

### Health Management and Social Care – Teachers’ Guide

Booklet 1 - Personal Needs and Development across Lifespan					
Key Questions	Learning Targets (Students are able to...)	Teaching Points	Curriculum and Assessment Guide / Supplementary Notes	Examples of L&T Activities and Resources	Examples of Assessment Items
<ul style="list-style-type: none"> <li>What are the key features of personal growth and development at various stages of life?</li> </ul>	<ul style="list-style-type: none"> <li>recognize the lifespan perspectives on <b>growth</b> and <b>development</b></li> <li>identify the important features at different stages of life</li> <li>understand that transitions and changes across life span are inevitable</li> <li>develop positive attitude towards changes</li> <li>understand the needs and care of people at various stages of life</li> </ul>	<b>1.1 Physical growth and development</b> <ul style="list-style-type: none"> <li>Different concepts: growth and development</li> <li>Human development includes different stages with the physical, intellectual, emotional and social features (one example for each feature at each stage)</li> <li>Changes / transitions               <ul style="list-style-type: none"> <li>Individual</li> <li><i>*Interpersonal (Booklet 5 – Social Well-being)</i></li> <li><i>Family (Booklet 5 – Social Well-being)</i></li> </ul> </li> <li>Needs</li> <li>Health management and care</li> </ul>	1C1 - The various stages of life  1A, 1C - Supplementary Notes  <i>*1C 2 - Changes of human relationships across lifespan</i> <i>*1C3 - Changes that occur in families throughout the life cycle</i>  1C7 - Special needs and care throughout the life cycle	Brief observation on the facilities at nursery centres and elderly homes. <b>➔</b> Reflects the physiological needs Encourage students to construct a mind map on the needs for different age groups at PIES  The handbook (pink & blue) for infancy & child by DH	Describe two positive impacts that changing from primary to secondary school may have on a student’s social development  What are the health, economic and social needs of the couple (in the question) after retirement? What corresponding actions are required for them to take to prepare for their retirement?  Name one special need and preventive care for each staged stage of life

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		<b>1.2 Personal needs / 1.4 Self-concepts and human relationships</b> <ul style="list-style-type: none"> <li>● Key concepts in personal development : <ul style="list-style-type: none"> <li>■ Maslow's Hierarchy of Human Needs: physiological needs, safety needs, love and belongingness needs, esteem needs, need for self-actualisation</li> <li>■ Self-concept</li> </ul> </li> </ul>	1A4 - Psychological perspective : Self-esteem and self concept  1C -Supplementary Notes		Based on Maslow's hierarchy of needs, which level of needs of Anna's mother (in the scenario given) not satisfied?
		<b>1.3 Theories of development</b> <ul style="list-style-type: none"> <li>● Successful adaptation in the stages of development contributes to <u>holistic health</u></li> <li>● Theories of development <ul style="list-style-type: none"> <li>■ Piaget's theory of cognitive development</li> <li>■ Freud's stages of psychosexual development</li> <li>■ Erikson's stages of</li> </ul> </li> </ul>	1A4 - Psychological perspective: Personality development  1C1 - The various stages of life 1C - Supplementary Notes		Using related theories or concepts, describe and explain the developmental changes across lifespan.  According to Piaget's theory of cognitive development, name the stage development related to the (selected) behaviours

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		psychosocial development ■ Kohlberg's stages of moral development			Based on Erikson's stages of psychosocial development, what is Anna's (in the scenario) developmental task? What is the cause hindering the successful relation of Anna's developmental task?
<ul style="list-style-type: none"> <li>How do the family, peers, school education and the community influence personal health and development?</li> </ul>	<ul style="list-style-type: none"> <li>explore how the family, peers, school education and the community influence personal health and development</li> <li>identify and understand the positive factors and risk factors towards personal development</li> <li>take on the personal</li> </ul>	<b>1.5 Factors which influence self-concepts and human relationships</b> <ul style="list-style-type: none"> <li>Concentric circle : different levels of factors affecting personal development</li> <li>Key concepts :               <ul style="list-style-type: none"> <li>■ attachment</li> <li>■ socialization                   <ul style="list-style-type: none"> <li>※ What is socialisation</li> <li>※ Primary, secondary and tertiary socialization</li> <li>※ Reference: <a href="http://sociologyblog-pa">http://sociologyblog-pa</a></li> </ul> </li> </ul> </li> </ul>	1B1 – 1B4 Factors which influence personal development 1B -Supplementary Notes ➤ 1B1 Effects of parental roles on child development ➤ 1B1 Family as a socializing agent and the role ➤ 1B1 Parenting style	Scenario analysis: - Hong Kong Kids (港童) - Tiger Mum(虎媽)	Explain how each of the following factors affect the cognitive development of a person in the early childhood: family, education and schooling. Describe the possible impact of the decrease in family size on the socialization role of a family State the parenting style of Raymond's (in the scenario) mother. How will it

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	responsibilities in cultivating the conditions for personal development of oneself and the others	<p>sons.blogspot.hk</p> <ul style="list-style-type: none"> <li>■ parenting styles</li> <li>✕ Authoritarian, Authoritative, Permissive and Neglecting</li> </ul>		<ul style="list-style-type: none"> <li>- Unwed Mother</li> <li>- Rebellion teenagers</li> </ul>	influence the personal development of Raymond?
<ul style="list-style-type: none"> <li>• How can we deal with life events that affect personal development and health?</li> </ul>	<ul style="list-style-type: none"> <li>• develop positive attitude towards life events</li> <li>• realise that real-life problems often have more than one solution</li> </ul>	<p><b>1.6 Crucial examples of life events/experience that influence personal development</b></p> <ul style="list-style-type: none"> <li>● Anticipated / unanticipated life events throughout the life cycle</li> </ul> <p><b>1.7 Diverse ways of responding to life events</b></p> <ul style="list-style-type: none"> <li>● <i>Coping and resilience · Positive thinking (Booklet 4 – Mental Well-being)</i></li> <li>● Stages of grief: shock and disbelief, denial, despair, acceptance</li> </ul>	<p>1C4 - Crucial examples of life events / experience</p> <p><i>*1C5 - Positive responses to different life events</i></p>		<p>Which stage of grief did Tai Man (in the scenario) experience when he was just informed of bowel cancer? Suggest a way to help Tai Man to cope with this stage of grief.</p>