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SELF-ASSESSMENT GUIDE

Qualification	CAREGIVING (Grade schooler to Adolescent) NC II		
Certificate of Competency (COC 1)	Provide care and support to grade schooler (6 to 12 years old)		
Units of Competency Covered	<ul style="list-style-type: none"> • Provide assistance and care to personal needs of grade schooler • Foster physiological needs and cognitive development of grade schooler • Foster physical growth and development of grade schooler • Respond to emergency for grade schooler 		
Instruction: Read each question and check the appropriate column to indicate your answer.			
Can I?	YES	NO	
PROVIDE ASSISTANCE AND CARE TO PERSONAL NEEDS OF GRADESCHOOLER			
• Instill importance and demonstrates personal hygiene practices to grade schooler*			
• Prepare and monitor completeness of personal hygiene kit			
• Check bathing paraphernalia, water quantity and vital signs of grade schooler*			
• Assist grade schooler in bathing and dressing up			
• Prepare meal of grade schooler according to prescribed procedure, including correct quantity, frequency, nutritional and cultural requirements*			
• Feed grade schooler following healthy procedures *			
FOSTER PHYSIOLOGICAL NEEDS AND COGNITIVE DEVELOPMENT OF GRADE SCHOOLER			
• Create opportunities that will help develop self-help skills and independence in grade schoolers *			
• Create opportunities that will help develop decision making and acceptance of individual differences in grade schoolers *			
• Create opportunities that will help grade schooler accept responsibility and accountability or consequences of his/her own actions *			
• Create opportunities that will help grade schoolers express their feelings, ideas, needs, imagination and creativity based on social norm and developmental needs *			
• Create activities/experiences that will help grade schoolers respect other's individual needs, abilities and interest based on social and cultural forms *			

FOSTER PHYSICAL GROWTH AND DEVELOPMENT OF GRADESCHOOLER		
• Provide tools, equipment, exercises and/or activities that will enhance physical growth and development*		
• Create opportunities that will help develop physically and physical skills based on development needs *		
• Create opportunities/experiences that will help enhance physical fitness skills based on stage of growth and development *		
• Create opportunities/experiences that will help grade schooler to develop habit forming physical activities and healthy sleeping patterns and practices based on physical needs *		
• Create activities/experiences that will support awareness of the range of movements of their own body, based on developmental needs *		
• Relay the need for grade schooler to participate in physical fitness		
RESPOND TO EMERGENCY FOR GRADESCHOOLER		
• Practice infection control, hygiene and health principles based on established guidelines *		
• Report signs of potential illness of grade schooler and seeks medical assistance *		
• Inform grade schooler parents or relatives of related policies and procedures		
• Perform first aid, basic life support or appropriate emergency procedures to ensure safety of grade schooler, based on established standards and procedures *		
• Calm, reassure and comfort grade schooler		
• Give information on emergency situation according to established policies		
• Remove grade schooler from threat or danger, or vice versa *		
• Assess danger level and reports to appropriate person		
I agree to undertake assessment with the knowledge that information gathered will only be used for professional development purposes and can only be accessed by concerned assessment personnel and my manager/supervisor.		
Candidate's Name and Signature		Date