

ACADEMIC AND EMPLOYABILITY SKILLS

By Lucian Manolache

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Section 1:

My name is Lucian Manolache I was born in 19 November 1996 in Romania , currently living in London , UK.

What can I say about myself? Given the fact that I am a sociable person and who is involved in any kind of activity, even if I have nothing to gain, I can say that they seem a sensitive thread that attaches easily. I know it is important to get involved and help because in this way you gain experience. This experience will certainly help you later, in a way, maybe not necessarily professionally, but certainly in life. I am an active person, I know that, and by active I mean that I do not like laziness. That is why I prefer to spend my free time, sometimes even giving me tasks, so as not to waste my time watching TV or sleeping too much. That's how I got to the performance of staying behind with many of these tasks.

I am an ambitious person , motivated and organized . I like to get involved in activities and to be around people .

I have a sense of humor and I am creative and I like to be part of a team .

I like to work enthusiastically in team to achieve goal of the organization with devotion and hard work and to be part of team that provides an atmosphere of mutual growth and benefits, where I can show my talent and potential.

I. Contruction

Two years experience in the UK.



II. Football , West Ham Utd Fan



III. Free time , exploring



Imperial War
Museum

The first slide of the presentation should capture the audience's attention. If you start with a definition, do not arouse interest. The audience must quickly identify the problem addressed in the presentation and appreciate the importance of the topic.

Don't write paragraphs.

The Powerpoint presentation is meant to complement and support the oral discourse. Do not expect the audience to read entire lines of text, use as few words as possible insights. Anything that can be replaced by pictures, symbols - replace them.

Use keywords that are essential.

Do not extend entire sentences in the presentation. If the audience finds all the information on the slide, why listen to you when they can read it.

Choose a font style that allows your audience to read from a distance.

Choosing the right font style helps to convey the message. Avoid narrow fonts and avoid fonts that have complicated edges.

Never turn your back on the audience or read from the slides.

If the presentation is well prepared you should know the order of the slides and the information to be transmitted, without going back to the slides. Audience conviction can only be made if you connect emotionally with it. This you do first, looking at the audience when you talk, then smiling, removing any physical barrier, including as many images in the presentation, reporting the information in the form of stories.

Section 2:

Surely there must be a balance between strengths and weaknesses and must know how to highlight our strengths and how to hide the weaknesses.

Kamia Taylor said that: "You can be the most disciplined, brilliant and even the richest individual on earth. If you are not able to empathize with others, you are practically a sociopath. "

Successful people are people who believed in themselves, who were not defeated at the first or the fifth obstacle. The way you talk to yourself is extremely important in determining the success you will achieve in life.

It is important to be purposeful. Most people stop trying to get what they want when they find it too hard .

The key to success is not to give up, not to lose your motivation it is to continue the fight to get where you want.

Communication is one of the fundamental components of human relationships, both personally and professionally.

It is essential that we have the ability to assertively transmit information and to understand precisely the messages that are transmitted to us.

The observance of the coordinates established for the meetings represents an aspect that has to do with the area of professional conduct. A punctual person transmits a professional image, which inspires confidence.

Taking responsibility for the activity and the results obtained, as well as for the way we manage the relationships in the workplace is a mature approach, which helps us to be perceived in a positive way by the people we interact with in the professional environment.

Involvement in our own activity and that of the team we are part of, as well as the proactive attitude, over time, helps us to build a strong professional status.

