



BMSW4001
Academic and Employability Skills (ACE)

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INTRODUCTION

- **This presentation will evaluate my academic and employability skills that would enable me to a successful Mental Health nurse and a brief description of my intended career.**
- According to (NHS,2018) Mental Health nurse is meant to promote and support a person's recovery, helping them live independent and fulfilling lives.
- **My Academic skills** are crucial in mental health sector. As a student I have academic knowledge of Maths and English language, and time management. Studying at the university will also enable me to gain new academic skills which will prepare me for the future in healthcare sector.
- **My Employability skills** such as critical thinking and responsibility are essential in order for me to be a mental health nurse. The other skills I have which would enable me to a successful Mental Health nurse are:
 - Problem solving, professionalism and work ethic.

Skills required for Mental Health role

Skills required for employment

- Excellent communication skills.
- Genuine desire to help others in distress.
- Good problem solving skills/ability to take the initiative.
- Good team-working skills.

Skills required as a mental health nurse

- Excellent communication skills for dealing with patients and their families.
- The ability to stay calm and think quickly in challenging circumstances.
- Emotional resilience and a non-judgmental approach.

Skills that I have in order to be a mental health nurse.

- Ability to empathise with people.
- Good understanding of the theories of mental health and illness.
- Excellent teamwork skills.
- Verbal and written communication skills.
- Inform appropriate individuals when the plans change.



SWOT ANALYSIS

Strengths

- *Communication and people skills.*
- *Time management*
- *Compassionate*

Weakness

- *detail oriented.*
- *Self-criticism.*
- *Financial literacy.*

Opportunities

- *Government fundings*
- *Training on the job*
- *Working in my career field while attending university in the process.*

Threats

- *Competitive healthcare market.*
- *More applicants than available position.*
- *Changing medical procedures and practices.*

Personal Development Plan

- After completing BSc in Health and Social Care, I would like to take a gap year in order to gain new skills and knowledge within Mental Health sector which will allow me to work with underserved patients in Africa.
- By the end of gap year I would like to take MSc in Global Mental Health by gaining admission, regular study session, reading of journals and current medical books, get financial support packages and help from lectures in order to become a successful Mental Health Nurse by gaining Master of science certification within a year and follow my passion by working with underprivileged people with no access to healthcare in Africa.

APPLICATION OF PERSONAL SKILLS

- Over the years before joining university, I have been able to develop and improve on essential skills that would enhance my performance and improve my employability when I enter into the job market. Being able to provide quick solutions to problems and psychological analysis of the patients would put me in a good stead among my peers and employers.
- Improving on information technology skills, made me more progressive as the medical practice migrates towards digital and virtual patient care and administration.
- There are some skills that would be learnt on the job through observational learning and communication such as conceptual, multitasking, organisation and planning skills.

Conclusion

- I have been able to analyse my strength and weaknesses using the SWOT analysis in order to evaluate necessary and essential skills required for a career in mental health services.
- I prepared a personal development plan to show my progression from my degree course to my future plans in attaining my Masters in Global Mental health.

References

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