBC Radio 5 Live Surrogacy: A Family Frontier

BBC Radio 1 & 1 Extra Stories

BBC Radio 1 Radio 1's Life Hacks Podcast

BBC Sounds Ouch: Disability Talk

TED TEDTalks Health

Georgie Okell Radio Headspace

Bryony Gordon Bryony Gordon's Mad World

Fearne Cotton Happy Place

Dr Hazel Wallace The Food Medic

Dr Chatterjee Feel Better. Live More.

Paul Gilmartin The Mental Illness Happy Hour

The King's Fund Big ideas in health and care

Ted Talks/Online Lectures

EDTalk Alexander Belcredi: How a long-forgotten virus could help us solve the antibiotics crisis

TEDTalk Peter Saul: Let's talk about dying

TEDTalk Ben Goldacre: What doctors don't know about the drugs they prescribe

TEDTalk Alyson McGregor: Why medicine often has dangerous side effects for women

TEDTalk T. Morgan Dixon: The trauma of systematic racism is killing Black women. A first step toward change...

TEDTalk Maysoon Zayid: I got 99 problems ... palsy is just one

TEDTalk Wendy Chung: Autism — what we know (and what we don't know yet)

TEDTalk Wendy Suzuki: The brain-changing benefits of exercise

TEDTalk Meaghan Ramsey: Why thinking you're ugly is bad for you

TEDTalk Faith Jegede: What I've learned from my autistic brothers

TEDTalk Janine Shepherd: A broken body isn't a broken person

The King's Fund - What is social care and how does it work?

The King's Fund - How does the NHS In England work?

Future Learn The NHS Explained: How the Health System in England Really Works

Future Learn Defining Mental Health: A Short Introduction

Future Learn Supporting People Living with Long-term Conditions

TV shows and Documentaries

BBC Three Driven: The Billy Monger Story

BBC One Rio Ferdinand: Being Mum And Dad

BBC Three Bats, Balls and Bradford Girls

BBC Two Louis Theroux: Talking To Anorexia

BBC Two Louis Theroux: Transgender Kids

BBC One Between Life and Death

Channel 4 (Series) Old People's Home for 4 Year Olds

Channel 4 (Series) 24 Hours in A&E

BBC One (Series) Children's Ward

BBC Two (Series) Hospital

BBC Three (Series) Living Differently

BBC One (Series) The Truth About

BBC Two (Series) Trust Me I'm A Doctor

Channel 4 (Series) The Secret Life of 4 and 5 Year Olds

BBC (Series) In My Mind

BBC One (Series) Matron, Medicine and Me

BBC Three (Series) MisFITS Like Us

BBC Three (Series) Drugs Map Of Britain

BBC Two (Series) The Twinstitute

BBC One (Series) Island Medics

Channel 5 (Series) GPs: Behind Closed Doors

BBC News (Series) Your World

Films

David Cronenberg A Dangerous Method (15)

Mike Binder Reign Over Me (15)

Penny Marshall Awakenings (15)

James Mangold Girl, Interrupted (15)

David O’Russell Silver Linings Playbook (15)

Barry Levinson Rain Man (15)

Ron Howard A Beautiful Mind (12)

Gus Van Sant Good Will Hunting (15)

Jon Poll Charlie Bartlett (15)

Jason Reitman Juno (12)

Lasse Hallström What’s Eating Gilbert Grape (12)

George Miller Lorenzo’s Oil (12)

Edward Zwick Love and Other Drugs (15)

David Gordon Green Stronger (15)

Richard Glatzer Still Alice (12)

Josh Boone The Fault In Our Stars (12)

Stephen Chbosky Wonder (PG)

Stephen Chbosky The Perks Of Being A Wallflower (12)

Alfonso Gomez-Rejon Me, Earl and The Dying Girl (12)

Sarah Gavron Suffragette (12)

Tom Hooper The Danish Girl (15)

Steven Soderbergh Erin Brockovich (12)

Fiction Books

Holly Bourne Am I Normal Yet?

Meg Haston Paperweight

Benjamin Zephaniah Face

Benjamin Zephaniah Refugee Boy

Benjamin Zephaniah Terror Kid

Melvin Burgess Junk

Meredith Russo If I Was Your Girl

R J Palacio Wonder

Annabel Pitcher My Sister Lives On The Mantelpiece

Annabel Pitcher Silence Is Goldfish

John Green The Fault In Our Stars

Malorie Blackman Boys Don't Cry

Davida Wills Hurwin A Time For Dancing

Adib Khorram Darius The Great Is Not OK

Jennifer Niven All The Bright Places

Jennifer Niven Holding Up The Universe

Annalise Grey I, Girl X

Nic Sheff Schizo

Amy Ackley Sign Language

Rainbow Rowell Eleanor and Park

Jodi Picoult House Rules

Mark Haddon The Curious Incident of the Dog in the Night-Time