

GETTING AHEAD



ALTON

Start to develop skills that are relevant to your course before you join HSDC this September!

Health & Social Care - BTEC Level 3 Extended Diploma

Health and Social Care practitioners need to develop a knowledge base for working with people in every stage of their lives, and they need to know how their own experiences relate to health and wellbeing. Although it is generally accepted that there may be deterioration in health with age following adulthood, medical intervention means people are living longer and have better life prospects. One of the first units you will study Human Lifespan Development (which is externally examined), looks at life from 0 to end of life.

Activity 1 - Creating a timeline

Create a **timeline** which shows your development from birth to 10 years old; feel free to include scanned pictures in what you do. Include milestones in your development such as:

- Sitting up • Crawling • Walking • First words • Eating solid food • Running • Talking fluently • Dancing • Kicking a ball • Starting school

Watch - Child of Our Time

Watch 'Child of Our Time Turning 20' which is accessible through BBC iPlayer (link below)

<https://www.open.edu/openlearn/tv-radio-events/tv/child-our-time-turning-20>

Activity 2 - Describe, explain, evaluate

Having watched the documentary write a 300 word summary describing, explaining, and evaluating how the experiences identified have impacted on the teenagers development (Physical, Intellectual, Emotional, Social)

We look forward to seeing you in September!

For further information about your College and being a student at HSDC, please visit [hsdc.ac.uk/Alton](https://www.hsdac.ac.uk/Alton)