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# **GCE A LEVEL MARKING SCHEME**

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**SUMMER 2023**

**A LEVEL  
HEALTH AND SOCIAL CARE AND CHILDCARE –  
UNIT 5  
1570U50-1**

## **INTRODUCTION**

This marking scheme was used by WJEC for the 2023 examination. It was finalised after detailed discussion at examiners' conferences by all the examiners involved in the assessment. The conference was held shortly after the paper was taken so that reference could be made to the full range of candidates' responses, with photocopied scripts forming the basis of discussion. The aim of the conference was to ensure that the marking scheme was interpreted and applied in the same way by all examiners.

It is hoped that this information will be of assistance to centres but it is recognised at the same time that, without the benefit of participation in the examiners' conference, teachers may have different views on certain matters of detail or interpretation.

WJEC regrets that it cannot enter into any discussion or correspondence about this marking scheme.

**GCE A LEVEL HEALTH AND SOCIAL CARE AND CHILDCARE**  
**UNIT 5: THEORETICAL PERSPECTIVES OF ADULT BEHAVIOUR**

**SUMMER 2023 MARK SCHEME**

**Section A**

Question	Answer	AO1	AO2	AO3	Total mark
1.  (a)	<p><i>Read the case study on Gloria and answer the questions below.</i></p> <p><i>Outline <b>three</b> factors that may have promoted Gloria's resilience.</i></p> <p>Award <b>up to 2 marks</b> for each correct factor from within the case study that may have promoted Gloria's resilience.</p> <p>Award <b>1 mark</b> for a basic outline showing some knowledge and understanding of factors which may have promoted Gloria's resilience.</p> <p>Award <b>2 marks</b> for a good outline showing clear knowledge and understanding of factors which may have promoted Gloria's resilience.</p> <p>Answers may refer to any <b>three</b> from:</p> <ul style="list-style-type: none"> <li>• migration from Jamaica – having to adjust to living in a new country and culture</li> <li>• education – Gloria worked hard in school and qualified as a nurse</li> <li>• role models – Gloria has had positive role models in her parents when she was growing up</li> <li>• racism – Gloria experienced racism which affected her resilience in a positive way as she was able to cope with it</li> <li>• religion – will have influenced how Gloria lived her life and the values that she held</li> <li>• be able to socialise and celebrate her Afro-Caribbean culture/heritage will have given her a sense of belonging and could provide a sense of support</li> <li>• being part of the gospel choir and Afro - Caribbean group gave her the chance to make friends with others of a similar background</li> <li>• never being married, having to cope with life alone without children has had a positive effect on her resilience</li> <li>• moving into a care home – help to make new social connections and share experiences</li> </ul> <p>Credit any other valid response.</p>	6 [2,2,2]			6

Question	Answer	AO1	AO2	AO3	Total mark
(b)	<p><i>Describe the final stage of Erikson's psychosocial theory of development.</i></p> <p>Answers may refer to:</p> <p>During each stage, the person experiences a psychosocial crisis which could have a positive or negative outcome for personality development.</p> <p>The final stage known as Ego integrity versus despair:</p> <ul style="list-style-type: none"> <li>• this stage begins at approximately age 65 and ends at death</li> <li>• during this time an individual will contemplate their accomplishments and can develop integrity if they see themselves as leading a successful life.</li> <li>• if an individual sees their life as unproductive, feels guilt about their past, or feels that they did not accomplish their life goals, they will become dissatisfied with life and develop despair, often leading to depression and hopelessness</li> <li>• If an individual sees their life as being productive and feels they have accomplished their life goals they will feel happy and contented</li> <li>• wisdom will enable an individual to look back on their life with a sense of closure and completeness and accept death without fear</li> </ul> <p>Erikson maintained that personality develops in a predetermined order through eight stages of psychosocial development, from infancy to adulthood.</p> <p>Credit any other valid response.</p>	6			6

Band	AO1
3	<p style="text-align: center;"><b>5-6 marks</b></p> <p>A very good description which shows:</p> <ul style="list-style-type: none"> <li>• thorough knowledge and understanding of Erickson’s psycho-social theory</li> <li>• a confident grasp of the Ego integrity versus despair stage of development.</li> </ul>
2	<p style="text-align: center;"><b>3-4 marks</b></p> <p>A good description which shows:</p> <ul style="list-style-type: none"> <li>• generally secure knowledge and understanding of Erickson’s psycho-social theory</li> <li>• a generally secure grasp of the Ego integrity versus despair stage of development.</li> </ul>
1	<p style="text-align: center;"><b>1-2 marks</b></p> <p>A basic description which shows:</p> <ul style="list-style-type: none"> <li>• some knowledge and understanding of Erickson’s psycho-social theory</li> <li>• some grasp of the Ego integrity versus despair stage of development.</li> </ul>
	<p style="text-align: center;"><b>0 marks</b></p> <p>Response not creditworthy or not attempted.</p>

