



Salisbury 6th Form College
Aspiration ▪ Excellence ▪ Success

Cambridge AAQ Health and Social Care Summer Transition Booklet



It's All About You!
Welcome to AAQ (OCR) Health and Social Care!

Welcome to your Health and Social Care summer work booklet. To kickstart your studies, we have put together a series of activities, suggested viewings, and recommended reading lists.

This preparation is designed to introduce you to the core concepts of the course, get you thinking critically about the sector, and give you an excellent foundation for your first term. Please complete the tasks inside this booklet over the summer holidays and bring the physical copy with you to your very first lesson.

All students will study:

Unit	Unit Title	Assessed
F090	Principles of health and social care	External
F091	Anatomy and physiology for health and social care	External
F092	Person-centred approach to care	Internal
F093	Supporting people with mental health conditions	Internal
F094	Supporting people with long term physiological conditions	Internal
F095	Investigating public health	Internal

This summer booklet includes engaging and thought-provoking activities designed to introduce you to the rewarding world of Health and Social Care. You'll explore key sector vocabulary, discover diverse career pathways, and listen to real-life stories from frontline professionals. You will also begin to observe how individuals develop, learn, and thrive through everyday experiences.

There are no right or wrong answers here, just bring your curiosity, empathy, and passion for helping others. We are so excited to meet you in September and begin this journey together!

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Core Vocabulary

The following terms represent foundational vocabulary and concepts that we will explore extensively throughout the AAQ course. Take some time to research their technical definitions and consider why they are critical within health and social care delivery settings

Core Vocabulary	Definition
Person-Centred Care	
Holistic Care	
Safeguarding	
Multi-Disciplinary Team (MDT)	
Equality and Diversity	
Empowerment	
Dignity	
Homeostasis	
Reflective Practice	
Risk Assessment	

Critical Thinking Extension: Once you have defined these key words, consider real-world examples of how they manifest in everyday public life. How are these terms used, understood, or sometimes misrepresented by the general public and news media?

Career Pathways

1. Adult Nurse / Paediatric Nurse
2. Paramedic
3. Midwife
4. Mental Health Social Worker
5. Occupational Therapist
6. Physiotherapist
7. Adult Social Worker (Community Support)
8. Palliative Care Nurse
9. Domiciliary Carer / Personal Assistant
10. Speech and Language Therapist
11. Clinical Psychologist
12. Healthcare Assistant (HCA) / Auxiliary Nurse

Select 2-3 of these career pathways that may interest you and do some wider reading on those careers.

Career 1:	Career 2:	Career 3:
Qualifications needed:	Qualifications needed:	Qualifications needed:
What the day-to-day job involves:	What the day-to-day job involves:	What the day-to-day job involves:

Regulatory Body (e.g., NMC, HCPC:	Regulatory Body (e.g., NMC, HCPC:	Regulatory Body (e.g., NMC, HCPC:
Why this role is vital to society:	Why this role is vital to society:	Why this role is vital to society:

Wider Engagement: News Articles

An essential aspect of studying at Level 3 is demonstrating an awareness of current public health trends, sector crises, and structural changes within the health and care landscape. Read through the recent news synopses compiled below and answer the corresponding analytical questions..

<p>The Challenge of an Ageing Population</p> <p>Recent public health data details how dramatic demographic shifts are expanding life expectancies across the UK. While celebrating longer lives, experts warn that the social care sector and NHS hospitals are facing unprecedented demand for complex, long-term geriatric care</p>	<ol style="list-style-type: none">1. How does an increasing life expectancy alter the types of services the NHS must prioritize?2. What role do community care services play in preventing the social isolation of elderly citizens?
<p>The Integration Debate: Health vs. Social Care</p> <p>National commentary outlines upcoming policy plans aimed at merging local council-funded social care services with regional NHS trusts to create seamless clinical pathways, attempting to alleviate the modern pressures of bed-blocking.</p>	<ol style="list-style-type: none">1. Why is it vital for the NHS (health) and local councils (social care) to work together as an integrated network?2. What barriers might prevent medical doctors and social workers from communicating effectively?
<p>The Mental Health Crisis & Community Provision</p> <p>Investigative articles expose an exponential</p>	<ol style="list-style-type: none">1. How does rising public awareness of mental health alter the pressures faced by primary care services (GPs)?2. What are the ethical implications if a vulnerable individual

<p>surge in public demand for local mental health services, noting that while public awareness has grown, funding shortages have left community mental health teams under-resourced</p>	<p>cannot access timely psychological support?</p>
<p>Frontline Burnout & Workforce Retention</p> <p>Reports covering workforce retention note a sharp decline in the number of practicing nurses, midwives, and domiciliary care staff across the UK, citing high emotional strain, low pay scales, and a lack of occupational support</p>	<p>1. What does it mean when healthcare workers talk about being on the "front line" of care?</p> <p>2. How can professional burnout among staff actively impact the quality and safety of patient care?</p>

