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## SELF-ASSESSMENT GUIDE

Qualification	<b>CAREGIVING (Grade schooler to Adolescent ) NC II</b>			
Certificate of Competency (COC 1)	<ul style="list-style-type: none"> <li>• <b>Provide care and support to grade schooler (6 to 12 years old)</b></li> </ul>			
Units of Competency Covered	<ul style="list-style-type: none"> <li>• Provide assistance and care to personal needs of grade schooler</li> <li>• Foster physiological needs and cognitive development of grade schooler</li> <li>• Foster physical growth and development of grade schooler</li> <li>• Respond to emergency for grade schooler</li> </ul>			
<b>Instruction:</b> Read each question and check the appropriate column to indicate your answer.				
<b>Can I?</b>			<b>YES</b>	<b>NO</b>
<b>PROVIDE ASSISTANCE AND CARE TO PERSONAL NEEDS OF GRADESCHOOLER</b>				
• 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 *				
<b>FOSTER PHYSIOLOGICAL NEEDS AND COGNITIVE DEVELOPMENT OF GRADE SCHOOLER</b>				
• 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 *				

<b>FOSTER PHYSICAL GROWTH AND DEVELOPMENT OF GRADESCHOOLER</b>		
• 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		
<b>RESPOND TO EMERGENCY FOR GRADESCHOOLER</b>		
• 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.		
<b>Candidate's Name and Signature</b>		<b>Date</b>