Question	Answer	AO1	AO2	AO3	Total mark
(c)	<p><i>Explain how the 'Butterfly Scheme' could help to provide care and support for Gloria.</i></p> <p>Answers may refer to:</p> <p>The Butterfly Scheme provides a system of care for people living with dementia or who simply find that their memory is not as reliable as it used to be.</p> <p>The scheme aims to improve the safety and well-being of individuals by using a positive and appropriate approach to individuals with dementia or memory impairment by using a personalised approach, acknowledging each individuals' background, past life, beliefs, achievements, likes and dislikes.</p> <p>A butterfly symbol is placed on an individual's care plan/notes to make staff aware that an individual has dementia or memory impairment.</p> <p>The use of the Butterfly Scheme will mean that:</p> <ul style="list-style-type: none"> <li>• Gloria will be provided with personalised care</li> <li>• care staff will use a positive pro-active approach to Gloria's care</li> <li>• care staff will acknowledge: <ul style="list-style-type: none"> <li>○ Gloria's Afro-Caribbean origin</li> <li>○ her individual likes and dislikes e.g. singing, gospel music</li> <li>○ her nursing career</li> </ul> </li> <li>• Gloria's environment will be organised in a way which allows her to personalise her space, access key items and function as well as possible in unfamiliar surroundings</li> <li>• care staff will interact with Gloria in a way which allows her to know what to expect in her care and in a way which reassures her and doesn't raise her anxiety</li> <li>• care staff will be understanding of the difficulties Gloria may have in communicating her needs and wishes.</li> </ul> <p>Credit any other valid response.</p>		8		8

Band	AO2
4	<p style="text-align: center;"><b>7-8 marks</b></p> <p>An excellent explanation which shows:</p> <ul style="list-style-type: none"> <li>• thorough knowledge and understanding of the practical application of the Butterfly Scheme</li> <li>• a confident grasp of how the Butterfly Scheme could help provide care and support for Gloria.</li> </ul>
3	<p style="text-align: center;"><b>5-6 marks</b></p> <p>A good explanation which shows:</p> <ul style="list-style-type: none"> <li>• generally secure knowledge and understanding of the practical application of the Butterfly Scheme</li> <li>• a generally secure grasp of how the Butterfly Scheme could help provide care and support for Gloria.</li> </ul>
2	<p style="text-align: center;"><b>3-4 marks</b></p> <p>A basic explanation which shows:</p> <ul style="list-style-type: none"> <li>• some knowledge and understanding of the practical application of the Butterfly Scheme</li> <li>• some grasp of how the Butterfly Scheme could help provide care and support for Gloria.</li> </ul>
1	<p style="text-align: center;"><b>1-2 marks</b></p> <p>A limited explanation which shows:</p> <ul style="list-style-type: none"> <li>• little knowledge and understanding of the practical application of the Butterfly Scheme</li> <li>• little grasp of how the Butterfly Scheme could help provide care and support for Gloria.</li> </ul>
	<p style="text-align: center;"><b>0 marks</b></p> <p>Response not creditworthy or not attempted.</p>

Question	Answer	AO1	AO2	AO3	Total mark
<p>2.</p> <p>(a)</p>	<p><i>Gloria's niece, Rita, is feeling stressed by trying to balance her commitments. She visits her GP and is referred to a counsellor who favours the cognitive approach. The counsellor suggests that Rita tries yoga or meditation to help manage her stress.</i></p> <p><i>Describe how yoga <b>or</b> meditation may help Rita manage stress.</i></p> <p>Answers may refer to:</p> <p>Practicing yoga or meditation on a regular basis will improve a Rita`s health and well-being. This increases her resilience enabling her to better manage stress.</p> <p>Yoga can help Rita reduce stress because:</p> <ul style="list-style-type: none"> <li>• it promotes relaxation, which is the natural opposite of stress</li> <li>• relaxes her body</li> <li>• calms her mind</li> <li>• focuses her breathing</li> <li>• lowers her heart rate</li> <li>• lowers her blood pressure</li> <li>• provides physical exercise which releases endorphins which can improve her mood</li> <li>• taking time for herself</li> </ul> <p>Meditation can help Rita produce a deep state of relaxation and a tranquil mind. It can:</p> <ul style="list-style-type: none"> <li>• focus her attention</li> <li>• eliminating negative thoughts - stop the stream of jumbled thoughts that may be crowding the mind and causing stress</li> <li>• improve her physical and emotional well-being</li> <li>• promote her relaxation</li> <li>• control her anxiety</li> <li>• enhance her self-awareness</li> <li>• taking time for herself</li> </ul> <p>Credit any other valid response</p>	6			6



