

# How to Revise in Health and Social Care

1. Ensure you can retrieve all of the information laid out in your revision packs. Retrieval is important
2. Think about different scenarios that enable you to apply your knowledge – Remember we need to know the information and apply it to all life stages.
3. Pick one of our topics – Rights, Person centred Care Values, Communication, Safety & safeguarding and brain dump everything you can remember. Go back through your notes and revision packs, what do you need to work on?
4. Practise your 6 & 8 mark questions – Make a plan and remember to PEE as you write it.
- 5 Remember to view all aspects of your learning from our HSC triangle.
- 6 Finally use your RAG analysis and identify your own areas for development and ask for support



Know  
your key  
information



Recall  
be able to retrieve  
it



Apply  
be able to apply  
this information to  
different scenarios