

Getting Ready to Study Health and Social Care at College

The 'Getting Ready' list below gives you resources and activities you can use to get ready for when your course starts at Colchester Institute in September. We have picked mostly resources and activities you can access on-line and we have some suggestions too of other resources in the 'Going Further' section.

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The NHS and other key workers are currently at the forefront of [supporting the nation through an unprecedented health challenge](#) during this pandemic.

With this in mind and your wish to study health and social care, the NHS **6 C's** continue to be relevant and highlight the skills needed by health and social care workers.

Investigate what these skills are and why you think they are important? Take the [A question of Care Quiz](#) You could share your own experiences of the NHS showing these values – this could be done via a video recording or blog.

Some staff in health and Social Care also must complete the [Care Certificate](#) when starting employment, elements of this will be included in your compulsory work experience.

Use the link to research the standards, by opening the workbooks you can also complete some knowledge areas which will help you prepare for work placement.

[The Equality Act 2010](#) is a very important piece of legislation in health and social care. *Research the legislation, why is it important? What did it replace? What impact does this have for employers, employees and service users/individuals? Use this [link](#) to the Equality and Human Rights Commission website and review the resources there, in particular the PowerPoint slides from lesson 7.*

Going Further to study Health and Social Care at Colchester Institute

Eating a balanced diet could be difficult if you are being cared for by others, [nutrition](#) is studied at all levels in health and social care. Have a go at some [Nutrition Quizzes](#)

What is the Eat Well Guide? Why is this important?

Anatomy (structure) and Physiology (function) is another common area of study, to help prepare you for this topic you need to understand the structure and function of the human body. Have a look at this [website](#), pick two body systems and have a go at the quizzes!

To prepare for the academic requirements of the courses, review and read about academic referencing, the style that we use is [Harvard Referencing](#).

You can find information for new students at:

<https://www.colchester.ac.uk/further-education/applying-full-time-courses/>