Band	AO1
3	<p style="text-align: center;"><b>5-6 marks</b></p> <p>A very good description which shows:</p> <ul style="list-style-type: none"> <li>• thorough knowledge and understanding of how yoga or meditation can help Rita to manage stress</li> <li>• a confident grasp of how Rita can manage stress through yoga or meditation.</li> </ul>
2	<p style="text-align: center;"><b>3-4 marks</b></p> <p>A good description which shows:</p> <ul style="list-style-type: none"> <li>• generally secure knowledge and understanding of how yoga or meditation can help Rita to manage stress</li> <li>• a generally secure grasp of how Rita can manage stress through yoga or meditation.</li> </ul>
1	<p style="text-align: center;"><b>1-2 marks</b></p> <p>A basic description which shows:</p> <ul style="list-style-type: none"> <li>• some knowledge and understanding of how yoga or meditation can help Rita to manage stress</li> <li>• some grasp of how an individual can manage stress through yoga or meditation.</li> </ul>
	<p style="text-align: center;"><b>0 marks</b></p> <p>Response not creditworthy or not attempted.</p>

Question	Answer	AO1	AO2	AO3	Total mark
(b)	<p><i>Analyse how the cognitive approach could help Rita to manage her feelings.</i></p> <p>Answers may refer to:</p> <ul style="list-style-type: none"> <li>• this approach involves educating Rita to challenge and manipulate her own thoughts and feelings</li> <li>• it will help her to understand the processes happening within her own thinking</li> <li>• the goal would be that Rita would be able to identify and check her own 'self-talk' i.e. the thoughts in her own head regarding her stress</li> <li>• if Rita can learn to control her own thinking, then it can result in positive thoughts about coping with the causes of her stress</li> <li>• the cognitive approach argues that it is not what happens to individuals that makes them happy, anxious, and depressed but it is the way they think about life events</li> <li>• some individuals think that what goes on inside their heads is an accurate representation of reality</li> <li>• some individuals may have a dysfunctional belief that if they have a thought, the thought must be an accurate representation of reality.</li> </ul> <p>Credit any other valid response.</p>			6	6

Band	AO3
<b>3</b>	<p><b>5-6 marks</b></p> <p>A very good analysis which shows:</p> <ul style="list-style-type: none"> <li>• thorough knowledge and understanding of the cognitive approach</li> <li>• a confident grasp of how the cognitive approach can help Rita manage her feelings.</li> </ul>
<b>2</b>	<p><b>3-4 marks</b></p> <p>A good analysis which shows:</p> <ul style="list-style-type: none"> <li>• generally secure knowledge and understanding of the cognitive approach</li> <li>• a generally secure grasp of how the cognitive approach can help Rita manage her feelings.</li> </ul>
<b>1</b>	<p><b>1-2 marks</b></p> <p>A basic analysis which shows:</p> <ul style="list-style-type: none"> <li>• some knowledge and understanding of the cognitive approach</li> <li>• some grasp of how the cognitive approach can help Rita manage her feelings.</li> </ul>
	<p><b>0 marks</b></p> <p>Response not creditworthy or not attempted.</p>

Question	Answer	AO1	AO2	AO3	Total mark
(c)	<p><i>Contrast the cognitive approach with the psychodynamic approach to counselling.</i></p> <p>Answers may refer to:</p> <p>The main difference between the psychodynamic and cognitive approaches is the way in which each approach takes in determining the cause of mental illness or maladjusted behaviour:</p> <ul style="list-style-type: none"> <li>• psychodynamic approach focuses on unconscious processes / cognitive approach focuses on mental processes</li> <li>• psychodynamic approach suggests behaviour is not learned but caused by forces in the unconscious / cognitive approach suggests behaviour is learned as we process information and mental changes in important ways over time</li> <li>• psychodynamic approach suggests behaviour is predetermined/cognitive approach suggests behaviour is not predetermined and is learned as we process information and mental changes in important ways over time</li> <li>• psychodynamic approach suggests different parts of the mind are in constant dynamic struggle with each other, so individuals have no control over their behaviour/ cognitive approach suggests individuals always have power to change their cognition</li> <li>• psychodynamic approach focuses on early childhood behaviour/ cognitive approach does not focus on early childhood behaviour</li> <li>• psychodynamic approach is regarded as unscientific because it cannot be measured or manipulated/cognitive approach is regarded as scientific since it considers the brain is like a computer where information can be manipulated.</li> </ul> <p>Credit any other valid response.</p>			8	8

