

# Health & Social Care

## Level 3

## Welcome!

**You are about to begin your Level 3 Health & Social Care course – Well done! This summer project will help you get a head start.**

### Your mission:

- Understand key developmental theories
- Use important terminology
- Apply theories to real-life situations
- Feel more confident starting the course

### Task 1: Create your theory guide

Create a revision resource (booklet, slides, posters or mind maps).

For each theory include:

- What the theory says (in your own words)
- Key Words
- A real-life example
- One criticism

**Theories to include:** Piaget, Chomsky, Gesell, Bandura, Bowlby, Stress-Diathesis Model, Holmes-Rahe, Activity Theory and Disengagement Theory.

### Task 2: Apply theories (Most important)

Choose 2-3 theories for each case study. Explain how each theory helps us understand the person.

#### Case Study 1: Early childhood

Amira is 3 years old. She struggles to share toys and gets upset with routine changes. She copies her older brother's behaviour.

#### Case Study 2: Adolescence

Jake is 15, he has moved schools and struggles to make friends. He is also under stress from exams and family arguments.

#### Case Study 3: Older Adulthood

Margaret is 78, she is recently retired and has become less socially active. Her mobility is declining.

### **Task 3: Reflection**

Write about 300 words covering:

- Easiest theory
- Hardest theory
- Why professionals need theories

Tips:

- Use your own words
- Include key vocabulary
- Link theory to real life
- Show understanding

### **Submission:**

**Please bring your Summer Project work to your first lesson in September!**