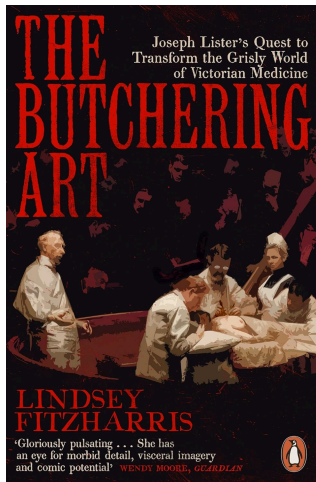
Wider Engagement: Books, Films, Documentaries, & Podcasts

Below is a curated list of sector-specific books, films, docuseries, and podcasts. Choose at least three pieces of media across different formats to engage with over the summer holidays. Complete the 'Reflection Logs' on the following pages for your selections. This work serves as invaluable evidence of 'supra-curricular' engagement when building your post-18 UCAS statements and personal career profiles

Recommended Books

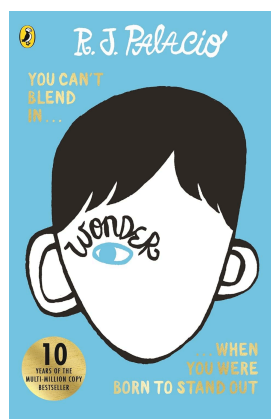
<p>"This is Going to Hurt" (Adam Kay)</p> 	<p>The secret diaries of a junior doctor, highlighting the clinical, personal, and emotional toll of working on the frontline of the NHS</p>
<p>"The Language of Kindness" (Christie Watson)</p> 	<p>A powerful look into a veteran nurse's career, demonstrating how empathy, dignity, and human connection drive patient recovery.</p>
<p>"Hard Pushed: A Midwife's Story" (Leah Hazard)</p> 	<p>An authentic, moving insight into the immense pressures, systemic challenges, and profound joys of modern midwifery.</p>

"The Butchering Art" (Lindsey Fitzharris)



A fascinating history of Victorian medicine that traces the evolution of surgery, anesthesia, and infection control.

"Wonder" (R.J. Palacio)



A moving exploration of craniofacial difference, disability, social exclusion, and the fundamental power of institutional empathy

Recommended Films & TV Documentaries

Louis Theroux: Extreme Love (Dementia or Autism) (BBC iPlayer)



Compelling documentaries detailing how cognitive conditions alter family dynamics, social support networks, and residential care needs

Hospital / The Children's Hospital (BBC iPlayer)



Gripping docuseries pulling back the curtain on complex multi-disciplinary team decision-making, ethical resource allocation, and surgical care within NHS trusts..

Still Alice (Feature Film)



A moving portrayal of a university professor diagnosed with early-onset Alzheimer's disease, mapping the progression of cognitive decline and familial caregiving

The Children Act (Feature Film)



A profound legal and medical drama focusing on a High Court judge navigating a complex medical law decision involving a minor's rights and religious beliefs

Born to be Different (Channel 4)



A landmark documentary tracking the ongoing development, clinical therapies, and triumphs of children growing up with severe physical disabilities.

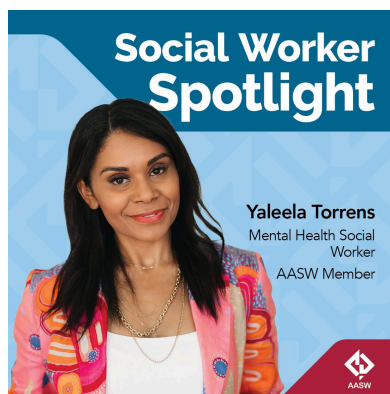
Recommended Podcasts

The NHS Providers Podcast



Conversations with health leaders discussing the future, systemic pressures, and integration models of healthcare across England.

Social Work Spotlight



Interviews with active social work professionals detailing child protection, adult social care, mental health advocacy, and community reform.

The Midwife Diaries Podcast



An inside look into modern birth work, discussing person-centred maternity care, clinical guidelines, and reproductive health

Reflection Log (1)

<p>1. Title & Media Type: <i>(Book / Film / Documentary / Podcast)</i></p>	<p>Title: -----</p> <p>Format: -----</p>
<p>2. Synopsis & Themes: <i>What is the material about? What core themes did it focus on?</i></p>	<p>This focuses on...</p> <p>The main issues discussed are...</p>
<p>3. Sector Lessons: <i>What did you learn about Health and Social Care provision from this?</i></p>	<p>I learned that care professionals must...</p> <p>This helped me understand how care is adapted when.</p>
<p>4. Standout Moment: <i>A specific scene, quote, or case study that caught your attention.</i></p>	<p>A key moment was when...</p> <p>This stood out to me because...</p>