Band	AO3
4	<p style="text-align: center;"><b>7-8 marks</b></p> <p>An excellent response demonstrating:</p> <ul style="list-style-type: none"> <li>• perceptive and informed judgements about the differences between the cognitive and psychodynamic approaches</li> <li>• confident and detailed engagement with both the cognitive and psychodynamic approaches.</li> </ul>
3	<p style="text-align: center;"><b>5-6 marks</b></p> <p>A very good response demonstrating:</p> <ul style="list-style-type: none"> <li>• reasoned judgements about the differences between the cognitive and psychodynamic approaches</li> <li>• thorough engagement with both the cognitive and psychodynamic approaches.</li> </ul>
2	<p style="text-align: center;"><b>3-4 marks</b></p> <p>A good response demonstrating:</p> <ul style="list-style-type: none"> <li>• generally valid judgements about the differences between the cognitive and psychodynamic approaches</li> <li>• a straightforward engagement with both the cognitive and psychodynamic approaches.</li> </ul>
1	<p style="text-align: center;"><b>1-2 marks</b></p> <p>A limited response demonstrating:</p> <ul style="list-style-type: none"> <li>• little judgement about the differences between the cognitive and psychodynamic approaches</li> <li>• little engagement with either the cognitive or psychodynamic approach.</li> </ul>
	<p style="text-align: center;"><b>0 marks</b></p> <p>Response not creditworthy or not attempted.</p>

## Section B

Question	Answer	AO1	AO2	AO3	Total mark
3.  (a)	<p><i>Rebecca has learning difficulties and has been living in supported accommodation for the last two years. Rebecca formed a close friendship with Sally, and they enjoyed doing many activities together. Six months ago, Sally moved to different accommodation. Rebecca's behaviour has since deteriorated.</i></p> <p>Outline <b>two</b> factors that may have caused the recent deterioration in Rebecca's behaviour.</p> <p>Award <b>up to 2 marks</b> for each correct factor that may have caused a deterioration in Rebecca's behaviour.</p> <p>Award <b>1 mark</b> for a basic outline showing some knowledge and understanding of the factors that may have caused the deterioration in Rebecca's behaviour.</p> <p>Award <b>2 marks</b> for a good outline showing clear knowledge and understanding of the factors that may have caused the deterioration in Rebecca's behaviour.</p> <p>Answers may refer to any <b>two</b> of the following:</p> <ul style="list-style-type: none"> <li>• Rebecca has learning difficulties which may affect her ability to communicate her feelings effectively</li> <li>• Rebecca may be feeling sad as she is missing her friend Sally</li> <li>• Rebecca may not be socialising with others</li> <li>• she may be feeling isolated</li> <li>• she may be feeling lonely without Sally</li> <li>• she may not be taking part in the activities which she may have taken part in with Sally as she doesn't want to go alone</li> <li>• lack of routine may cause Rebecca to become unsettled</li> </ul> <p>Credit any other valid response.</p>	4 [2,2]			4

Question	Answer	AO1	AO2	AO3	Total mark
(b)	<p><i>The manager has received complaints from other residents that Rebecca has become aggressive and is also playing loud music late at night which is disturbing their sleep.</i></p> <p><i>Explain how using a ‘Restorative Approach’ might help the manager resolve the situation between Rebecca and the other residents.</i></p> <p>Answers may refer to:</p> <p>A Restorative Approach is a way of working to resolve inter-personal conflict. Using a Restorative Approach might help resolve the situation between Rebecca and the other residents by:</p> <ul style="list-style-type: none"> <li>• repairing the harm that has been done</li> <li>• giving each side a chance to tell their side of the story/their experience</li> <li>• includes all the parties involved-enabling both the residents and Rebecca to express their thoughts and feelings</li> <li>• helping Rebecca understand better how the situation happened and how to avoid it happening again</li> <li>• making, maintaining, and repairing relationships, helping Rebecca to understand how the residents are feeling and vice-versa</li> <li>• helping residents understand why Rebecca is behaving in this way</li> <li>• foster a sense of social responsibility and shared accountability, enabling both the residents and Rebecca to find a way to move on.</li> </ul> <p>Credit any other valid response.</p>		6		6

