



## 5 hours in... Health and Social Care

Research shows that the most successful students (i.e. those that make the most progress and get the highest grades) are doing between 20 and 25 hours of independent study per week by the end of Year 13. That may seem a lot, but it's something that you would build up to over the course of your A-Levels. In Year 12, we're talking something more like 15 hours per week. This equates to roughly 5 hours of independent study per A-Level per subject.

Remember that your independent study is divided into three types – **Consolidation, Reactive and Proactive**. How this is divided may vary from week to week or between subjects but one approach could be:

### Consolidation - 45mins

Straight after a lesson, or that evening / the following day you should reread your notes, talk a topic through with somebody, write summaries, mindmaps, flashcards e.g. for equations, definitions, facts you need to recall etc.

### Reactive – 3hrs

This is your 'homework'. Each of your teachers should give you at least 1 hours' worth of homework each week. This could be linked to upcoming exams, preparation work for coursework or coursework that is currently being completed. This could include work from Unit 2 or Unit 3 for your resit examinations if sitting them. Go onto Teams to find the powerpoints and work from last year to support this.

If you find this takes more than 1 hour, that's fine, you can take this from the proactive phase (not from the consolidation phase though). Equally, if you find you finish your reactive work quickly, spend more time on your proactive work.

### Proactive – 1hr 15mins

This is the section that will broaden and deepen your overall understanding of the subject you are studying. It will not necessarily involve work that has been set by your teacher, but instead it is about you doing the extra practice questions, reading articles, watching videos, TED talks etc.

- Complete a set of practice past paper questions – available from the OCR exam board website (1 hour)
- Use the specification checklist or assignment brief to evaluate your understanding (10 mins)
- Read in information in your textbook and answer questions and complete the case study tasks (30 mins)
- Creation of knowledge organisers on the end of each Learning objective (1 hour)
- "Read, Cover, Write and Check" sections of the specification (30 mins)
- Read up on your legislations (1 hour)
- Use your laminated sheets to practice labelling the diagrams for Unit 4

#### Useful links

Go to our Teams page for year 13 or Year 12 read through the powerpoints from the lessons

<https://www.ocr.org.uk/qualifications/cambridge-technical/health-and-social-care/assessment/#level-3> – past papers

[https://getrevising.co.uk/resources?q=&level\\_id%5B%5D=a2&level\\_id%5B%5D=as&level\\_id%5B%5D=international\\_baccalaureate&subject\\_id%5B%5D=health\\_and\\_social\\_care&board\\_id%5B%5D=ocr](https://getrevising.co.uk/resources?q=&level_id%5B%5D=a2&level_id%5B%5D=as&level_id%5B%5D=international_baccalaureate&subject_id%5B%5D=health_and_social_care&board_id%5B%5D=ocr)