

Independent Learning in Health & Social Care

Consolidation – after every lesson

Flashcard Creation

- Create flashcards (Quizlet or paper) for:
 - Keywords & definitions (particularly for F400 Fundamentals of Mental Health and F401 Mental Health, Wellbeing & society)
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Mind Maps & Knowledge Organisers

- Complete topic-based mind maps.
- Independent study using notes & knowledge organisers

Mental Health Textbooks

- Complete the activities within the textbook

Formal home learning

Completion of internal assignments

- Complete assessment criteria
- Complete resubmissions after being provided formal feedback.

Exam Practice

- Answer past exam questions (ranging from 2, 3, 4, 6, 9-mark questions)
- Use mark schemes and examiner reports for feedback.

Wider reading and extension

Documentaries/Series

- **The Mind, Explained** – Netflix
Links to the course because it explores anxiety, attention, teenage brain, personality, how the brain influences behaviour.
- **Bedlam** – Channel 4
Links to the course because it explores Mental health disorders, OCD/anxiety, treatment, professionals, impact on individuals/families
- **I Am Ruth** – Channel 4
Links to the course because it explores social media, adolescence, influences on wellbeing, family relationships, changing society

Current Affairs Analysis

- *BBC news app – Tech: Meta to pay up to \$18bn to settle claims its platforms harm children or Heath: Young people aren't snowflakes - mental distress is rising, says head of official review*