Band	AO2
3	<p style="text-align: center;"><b>5-6 marks</b></p> <p>A very good explanation which shows:</p> <ul style="list-style-type: none"> <li>• thorough knowledge and understanding of a Restorative Approach</li> <li>• a confident grasp of how using a Restorative Approach might help resolve the situation between Rebecca and the other residents.</li> </ul>
2	<p style="text-align: center;"><b>3-4 marks</b></p> <p>A good explanation which shows:</p> <ul style="list-style-type: none"> <li>• generally secure knowledge and understanding of a Restorative Approach</li> <li>• a generally secure grasp of how using a Restorative Approach might help resolve the situation between Rebecca and the other residents.</li> </ul>
1	<p style="text-align: center;"><b>1-2 marks</b></p> <p>A basic explanation which shows:</p> <ul style="list-style-type: none"> <li>• some knowledge and understanding of a Restorative Approach</li> <li>• some grasp of how using a Restorative Approach might help resolve the situation between Rebecca and the other residents.</li> </ul>
	<p style="text-align: center;"><b>0 marks</b></p> <p>Response not creditworthy or not attempted.</p>

Question	Answer	AO1	AO2	AO3	Total mark
(c)	<p><i>Analyse the impact, when dealing with behaviour that challenges, of using an approach based upon the principles of person-centred care.</i></p> <p>Answers may refer to:</p> <p>The principles of person-centred care:</p> <ul style="list-style-type: none"> <li>• getting to know the individual</li> <li>• respecting and valuing their histories and backgrounds</li> <li>• understanding their likes and dislikes</li> <li>• understanding their skills and abilities</li> <li>• understanding their preferred communication styles</li> <li>• understanding their support structures</li> <li>• appreciating the impact of the environment on them</li> <li>• identifying ways to provide ways of supporting an individual consistently in every aspect of care they receive</li> <li>• developing and monitoring plans that outline an individual's needs, desired well-being outcomes and how they can be supported to achieve these.</li> </ul> <p>By using an approach based on these principles when dealing with behaviour that challenges:</p> <ul style="list-style-type: none"> <li>• an individual will have an improved quality of life and will have less need to engage in challenging behaviour</li> <li>• carers will understand the reasons individuals display challenging behaviour and can avoid them to support more positive behaviour</li> <li>• carers will be more able to identify the signs/triggers that lead an individual to display challenging behaviour giving carers a chance to intervene before the behaviour escalates</li> <li>• can help prevent the need for an individual to show challenging behaviour</li> <li>• enables an individual with challenging behaviour to live an 'ordinary' life, and for them to have choice and control over what they do, where, when and with whom.</li> </ul> <p>References may be made to a specific named approach or may be generic.</p> <p>Credit any other valid response.</p>			8	8



Band	AO3
4	<p style="text-align: center;"><b>7-8 marks</b></p> <p>An excellent analysis demonstrating:</p> <ul style="list-style-type: none"> <li>• perceptive and informed judgements about the impact of using an approach which is based upon the principles of person-centred care when dealing with behaviour that challenges</li> <li>• confident and detailed engagement with the principles of person-centred care.</li> </ul>
3	<p style="text-align: center;"><b>5-6 marks</b></p> <p>A very good analysis demonstrating:</p> <ul style="list-style-type: none"> <li>• reasoned judgements about the impact of using an approach which is based upon the principles of person-centred care when dealing with behaviour that challenges</li> <li>• thorough engagement with the principles of person-centred care.</li> </ul>
2	<p style="text-align: center;"><b>3-4 marks</b></p> <p>A good analysis demonstrating:</p> <ul style="list-style-type: none"> <li>• generally valid judgements about the impact of using an approach which is based upon the principles of person-centred care when dealing with behaviour that challenges</li> <li>• a straightforward engagement with the principles of person-centred care.</li> </ul>
1	<p style="text-align: center;"><b>1-2 marks</b></p> <p>A limited analysis demonstrating:</p> <ul style="list-style-type: none"> <li>• little judgement about the impact of using an approach which is based upon the principles of person-centred care when dealing with behaviour that challenges</li> <li>• little engagement with the principles of person-centred care.</li> </ul>
	<p style="text-align: center;"><b>0 marks</b></p> <p>Response not creditworthy or not attempted.</p>

Question	Answer	AO1	AO2	AO3	Total mark
4.  (a)	<p><i>Ahmed is 61 years old. He has high blood pressure and diabetes. His GP has advised him that he should stop smoking to improve his life expectancy. Ahmed said he started smoking as a teenager as it was considered fashionable. He feels that smoking helps him to cope with anxiety and says that his father smoked heavily and lived to an old age.</i></p> <p>Outline <b>two</b> factors that may have influenced Ahmed's decision to smoke.</p> <p>Award <b>up to 2 marks</b> for each correct factor that may have influenced Ahmed's decision to smoke.</p> <p>Award <b>1 mark</b> for a basic outline showing some knowledge and understanding of the factor that may have influenced Ahmed's decision to smoke.</p> <p>Award <b>2 marks</b> for a good outline showing clear knowledge and understanding of the factor that may have influenced Ahmed's decision to smoke.</p> <p>Answers may refer to any <b>two</b> of the following:</p> <ul style="list-style-type: none"> <li>• smoking was considered fashionable when Ahmed was a teenager – smoking was prevalent in the media and advertising was more prominent in the past</li> <li>• Ahmed may have started smoking to fit in with his peer group</li> <li>• there was less awareness of the risk to health from smoking</li> <li>• smoking helps Ahmed cope with his anxiety</li> <li>• Ahmed's father smoked heavily so Ahmed started smoking to copy his father who is his role model</li> <li>• Ahmed does not see smoking as being harmful to his health as his father smoked heavily and lived to old age.</li> </ul> <p>Credit any other valid response.</p>	4 [2,2]			4

