



General Certificate of Secondary Education
2023

Centre Number

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Candidate Number

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Health and Social Care

Unit 1
Personal Development
Health and Well-Being



[GHL11]

GHL11

MONDAY 15 MAY, AFTERNOON

TIME

1 hour 30 minutes.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

You must answer the questions in the spaces provided.

Do not write outside the boxed area on each page or on blank pages.

Complete in black ink only. **Do not write with a gel pen.**

Answer **all** questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is 100.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

Quality of written communication will be assessed in Questions **2(c)**, **3(b)(ii)** and **3(b)(iii)**.



1 (a) (i) Jia is 9 years old. She is in the life stage of _____ which is from 4 years to _____ years. [2]

(ii) Explain **three** ways you would expect Jia to develop intellectually during her current life stage.

1. _____

_____ [2]

2. _____

_____ [2]

3. _____

_____ [2]



(ii) Shen is starting school in September. Use the headings below to describe how starting school may affect Shen's intellectual, emotional and social development.

Intellectual development

[3]

Emotional development

[3]

Social development

[3]



(iii) Starting school is a major life change and Shen's family will support him. Use the headings below to explain how Shen's family may help him cope with this life change.

Emotional support

[2]

Advice and information

[2]

Practical help

[2]

[Turn over



2 Paul and Rachel, both aged 37, have three children. Alex is 12 years old, Sam is 8 years old and Amy is 7 years old.

(a) (i) Paul and Rachel are in the life stage of _____ adulthood
which is 19 to _____ years. [2]

(ii) Identify the type of relationship between Paul and Rachel.
_____ [1]



(iii) Paul has been made redundant from his job as a hotel manager. Use the table to assess how redundancy may affect Paul's intellectual, emotional and social development.

How redundancy may affect:

Paul's intellectual development

[3]

Paul's emotional development

[3]

Paul's social development

[3]

[Turn over



(b) (i) Alex is in the life stage of adolescence, which is from 11 years

to _____ years.

[1]

(ii) Describe how you would expect Alex to develop emotionally during this life stage.

[3]



(iii) Alex is being bullied by two boys at school.

Describe how Alex's intellectual and social health and well-being may be negatively affected by being bullied.

Alex's intellectual health and well-being.

[3]

Alex's social health and well-being.

[3]

[Turn over



(d) Amy enjoys taking part in physical activities. She plays football for a local team and goes to gymnastics every week.

Explain **three** ways taking part in physical activities may have a positive effect on Amy's physical health and well-being.

1. _____

_____ [2]

2. _____

_____ [2]

3. _____

_____ [2]



3 Jack and Molly, both aged 68, have been married for 45 years. They are retired and live near their daughter Judith who is 43 years old.

(a) (i) Jack and Molly are in the life stage of _____ adulthood. [1]

(ii) Use the information given to identify **three** life changes Jack and Molly have experienced.

1. _____ [1]

2. _____ [1]

3. _____ [1]

(iii) Jack and Molly have good relationships with a small group of friends.

Explain how these relationships may have a positive effect on their social and emotional development.

Effect on social development

[2]

Effect on emotional development

[2]

(b) (i) Judith is in the life stage of middle adulthood which is 40 years to _____ years. [1]

[Turn over



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Question Number	Marks
1	
2	
3	

Total Marks	
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Examiner Number

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