



**L-Università
ta' Malta**

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL
2024 MAIN SESSION**

SUBJECT:	Health and Social Care
PAPER NUMBER:	Controlled – Unit 1
DATE:	16 th May 2022
TIME:	10:00 a.m. to 11:35 a.m.

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

Name of candidate _____

I.D. number _____

School _____

Class _____

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

SECTION A: COMMUNICATION

General Scenario

- Sasha, a 15-year-old girl, has been visited by the school’s social worker at her home.
- The social worker discussed with Sasha and her parents.
- The reason for this visit was because Sasha was not attending school regularly.
- The social worker told the family that the head of school had a meeting with her before she came to see them.
- The head of school informed the social worker that Sasha missed school for the past 2 months.
- When the social worker left Sasha’s home, Sasha and her parents continued talking on the matter.

Question 1

K-2 (4 marks)

a. List **FOUR** different contexts for communication.

Context 1: _____ (0.25)

Context 2: _____ (0.25)

Context 3: _____ (0.25)

Context 4: _____ (0.25)

b. Distinguish how each of the contexts mentioned in question 1a can be used.

Context 1: _____
_____ (0.25)

Context 2: _____
_____ (0.25)

Context 3: _____
_____ (0.25)

Context 4: _____
_____ (0.25)

b. Describe in more detail the **TWO** ways how to overcome the barriers to communication identified in question 3a above.

Way 1: _____

_____ (1)

Way 2: _____

_____ (1)

c.

- Sasha’s grandparents visited later on in the day.
- Sasha’s mother tried to explain to them about the social worker visit.
- Sasha’s grandmother has dementia.

Explain by giving reasons, **TWO** ways how to overcome barriers to communication with Sasha’s grandmother, stating how this can help.

_____ (2)

SECTION B: HUMAN GROWTH & DEVELOPMENT

Question 4

K-5 (4 marks)

- a.
- The social worker who was speaking to Sasha's parents explained that they need to understand Sasha's situation.
 - She pointed out the importance of human growth and development.

List the **FOUR** key aspects of human growth and development.

Aspect 1: _____ (0.25)

Aspect 2: _____ (0.25)

Aspect 3: _____ (0.25)

Aspect 4: _____ (0.25)

- b. Match the developmental changes below to each life stage given. Each life stage should have **ONE** matching development change.

Dealing with retirement	Exploring sexual identity	Make first friends
Potty training	Financial independence	

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

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

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

iv. Adulthood (19-65 years): Development Change: _____ (0.2)

v. Old age (65+ years): Development Change: _____ (0.2)

- c. Describe **FOUR** key aspects of growth and development during adolescence.

Question 7

C-5 (6 marks)

Scenario:

Sasha’s mother is suspecting that she might be pregnant.

- a. From the list below, identify **FOUR** ways how this life event might affect all of Sasha’s mother PIES needs.

more rest	become more fashionable	support from relatives
problem solving	travel more	participation in activities

Physical needs: _____ (0.5)

Intellectual needs: _____ (0.5)

Emotional needs: _____ (0.5)

Social needs: _____ (0.5)

- b. The picture below is a common scenario of how media portrays the birth of a new child as a very happy event.



(Source: <https://www.scholastic.com/>)

Question 9

K-10 (4 marks)

a. Mention **ONE** reason for assessing the health and well-being of a person.

_____ (1)

b.

- Sasha’s mother confirmed she was pregnant.
- She is having a difficult pregnancy and is staying a lot of time at home.
- She is now spending her days watching series on TV, chatting with her friends and munching on crisps and snacks.

Identify **TWO** components of a healthy lifestyle which are being neglected by Sasha’s mother.

Component 1: _____ (0.5)

Component 2: _____ (0.5)

c. Considering the components mentioned in 9b, prepare a health plan for Sasha’s mother using the template below. For each component identify **ONE** SMART long-term goal with **ONE** SMART short-term goal each.

Component 1: _____	Long-term goal: _____ _____ _____ _____ (0.5)	Short-Term goal 1: _____ _____ _____ _____ (0.5)
Component 2: _____	Long term goal: _____ _____ _____ _____ (0.5)	Short-Term goal 1: _____ _____ _____ _____ (0.5)

Blank Page

Blank Page

Blank Page