

Unit HSC05 Checklist for Revision

Main areas of study	Areas to revise	Know /done	Need to re-visit / notes
Add perspective and Type i.e. stage to theorists			
Freud	Recommend ways the settings could help clients based on his ideas – dream analysis, talk therapy etc. (these are the strategies)		
	Outline key features of the perspective		
	How could his ideas help someone with illness /conditions (see specs)		
	How does the theory link to life events		
	Consider how his theory shapes individual personality / behaviour (links to questionnaires / stages)		
	Links to (on human behaviour / development) in each life stage: Infancy, Childhood, Adolescence, Adulthood and Later adulthood		
	Links in settings: Health, Social Care, Children and Young People and Community justice i.e. used to modify behaviour / treat well		
	Links to the development of language if relevant		
Skinner	Recommend ways the settings could help clients based on his ideas – dream analysis, talk therapy etc. (these are the strategies)		
	Outline key features of the perspective		
	How could his ideas help someone with illness /conditions (see specs)		
	How does the theory link to life events		
	Consider how his theory shapes individual personality / behaviour (links to questionnaires / stages)		
	Links to (on human behaviour / development) in each life stage: Infancy, Childhood, Adolescence, Adulthood and Later adulthood		
	Links in settings: Health, Social Care, Children and Young People and Community justice i.e. used to modify behaviour / treat well		
	Links to the development of language if relevant		
Bandura	Recommend ways the settings could help clients based on his ideas – dream analysis, talk therapy etc. (these are the strategies)		
	Outline key features of the perspective		
	How could his ideas help someone with illness /conditions (see specs)		

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Maslow	Recommend ways the settings could help clients based on his ideas – dream analysis, talk therapy etc. (these are the strategies)		
	Outline key features of the perspective		
	How could his ideas help someone with illness /conditions (see specs)		
	How does the theory link to life events		
	Consider how his theory shapes individual personality / behaviour (links to questionnaires / stages)		
	Links to (on human behaviour / development) in each life stage: Infancy, Childhood, Adolescence, Adulthood and Later adulthood		
	Links in settings: Health, Social Care, Children and Young People and Community justice i.e. used to modify behaviour / treat well		
	Links to the development of language if relevant		

Eysenck	Recommend ways the settings could help clients based on his ideas – dream analysis, talk therapy etc. (these are the strategies)		
	Outline key features of the perspective		
	How could his ideas help someone with illness /conditions (see specs)		
	How does the theory link to life events		
	Consider how his theory shapes individual personality / behaviour (links to questionnaires / stages)		
	Links to (on human behaviour / development) in each life stage: Infancy, Childhood, Adolescence, Adulthood and Later adulthood		
	Links in settings: Health, Social Care, Children and Young People and Community justice i.e. used to modify behaviour / treat well		
	Links to the development of language if relevant		
Know impact of life events	Negative and positive		
	Strategies to help		
	Impact of health, wellbeing and opportunities		
Know impact of life choices	Negative and positive		
	Strategies to help		
	Impact of health, wellbeing and opportunities		
Know the life stages	PIES and Financial impacts from life events , choices, illnesses and conditions		
Strategies associated with the theories	Biological treatments – drugs, meditation and relaxation, sensory rooms (see notes HSC01, 2, 9)		
	Person-centred therapy and encounter groups (see notes Unit HSC02)		
	Behaviour therapy, behaviour modification, token economy (see notes HSC09)		
	Modelling, social skills training and family therapy (see notes HSC09)		
	Simple and complex sensory motor, verbal and imaginative play with peers and adults, cognitive behavioural therapy.		
	Link these to various settings		
Caring skills and techniques	HCS01 recap		
Settings	Know the impact of going into one of the settings		
	Make links to health, wellbeing		