

ACADEMIC AND EMPLOYABILITY SKILLS

BMSW4001

Sara Yaneth Gil

2009459

University of Wales Trinity Saint David

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INTRODUCTION

As a Health and social care student, I must have the academic and employability skills sufficient to face situations that arise in my future profession. This work shows the skills that are necessary to become a mental health nurse.

I do a review of my own abilities in which I need to work to achieve my goal, carrying out a swot analysis and a personal development plan where I evaluate how I will achieve my goals in the short, medium and long term.

I include a small conclusion and the references consulted for the realization of this work.

PRESENTATION



Mental health Nurse

Job description:

- Promote and support a person's recovery, helping them live independent and fulfilling lives.
- To build effective relationships with people who use mental health services.
- Being able to establish trusting relationships quickly and to help individuals understand their situation and get the best possible outcome.

**Must Have
Skills**

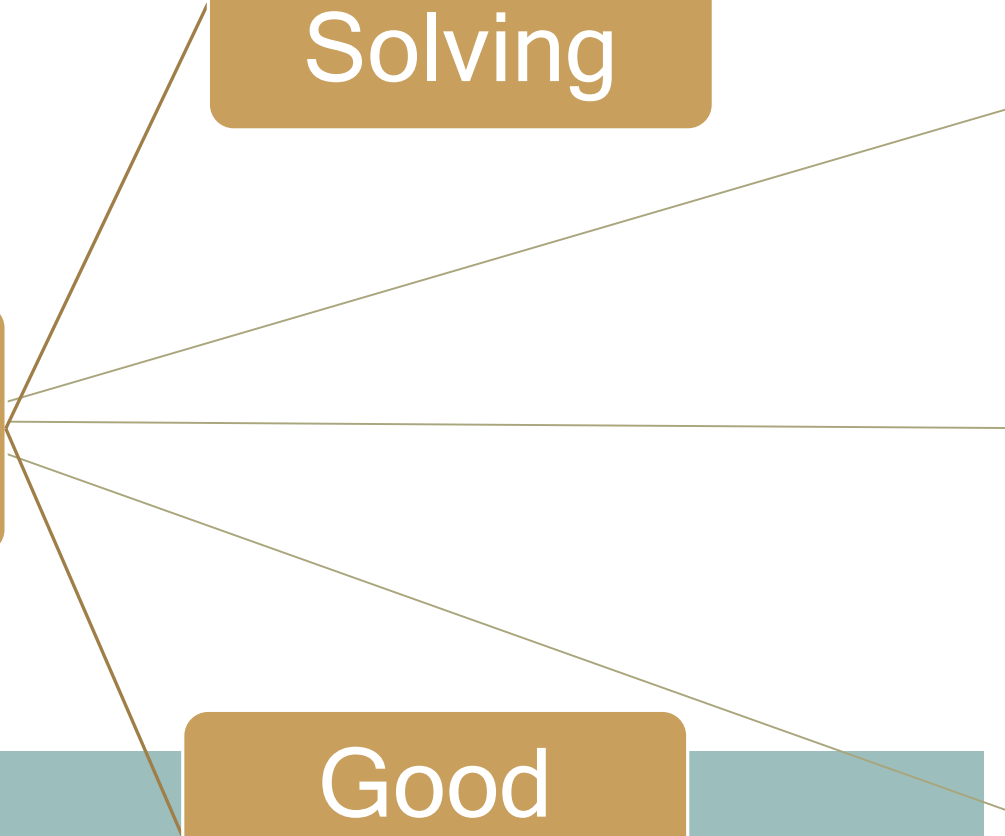
Problem
Solving

Good
Judgement

Offering Advise

Observational

Interpersonal
Communication



MY SKILLS



Empathy



Teamwork skills



Observation



Problem solving

I MUST WORK ON

Good Judgement



Interpersonal communication



Offering advise



SWOT ANALYSIS

STRENGTHS

- Patience and the ability to remain calm in stressful situations
- Sensitivity and understanding
- Thorough and pay attention to detail
- Ability to work well with others
- Work well under pressure

WEAKNESSES

- Fear of speaking in front of a group
- Lack of communication
- Not willing to take risks
- Little experience in the healthcare industry

OPPORTUNITIES

- Most in demand position
- Rewarding both on a personal and professional level
- Nursing is one of the strongest areas of opportunity for career growth

THREATS

- Nursing may appear boring to others
- Changes in payments
- Emotionally stressful
- Competition from other nurses

PERSONAL DEVELOPMENT PLAN

My big goal	Which goals need to happen first? (Short term)	When do I want to achieve this? (Long term)	What obstacles might get in my way? (Mid term)	Review how I am doing
Completing a year foundation in health and social care to help me reach my goal to become a mental health nurse.	Finish my current health and social care course, which last 1 year.	My main goal is planned to achieve it in 4 years, and I aspire to become a mental health nurse by 2024 at the age of 44.	• Becoming overwhelmed • Losing the focus • Poor grades/ not studying enough • Pressure of studies • Cost of education	I am doing my best to benefit from the course that I am currently taking. I'm learning and training to move forward and climbing to my maximum goal and I think I'm doing right.

CONCLUSIONS

Academic and Employability skills are necessary for my social and professional development. With this work, I have understood widely what the career I want to achieve consists of, what is expected of me as a mental health professional and the steps I must take to reach the goal.

It also helped me to look at myself and remember the qualities that I have and in which I can work to achieve what I have proposed for my future.

REFERENCES

My world of work, n.d., *Nurse-Mental health*,
<https://www.myworldofwork.co.uk/my-career-options/job-profiles/nurse-mental-health>

NHS n.d., *Mental health nurse*, viewed 27 November 2020, <https://www.healthcareers.nhs.uk/explore-roles/nursing/roles-nursing/mental-health-nurse>