Question	Answer	AO1	AO2	AO3	Total mark
(b)	<p><i>Ahmed's GP gave him a 'Help Me Quit' leaflet which contained information about self-help groups in his area.</i></p> <p><i>Describe how a self-help group can support an individual to stop smoking.</i></p> <p>Answers may refer to:</p> <p>Self-help groups are informal groups of people who come together to address their common problems through mutual support.</p> <p>A self-help group can support an individual to stop smoking by:</p> <ul style="list-style-type: none"> <li>• enabling them to talk openly and honestly with others in a similar situation</li> <li>• being able to learn from others about how to deal with cravings</li> <li>• being able to learn from others about how to identify trigger factors/situations</li> <li>• being able to learn from others about how to cope with trigger situations</li> <li>• helping them to stay motivated</li> <li>• learning about relaxation techniques to help with cravings</li> <li>• being with others in the same situation an individual will feel less judged</li> <li>• research has shown that giving smokers the chance to share the difficulties they face in a group situation when trying give up may help their chances of success</li> <li>• raising self-awareness.</li> </ul> <p>Credit any other valid response.</p>	6			6

Band	AO1
3	<p style="text-align: center;"><b>5-6 marks</b></p> <p>A very good description which shows:</p> <ul style="list-style-type: none"> <li>• thorough knowledge and understanding of how a self-help group can support individuals</li> <li>• a confident grasp of how joining a self-help group can support an individual to give up smoking.</li> </ul>
2	<p style="text-align: center;"><b>3-4 marks</b></p> <p>A good description which shows:</p> <ul style="list-style-type: none"> <li>• generally secure knowledge and understanding of how a self-help group can support individuals</li> <li>• a generally secure grasp of how joining a self-help group can support an individual to give up smoking.</li> </ul>
1	<p style="text-align: center;"><b>1-2 marks</b></p> <p>A basic description which shows:</p> <ul style="list-style-type: none"> <li>• some knowledge and understanding of how a self-help group can support individuals</li> <li>• some grasp of how joining a self-help group can support an individual to give up smoking.</li> </ul>
	<p style="text-align: center;"><b>0 marks</b></p> <p>Response not creditworthy or not attempted.</p>

Question	Answer	AO1	AO2	AO3	Total mark
(c)	<p><i>Explain, using behavioural theory, how early childhood experiences can influence behaviour in later life.</i></p> <p>Answers may refer to:</p> <p>Behavioural theory focuses on how individuals learn from experience and tries to understand individuals in the ways their experiences shape their behaviour.</p> <p>Behavioural theory assumes that behaviour:</p> <ul style="list-style-type: none"> <li>• is learned at an early age</li> <li>• is learned by observing and copying others</li> <li>• if reinforced in a positive way by the social environment that an individual finds themselves, then the behaviour continues</li> <li>• if regarded in a negative way by the social environment that an individual finds themselves, then the behaviour discontinues</li> <li>• even if negative, will continue if it is the only way attention can be obtained</li> <li>• will continue if a pleasurable outcome is obtained</li> <li>• will be repeated if it had previously felt good or is associated with feeling better.</li> </ul> <p>Credit any other valid response.</p>		6		6

Band	AO2
3	<p><b>5-6 marks</b></p> <p>A very good explanation demonstrating:</p> <ul style="list-style-type: none"> <li>• thorough knowledge and understanding of behavioural theory</li> <li>• confident grasp of how early childhood experiences can influence behaviour in later life.</li> </ul>
2	<p><b>3-4 marks</b></p> <p>A good explanation demonstrating:</p> <ul style="list-style-type: none"> <li>• generally secure knowledge and understanding of behavioural theory</li> <li>• a generally secure grasp of how early childhood experiences can influence behaviour in later life.</li> </ul>
1	<p><b>1-2 marks</b></p> <p>A basic explanation demonstrating:</p> <ul style="list-style-type: none"> <li>• some knowledge and understanding of behavioural theory</li> <li>• some grasp of how early childhood experiences can influence behaviour in later life.</li> </ul>
	<p><b>0 marks</b></p> <p>Response not creditworthy or not attempted.</p>

