



**L-Università
ta' Malta**

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL
2021 SUPPLEMENTARY SESSION**

| | |
|---------------|-------------------------------|
| SUBJECT: | Health and Social Care |
| PAPER NUMBER: | Synoptic – Unit 1 |
| DATE: | 3 rd November 2021 |
| TIME: | 9:00 a.m. to 11:05 a.m. |

**THIS PAPER SHOULD BE RETURNED TO THE INVIGILATOR
AFTER THE EXAMINATION.**

Answer **ALL** questions in the space provided.

Scenario

- Karen works as a youth worker at youth centre.
- Part of her job involves helping youth decide what they want to do in their future.
- Dylan, a foreign youth living in Malta came to see Karen as he wants some guidance for his career.

SECTION A: COMMUNICATION

Question 1

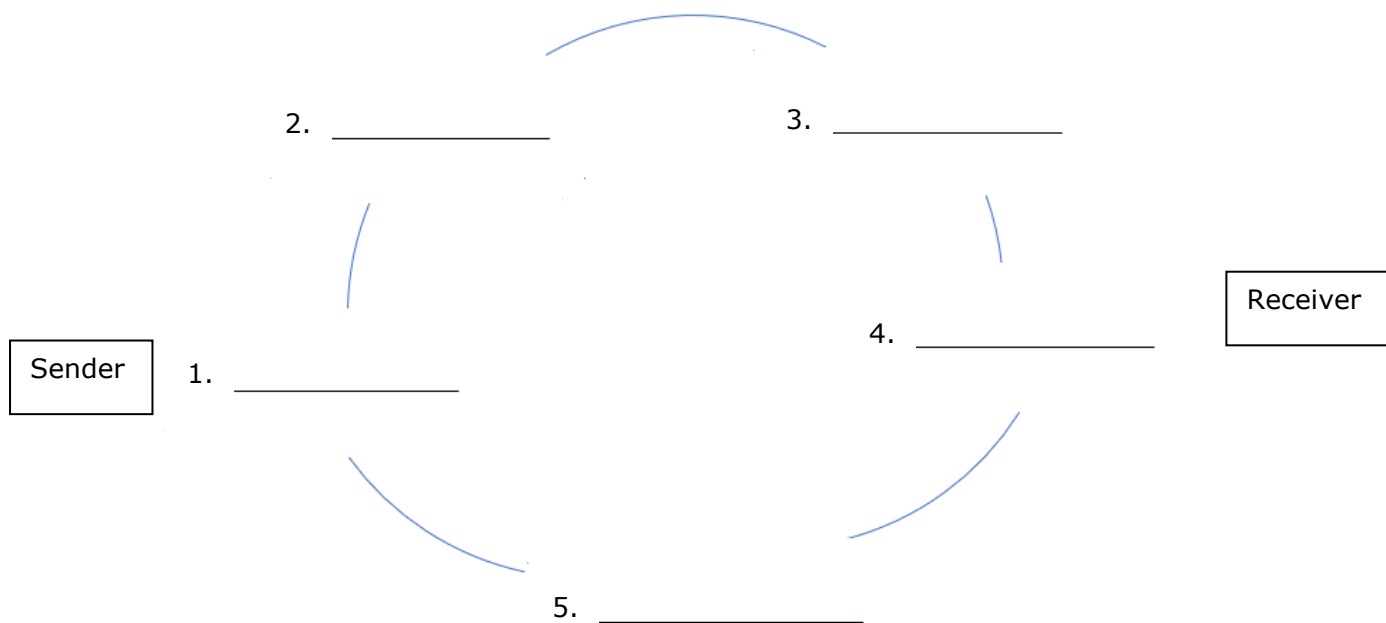
K-1 (6 marks)

a. When Karen asks Dylan: 'What are the jobs you are interested in?', who is the sender and who is the receiver?

Sender: _____ (1)

Receiver: _____ (1)

b. Label the **FIVE** stages of the communication cycle in the diagram below. (2)



Question 4

K-4 (8 marks)

Scenario (continued)

- Karen was explaining to Dylan what he should do to apply for a job.
- Karen was speaking to Dylan in the language he speaks.
- She opened the window due to restrictions.
- Dylan was not understanding exactly what she was saying.

a. When communicating with others, we can encounter barriers. Provide a definition of "barriers to communication".

(2)

b. Identify **TWO** possible barriers to effective communication in the scenario above.

Barrier 1: _____ (1)

Barrier 2: _____ (1)

c. Describe the possible effects on Karen and Dylan, of the **TWO** barriers to effective communication identified in Question 4b.

(4)

Question 5

C-3 (12 marks)

a. Identify **TWO** ways to overcome the barriers to communication identified in Question 4b.

Way 1: _____ (2)

Way 2: _____ (2)

b. Describe **TWO** ways how to overcome the barriers to communication identified in Question 5a.

Way 1: _____

_____ (2)

Way 2: _____

_____ (2)

c.

- Karen needs to talk to another youth after speaking to Dylan.
- The other youth has autism.

Explain by giving reasons, **TWO** ways how to overcome barriers to communication with a person who has autism, stating how each way can help.

SECTION B: HUMAN GROWTH & DEVELOPMENT

- Adolescence is a developmental stage.
- Karen works mainly with young people.
- It is important for Karen to be aware of the different life stages.

Question 6

K-5 (8 marks)

a. List the **FIVE** key aspects of human growth and development of each life stage.

Key aspect 1: _____ (0.4)

Key aspect 2: _____ (0.4)

Key aspect 3: _____ (0.4)

Key aspect 4: _____ (0.4)

Key aspect 5: _____ (0.4)

b. Match the below developmental changes to each life stage given. Each developmental change can only be matched **ONCE**.

| | | |
|----------------------|----------------------|------------------------------|
| Living independently | Weaning | Retirement |
| Formal schooling | Search for identity | Potty training |
| Finding a job | Making first friends | First intimate relationships |
| Limited energy | | |

i. Infancy (0-3 years): Change 1: _____ (0.2)

Change 2: _____ (0.2)

ii. Childhood (4-10 years): Change 1: _____ (0.2)

Change 2: _____ (0.2)

iii. Adolescence (11-18 years): Change 1: _____ (0.2)

Change 2: _____ (0.2)

Question 7

K-7 (8 marks)

Different life factors impact our health and wellbeing.

a. List the **FOUR** life factors which influence the health and wellbeing of individuals.

Life factor 1: _____ (0.5)

Life factor 2 _____ (0.5)

Life factor 3: _____ (0.5)

Life factor 4: _____ (0.5)

b. Outline **EACH** life factor listed in Question 7a and give **ONE** example of **EACH**:

Life factor 1: _____

_____ (0.5)

Life factor 2: _____

_____ (0.5)

Life factor 3: _____

_____ (0.5)

Life factor 4: _____

_____ (0.5)

Question 8

K-9 (8 marks)

a. State what “wellbeing” is according to the WHO definition.

_____ (2)

b. List the **FOUR** components of a healthy lifestyle.

Component 1: _____ (0.5)

Component 2: _____ (0.5)

Component 3: _____ (0.5)

Component 4: _____ (0.5)

c. Outline the **FOUR** components of a healthy lifestyle, listed in Question 8b above.

_____ (4)