

## **Welcome to the Foundation Degree in Health and Social Care.**

A career in Health and Social Care offers you a variety of opportunities and challenges working with vulnerable people, where no two days are the same.

Northampton University's Foundation Degree in Health and Social Care prepares you for this challenge. You will be taught by a staff team who all have an extensive experience of working in a Health and Social Care setting. We employ a variety of assessment methods and our teaching approach encourages both independent and collaborative learning, both of which are skills essential to working in a Health and Social Care environment.

In the first term, you will be taught the skills needed to study at university in the Graduate Skills module. You will learn the basics of anatomy, Psychology and Life span development. You will also prepare for your placement in the Spring term in the Foundations for Effective work-based practice, which includes topics such as safeguarding, Basic Life Skills and enabling independence.

From January to March you will be on a Health and Social Care Placement, applying what you have learned in the first term, with support from a work place mentor and our University placement team. Placements include care homes, alcohol and drug services, brain injury services and working in schools.

In the summer term you will learn about how to work with other professionals to support service users in the Inter-professional working and the Rights and Inclusion module will enable you to ensure the support that you give meets the service user's needs.

**In preparation for these modules it would be useful for you to choose from one of the books below and have a look through it.**

**Studying and learning at University, vital skills for success in your degree** (2008) by Alan Pritchard. Publisher SAGE.  
ISBN-101412929628, 1412929636  
ISBN-139781412929622, 9781412929639

**Writing at University a Guide for Students** (2008) by Phyllis Creme, Mary R. Lea Publisher McGraw-Hill Open University Press. ISBN-100335221165 ISBN-139780335221165

**The Study Skills Handbook** (2013) by Stella Cottrell. Publisher Palgrave Macmillan. ISBN-139781137289254

### **In preparation for the Life Span Module**

Find out about the differences in Physical, Cognitive, Social and Emotional development

Recommended book

**'The Developing Person through Life Span'**(2014) 9<sup>th</sup> Edition. by Kathleen Stassen Berger. Publisher: Worth Publishers

### **Materials Needed:**

- A pair of flat, black shoes
- USB stick
- Paper and pens

### **An activity to get you thinking:**

You are working as a support worker in a hostel for homeless people. You are sitting at your desk when you get a call from reception to say that your client, Mr Smith is shouting and demanding to see you. The receptionist, who has been working in the hostel for 2 weeks says that she is very scared. She thinks that he has been drinking. Mr Smith has had a drinking problem in the past. In the 2 years that you have known him, you have only seen him lose his temper once and he has been sober for eighteen months. He gave up drinking after his doctor warned him about the damage that he was doing to his liver. He tends to get very low and believes that the world is against him and that he is a bad person. He has recently moved out of the hostel to his own flat and his

girlfriend was going to move in with him. You have been to visit him once, but he wasn't in.

1. Using your reading about Physical, Cognitive, Emotional and Social Development. Can you highlight an example of each from the case study above?
2. What information here is important? Why?
3. How would you deal with Mr Smith?
4. Who do you think you would need to work with to ensure Mr Smith is happy and healthy?
5. What sort of skills do you need to work with Mr Smith?