Question	Answer	AO1	AO2	AO3	Total mark
(d)	<p><i>Resilience can support individuals to cope with challenges.</i></p> <p><i>Analyse how developing resilience could help Ahmed give up smoking.</i></p> <p>Answers may refer to:</p> <p>Developing resilience will help Ahmed to:</p> <ul style="list-style-type: none"> <li>• be adaptable and able to cope with the change of giving up smoking</li> <li>• be able to rely on his own inner resources</li> <li>• be resistant to stress caused by the process of giving up smoking</li> <li>• develop a positive self-concept which will help him to think he can achieve his goal (boost self-image/self-esteem)</li> <li>• be able to cope with setbacks and not give up trying.</li> </ul> <p>Ahmed not developing resilience may:</p> <ul style="list-style-type: none"> <li>• cause him to feel stressed</li> <li>• make him unable to cope</li> <li>• make him become depressed</li> <li>• make him develop a negative self-concept which will make him think he cannot achieve his goal</li> <li>• make him not able to cope with setbacks and he will give up trying</li> <li>• make him unable to challenge his addiction</li> <li>• make him unable to challenge peer pressure</li> </ul> <p>Resilience means knowing how to cope despite setbacks, or barriers, or limited resources.</p> <p>Resilience is a measure of how much an individual wants something and how much they are willing, and able, to overcome obstacles to get it. It is a measure of emotional strength.</p> <p>Credit any other valid response.</p>			8	8

Band	AO3
4	<p style="text-align: center;"><b>7-8 marks</b></p> <p>An excellent analysis demonstrating:</p> <ul style="list-style-type: none"> <li>• perceptive and informed judgements about how developing resilience could help Ahmed give up smoking</li> <li>• confident and detailed engagement with the importance and effects of resilience.</li> </ul>
3	<p style="text-align: center;"><b>5-6 marks</b></p> <p>A very good analysis demonstrating:</p> <ul style="list-style-type: none"> <li>• reasoned judgements about how developing resilience could help Ahmed give up smoking</li> <li>• thorough engagement with the importance and effects of resilience.</li> </ul>
2	<p style="text-align: center;"><b>3-4 marks</b></p> <p>A good analysis demonstrating:</p> <ul style="list-style-type: none"> <li>• generally valid judgements about how developing resilience could help Ahmed give up smoking</li> <li>• a straightforward engagement with the importance and effects of resilience.</li> </ul>
1	<p style="text-align: center;"><b>1-2 marks</b></p> <p>A limited analysis demonstrating:</p> <ul style="list-style-type: none"> <li>• little judgement about how developing resilience could help Ahmed give up smoking</li> <li>• little engagement with the importance and effects of resilience.</li> </ul>
	<p style="text-align: center;"><b>0 marks</b></p> <p>Response not creditworthy or not attempted.</p>

Question	Answer	AO1	AO2	AO3	Total mark
5.	<p><i>Rhys has recently started university and is worried that he has chosen the wrong course. He feels anxious about telling his parents as they are very proud of his achievements and he is afraid of letting them down. The university offers a counselling service and Rhys has made an appointment to consult a counsellor who favours the humanistic approach.</i></p> <p><i>Describe the key features of the humanistic approach and assess its use in supporting positive behaviour.</i></p> <p>Answers may refer to:</p> <p>Key features of the humanistic approach:</p> <ul style="list-style-type: none"> <li>• holistic and person-centred</li> <li>• focuses on how a person perceives their own behaviour</li> <li>• focuses on an individual's perception and interpretation of events</li> <li>• each person has their individual experience of life</li> <li>• centres on an individual's view of themselves and who they would like to be</li> <li>• individuals are not seen as mechanisms that can be categorised, analysed, and modified</li> <li>• there are no experts who can diagnose what is wrong with an individual</li> <li>• each person is an expert on themselves and not on anyone else</li> <li>• emphasise the importance of respect for the value of each individual</li> <li>• the relationship between counsellor and client is: <ul style="list-style-type: none"> <li>○ enabling</li> <li>○ empathetic</li> <li>○ non-judgmental</li> <li>○ congruent/genuine.</li> </ul> </li> </ul> <p>The humanistic approach was pioneered by Carl Rogers and Abraham Maslow in the 1950s. The approach assumes that the main goals in life are personal growth and fulfilment and that this leads to emotional and mental well-being.</p>	8		10	18



