



**L-Università
ta' Malta**

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL
2026 MAIN SESSION**

SUBJECT:	Health and Social Care
PAPER NUMBER:	Controlled – Unit 1
DATE:	13 th May 2024
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

- Helga is a social worker and works in an agency that gives support.
- An integral part of her work is communication with both clients and other professionals.

Question 1

K-2 (4 marks)

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

Context 1: _____ (0.25)

Context 2: _____ (0.25)

Context 3: _____ (0.25)

Context 4: _____ (0.25)

b. Distinguish how to use **TWO** different contexts of communication listed in Question 1a.

i. _____
_____ (0.5)

ii. _____
_____ (0.5)

Scenario cont.

- Today Helga had a very busy day.
- She first visited a client who lives on his own.
- At 9 a.m. she had a very important case conference with several professionals.
- She then had to accompany a client to court to testify.
- She finally stopped for a coffee break and is chatting with a colleague with whom she has become friends.

c. Identify **TWO** contexts of communication taking place between the different individuals in the scenarios above. For each context identified, name the individuals who are communicating together.

Question 2

K-4 (4 marks)

When Helga was attending the case conference, she noticed several barriers to communication.

a. Define what is meant by 'barriers to communication'.

- b. • The client in the case conference could not follow completely due to his emotional state.
• One of the professionals present, was constantly receiving phone calls.

Identify **TWO** barriers to effective communication from the scenario given above.

Barrier 1: _____ (0.5)

Barrier 2: _____ (0.5)

This question continues on next page.

c. The **TWO** barriers identified in Question 2b may have different effects.

Barrier 1: _____

Describe the effect of this barrier on the sender.

(0.5)

Describe the effect of this barrier on the receiver.

(0.5)

Barrier 2: _____

Describe the effect of this barrier on the sender.

(0.5)

Describe the effect of this barrier on the receiver.

(0.5)

Question 3

C-3 (6 marks)

a. The following are ways that can be used to overcome barriers to communication.

Timing Adapting the Environment	Electronic devices Using the individual's preferred language
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i. Identify **ONE** way to overcome barriers due to foreign language and cultural differences from the ones provided above.

_____ (1)

ii. Identify **ONE** way to overcome barriers due to hearing impairment from the ones provided above.

_____ (1)

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. Peter went to the agency where Helga works accompanied by his niece.

- They went to the reception to ask for an appointment.
- The receptionist inputted his details and informed them that he will be notified with the appointment in the coming days.
- After a few days, Peter received a call informing him when the appointment was set, however he showed up on the wrong day and time since he is hard of hearing.

Explain **TWO** ways how to overcome barriers to communication in Peter's situation.

This question continues on next page.

(2)

SECTION B: HUMAN GROWTH & DEVELOPMENT

Scenario continued:

- As generic social worker, Helga has clients from all developmental stages.
- It is therefore important for Helga to be aware of the various aspects of human development.

Question 4

K-5 (4 marks)

a. 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 life stages listed in Table 1 below to the developmental change by drawing a line between them.

Table 1

Life Stage
Infancy (0-3 years)
Childhood (4-10 years)
Adolescence (11-18 years)
Adulthood (19-65 years)
Old age (65+ years)

Developmental Change
Employment
Start of Formal Schooling
Retirement
Questioning Sexuality
Toilet Training

c. Describe **TWO** key aspects of growth and development during old age.

(2)

Question 5

K-6 (4 marks)

a. List **ONE** example for each of the following individual needs:

Physical need: _____ (0.25)

Intellectual need: _____ (0.25)

Emotional need: _____ (0.25)

Social need: _____ (0.25)

b. Outline the needs of an elderly person.

Physical need: _____
_____ (0.25)

Intellectual need: _____
_____ (0.25)

Social need: _____
_____ (0.25)

Emotional need: _____
_____ (0.25)

This question continues on next page.

b. Outline how the **TWO** life events you named in Question 6a can affect individuals.

Effect of life event 1: _____

_____ (0.5)

Effect of life event 2: _____

_____ (0.5)

- c.
- Helga received a call from one of her clients called Petra.
 - Petra had a five-year-old girl called Kelsey.
 - Petra has just got to know that she is pregnant with her second child.
 - She was working in a Call centre to have some extra money for the family.
 - The employers did not renew Petra’s contract.
 - She rang Helga, in a panic mode telling her that she has got redundant (lost her job).

Identify **ONE** positive and **ONE** negative influence redundancy may have on the health and wellbeing of Petra.

_____ (2)

Please turn the page.

Question 7

C-5 (6 marks)

Scenario continued:

- After some months, Petra gave birth to a baby boy.
- Kelsey had a new sibling called Claude.
- Kelsey enjoyed playing with Claude especially when he started crawling around and eventually walking.
- She also likes to help him play with puzzles and doing creative things such as painting and crafts.
- Petra made sure to meet other mothers with same age sons and daughters.
- Both Kelsey and Claude played with the other children.
- Kelsey cries and nags a lot to try and get Petra’s attention.

a. From the scenario above, identify, how having a new sibling affected Kelsey’s Physical, Intellectual, Emotional and Social needs (P.I.E.S.).

Physical needs: _____ (0.5)

Intellectual needs: _____ (0.5)

Emotional needs: _____ (0.5)

Social needs: _____ (0.5)

b.



(Source: <https://www.dreamstime.com/illustration/siblings.html>)

Compare and contrast **ONE** way how the birth of a sibling portrayed by the media and how it is experienced in real life may be different.

(2)

b. List the **FOUR** components of a healthy lifestyle by filling Table 2.

Table 2: Components of a healthy lifestyle

Component 1:	
Component 2:	
Component 3:	
Component 4:	

(1)

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

(2)

Question 9

K-10 (4 marks)

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

Reason 1: _____ (1)

- b. • Since Petra lost her job, she is spending most of her time sitting down browsing on social media and watching series.
- Whilst doing so, she tends to consume a lot of snacks and soft drinks.

Identify **TWO** components of a healthy lifestyle which are being neglected in this scenario.

Component 1: _____ (0.5)

Component 2: _____ (0.5)

- c. Prepare a healthy plan for Petra. Take into consideration each component identified in Question 9b and include **ONE** SMART short-term goal with **ONE** SMART long-term goal for each.

<p>Component 1:</p> <p>_____</p>	
<p>Short-Term goal:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____ (0.5)</p>	<p>Long-term goal:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____ (0.5)</p>

<p>Component 2:</p> <p>_____</p>	
<p>Short-Term goal:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____ (0.5)</p>	<p>Long-term goal:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____ (0.5)</p>

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