<p>5. Core Value Connection:</p> <p><i>How did this demonstrate values like equality, dignity, safety, or empathy?</i></p>	<p>This relates to course concepts because it demonstrates...</p> <p>It made me realize that individuals receiving care may feel...</p>
<p>6. Formulated Questions:</p> <p><i>What questions or thoughts do you still have after finishing it?</i></p>	<p>I wonder why...</p> <p>I would like to look deeper into...</p>
<p>7. Final Reflection:</p> <p><i>How has this prepared you to study Health & Social Care at Level 3?</i></p>	<p>Overall, evaluating this piece of media helped me realize...</p> <p>I now feel more prepared to study this course because..</p>

Independent Media Reflection Log (2)

<p>1. Title of the Book / Show / Podcast</p>	<p>Title:</p> <p>-----</p> <p>Format:</p> <p>-----</p>
<p>2. What is it about?</p> <p><u>Sentence starters:</u> This story/ documentary/ podcast is about...</p> <p>It focuses on...</p> <p>The main issue discussed is...</p>	<p>This stimulus focuses on...</p> <p>The main issues discussed are...</p>
<p>3. What did I learn about Early Childhood Development?</p> <p><u>Sentence starters:</u> I learned that early childhood development professionals need to...</p> <p>One important message was about...</p> <p>This helped me understand how care is given to people who...</p> <p>I now understand that people receiving care may feel...</p>	<p>I learned that care professionals must...</p> <p>This helped me understand how care is adapted when...</p>

<p>4. A key moment or quote that stood out to me</p> <p><u>Sentence starters:</u> A key moment was when...</p> <p>This stood out to me because...</p> <p>It made me think about...</p>	<p>A key moment was when...</p> <p>This stood out to me because...</p>
<p>5. How does this connect to real life?</p> <p><u>Sentence starters:</u> This relates to real life because...</p> <p>I have seen/heard about similar situations in...</p> <p>It helped me think about the care people need when...</p>	<p>This relates to course concepts because it demonstrates...</p> <p>It made me realize that individuals receiving care may feel.</p>

<p>6. What questions do I still have?</p> <p><u>Sentence starters:</u> I wonder why...</p> <p>I would like to know more about...</p> <p>This made me think more deeply about...</p>	<p>I wonder why...</p> <p>I would like to look deeper into...</p>
<p>7. My final reflection</p> <p><u>Sentence starters:</u> Overall, this helped me...</p> <p>I now feel more prepared to study Health & Social Care because...</p> <p>This made me realise the importance of...</p>	<p>Overall, evaluating this piece of media helped me realize...</p> <p>I now feel more prepared to study this course because...</p>

Independent Media Reflection Log (3)

<p>1. Title of the Book / Show / Podcast</p>	<p>Title:</p> <p>-----</p> <p>Format:</p> <p>-----</p>
<p>2. What is it about?</p> <p><u>Sentence starters:</u> This story/ documentary/ podcast is about...</p> <p>It focuses on...</p> <p>The main issue discussed is...</p>	<p>This focuses on...</p> <p>The main issues discussed are...</p>

<p>3. What did I learn about Early Childhood Development?</p> <p><u>Sentence starters:</u> I learned that early childhood development professionals need to...</p> <p>One important message was about...</p> <p>This helped me understand how care is given to people who...</p> <p>I now understand that people receiving care may feel...</p>	<p>I learned that care professionals must...</p> <p>This helped me understand how care is adapted when..</p>
<p>4. A key moment or quote that stood out to me</p> <p><u>Sentence starters:</u> A key moment was when...</p> <p>This stood out to me because...</p> <p>It made me think about...</p>	<p>A key moment was when...</p> <p>This stood out to me because...</p>

<p>5. How does this connect to real life?</p> <p><u>Sentence starters:</u> This relates to real life because...</p> <p>I have seen/heard about similar situations in...</p> <p>It helped me think about the care people need when...</p>	<p>This relates to course concepts because it demonstrates...</p> <p>It made me realize that individuals receiving care may feel..</p>
<p>6. What questions do I still have?</p> <p><u>Sentence starters:</u> I wonder why...</p> <p>I would like to know more about...</p> <p>This made me think more deeply about...</p>	<p>I wonder why...</p> <p>I would like to look deeper into...</p>
<p>7. My final reflection</p> <p><u>Sentence starters:</u> Overall, this helped me...</p> <p>I now feel more prepared to study Health & Social Care because...</p> <p>This made me realise the importance of...</p>	<p>Overall, evaluating this piece of media helped me realize...</p> <p>I now feel more prepared to study this course because...</p>

Enjoy the Rest of Your Summer!

Thank you for dedicating your time this summer to exploring the vital and dynamic world of Health and Social Care. By engaging with current events, diving into medical memoirs, and analyzing real-world case studies, you have already started cultivating the exact mindset needed to thrive as a healthcare professional.

We are incredibly excited to welcome you in September, where we will transform these initial insights into deep clinical knowledge, anatomical understanding, and person-centred skills.

Have a fantastic rest of your break, and please ensure this completed booklet is packed in your bag ready for your very first induction lesson!