







### Micro Credentials in Schools



Micro credentials are short bursts of learning completed fully online. They have been designed at SCQF level 5 and can be completed using a smart phone, tablet, laptop and/or computer.

Each week there is a live tutor session for each unit as well as tutor support.

Micro Unit Name	What you will learn
<p data-bbox="203 719 696 751"><b>Introduction to a Career in Care</b></p>  <p data-bbox="703 1273 1106 1294"><a href="#">5,000+ Free Care &amp; Skin Care Images - Pixabay</a></p>	<p data-bbox="1128 719 1989 826">This unit introduces individuals to what social care is about, the types of jobs individuals can do and the people who might require care.</p> <p data-bbox="1128 874 1464 906">In this unit you will learn:</p> <ul data-bbox="1182 919 1794 1190" style="list-style-type: none"> <li>• What values are needed to work in care</li> <li>• Types of Communication</li> <li>• Team work</li> <li>• What duty of Care and Safeguarding means</li> <li>• How to reflect</li> <li>• End of Unit Quiz</li> <li>• </li> </ul>

<p><b>Introduction to Substance Misuse</b></p>  <p><a href="#">900+ Free Addiction &amp; Cigarette Images - Pixabay</a></p>	<p>In this unit you will learn:</p> <ul style="list-style-type: none"> <li>• What is Substance Misuse and addiction</li> <li>• The Extent of the Issue in Scotland</li> <li>• Effects on the individual, family and communities</li> <li>• How to Support Individuals Affected by Substance Misuse</li> <li>• End of unit Quiz</li> </ul>
<p><b>Introduction to Dementia</b></p>  <p><a href="#">Dementia Alzheimer'S Dependent To - Free photo on Pixabay - Pixabay</a></p>	<p>In this unit you will learn:</p> <ul style="list-style-type: none"> <li>• Types of Dementia.</li> <li>• How to Recognise Symptoms.</li> <li>• Diagnosis</li> <li>• Risk Factors Associated with Dementia</li> <li>• Lifestyle Changes to Support Independence with Dementia.</li> <li>• The Impact it has on Individuals and the Family/Carers.</li> <li>• End of Unit Quiz</li> </ul>
<p><b>Understanding and Supporting Mental Health in Children and Young People</b></p>	<p>In this unit you will learn:</p> <ul style="list-style-type: none"> <li>• Statistics Relating to Mental Illness in Children and Young People.</li> </ul>

 <p><a href="#">111 beautiful photo results (pixabay.com)</a></p>	<ul style="list-style-type: none"> <li>• Understanding the Challenges that Children and Young People Experience in their Lives.</li> <li>• Recognising Signs of Common Mental Illness, including Anxiety, Low Mood and Depression in Children and Young People.</li> <li>• Sources of Support from Health, Social and Education Professionals.</li> <li>• End of Unit Quiz</li> </ul>
<p><b>Children’s Rights, Safeguarding and Protection</b></p>  <p><a href="#">12,490 beautiful photo results - Pixabay</a></p>	<p>In this unit you will learn:</p> <ul style="list-style-type: none"> <li>• Introduction to the rights children have</li> <li>• Gives you an Awareness of how Adults can help Support Children’s Rights.</li> <li>• You will Learn what Safeguarding Children means and the forms of Harm Children can Experience</li> <li>• You will Learn the Responsibilities Adults have in the Protection of Children and Young People.</li> </ul>
<p><b>Managing Diabetes in Care</b></p> 	<p>In this unit you will learn:</p> <ul style="list-style-type: none"> <li>• Statistics of this global Issue &amp; the impact it has on individuals</li> <li>• What is Diabetes?</li> <li>• How to recognise symptoms</li> <li>• How to manage Diabetes using lifestyle changes</li> <li>• Digital innovation</li> </ul>

<p><a href="#">247 beautiful photo results - Pixabay</a></p>	<ul style="list-style-type: none"> <li>• Case studies</li> <li>• End of unit quiz</li> </ul>
<p><b>Digital Health Care</b></p>  <p><a href="#">40 beautiful photo results - Pixabay</a></p>	<p>In this unit you will learn:</p> <ul style="list-style-type: none"> <li>• What is Digital Care?</li> <li>• Why Digital Care?</li> <li>• Global Progression</li> <li>• National Progression</li> <li>• Digital Devices within the Home</li> <li>• Digital Devices and Apps to Maintain Good Health</li> <li>• Case Studies</li> <li>• End of Unit Quiz</li> </ul>
<p><b>Prevention of Infection</b></p>  <p><a href="#">9 beautiful photo results - Pixabay</a></p>	<p>In this unit you will learn:</p> <ul style="list-style-type: none"> <li>• Infection and Infectious Disease in Humans - A Basic Introduction</li> <li>• How Micro-Organisms Grow and Multiply</li> <li>• The Chain of Infection</li> <li>• Healthcare Associated Infection</li> <li>• World Health Organisation</li> <li>• Standard Precautions</li> <li>• End of Unit Quiz</li> </ul>

## Understanding Parkinson's Disease



[56 beautiful photo results - Pixabay](#)

In this unit you will learn:

- Global and National Statistics
- Causes of Parkinson's
- Types of Parkinson's
- Symptoms/Treatment
- Impact on Individuals and Family
- Lifestyle Changes and Digital Apps to Manage Parkinson's
- End of Unit Quiz

## Understanding and Looking After Your Own Mental Health



[400+ Free Mental Health & Brain Images - Pixabay](#)

This unit will provide individuals with the skills, confidence and knowledge to help look after their own mental health.

In this unit you will learn:

- Introduction to Mental Health
- The basics of Mental Health
- Mental Health Thoughts
- Healthy Relationships
- Sleeping Well
- Eating Well
- Caring for Our Bodies
- Developing Coping Strategies
- End of Unit Quiz

## Autism



[70+ Free Autism & Autistic Images - Pixabay](#)

In this unit you will learn:

- Define the term Autism
- Define Asperger's Syndrome
- Outline Effective Methods of Communication
- Outline Effective Strategies
- Identify Surrounding Legislation and Scotland's vision
- Highlight Inclusion and standards in care
- End of Unit Quiz