Question	Answer	AO1	AO2	AO3	Total mark
	<p>Strengths of the humanistic approach</p> <ul style="list-style-type: none"> <li>• helps the individual talk about the full extent of their issues</li> <li>• will not judge an individual about their behaviour</li> <li>• helps an individual to identify the reasons for their behaviour</li> <li>• helps an individual to identify factors that can trigger their behaviour</li> <li>• suggests new and effective ways for an individual to cope</li> <li>• believes the individual will always make the positive choice</li> </ul> <p>Weaknesses of the humanistic approach</p> <ul style="list-style-type: none"> <li>• individuals do not always have free will and choice over their situation</li> <li>• ignores factors that are out of conscious awareness that may have a role in creating behaviour that challenges</li> <li>• is of limited help to individuals with complex problems</li> <li>• can be time consuming and does not always provide a 'quick fix'</li> <li>• does not provide explanations or treatments some individuals may become frustrated by this approach.</li> </ul> <p>Credit any other valid response</p>				

Band	AO1	AO3
4	<p><b>7-8 marks</b></p> <p>An excellent description which shows:</p> <ul style="list-style-type: none"> <li>thorough knowledge and understanding of the humanistic approach</li> <li>confident grasp of relevant key features</li> </ul>	<p><b>9-10 marks</b></p> <p>An excellent assessment demonstrating:</p> <ul style="list-style-type: none"> <li>perceptive and informed interpretation about the use of the humanistic approach to support positive behaviour</li> <li>confident and detailed engagement with the humanistic approach</li> </ul> <p>The candidate's response is clearly expressed and shows accurate use of a broad range of terminology. Writing is very well structured and highly organised using accurate grammar, punctuation, and spelling.</p>
3	<p><b>5-6 marks</b></p> <p>A good description which shows:</p> <ul style="list-style-type: none"> <li>generally secure knowledge and understanding of the humanistic approach</li> <li>generally secure grasp of relevant key features.</li> </ul>	<p><b>6-8 marks</b></p> <p>A very good assessment demonstrating:</p> <ul style="list-style-type: none"> <li>reasoned interpretation about the use of the humanistic approach to support positive behaviour</li> <li>thorough engagement with the humanistic approach</li> </ul> <p>The candidate's response is clearly expressed and shows accurate use of terminology. Writing is well structured using mostly accurate grammar, punctuation, and spelling.</p>
2	<p><b>3-4 marks</b></p> <p>A basic description which shows:</p> <ul style="list-style-type: none"> <li>some knowledge and understanding of the humanistic approach</li> <li>some grasp of key features.</li> </ul>	<p><b>3-5 marks</b></p> <p>A good assessment demonstrating:</p> <ul style="list-style-type: none"> <li>generally valid judgements about the use of the humanistic approach to support positive behaviour</li> <li>a straightforward engagement with the humanistic approach</li> </ul> <p>The candidate's response is adequately expressed and shows appropriate use of terminology. Writing is mainly well structured using reasonably accurate grammar, punctuation, and spelling.</p>
1	<p><b>1-2 marks</b></p> <p>A limited description which shows:</p> <ul style="list-style-type: none"> <li>little knowledge and understanding of the humanistic approach</li> <li>little grasp of key features.</li> </ul>	<p><b>1-2 marks</b></p> <p>A limited assessment demonstrating:</p> <ul style="list-style-type: none"> <li>little judgement about the use of the humanistic approach to support positive behaviour</li> <li>little engagement with the humanistic approach</li> </ul> <p>The candidate's response shows basic use of terminology. Writing shows some evidence of structure but with some errors in grammar, punctuation, and spelling.</p>
	<p><b>0 marks</b></p> <p>Response not creditworthy or not attempted</p>	<p><b>0 marks</b></p> <p>Response not creditworthy or not attempted.</p>

Question		Specification content (main focus)				Mark allocation			
		Section			Part	Total marks	AO1 marks	AO2 marks	AO3 marks
		2.5.1	2.5.2	2.5.3					
1.	(a)	6			(b)	6	6	0	0
	(b)		6		(a)	6	6	0	0
	(c)			8	(a)	8	0	8	0
2.	(a)		6		(b)	6	6	0	0
	(b)		6		(a)	6	0	0	6
	(c)		8		(a)	8	0	0	8
Section A		6	26	8		40	18	8	14
3.	(a)	4			(a)	4	4	0	0
	(b)			6	(a)	6	0	6	0
	(c)			8	(a)	8	0	0	8
4.	(a)	4			(a)	4	4	0	0
	(b)		6		(b)	6	6	0	0
	(c)		6		(a)	6	0	6	0
	(d)	8			(b)	8	0	0	8
5.		8	10	(a)	18	8	0	10	
Section B		16	20	24		60	22	12	26
Total marks		22	46	32		100	40	20	40