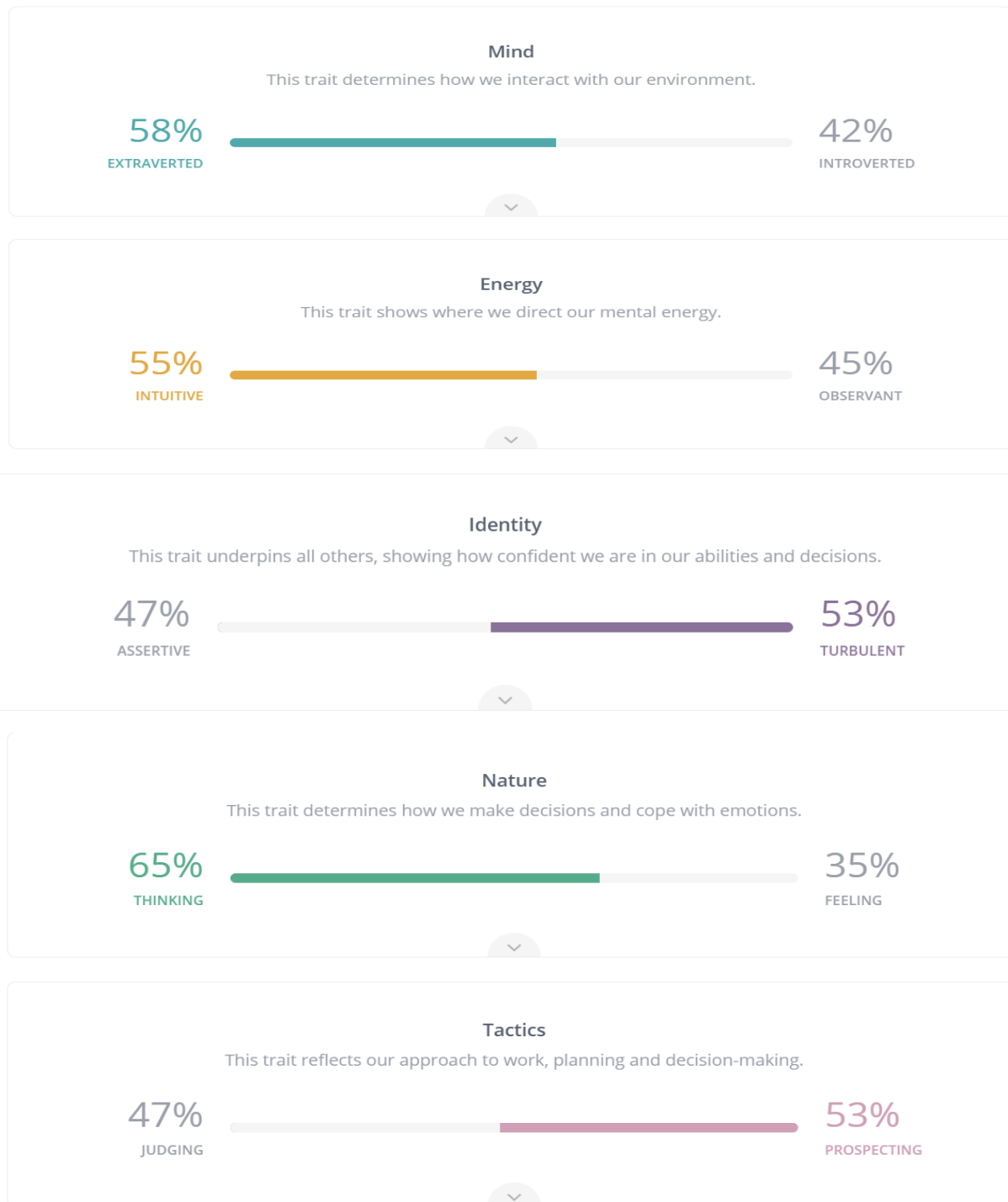


Figure 1. Personality test available online at <https://www.16personalities.com/free-personality-test>

Section 3

Some of my short terms goals include getting better at programming and improving my knowledge about computing.

Also I need a lifestyle change because I need to learn what my priorities are and I have to put my soul into the things I do .

I should try to work on self-motivation because I often give up very quickly when something is hard for me and to try to trust myself more .Some of my friends are programming engineers, telling me about what they do has made me want this for myself and made me to enroll the university. I know I have to be very serious and ambitious to do this and I have to believe in myself that I will succeed.

I would love to start playing more sports, I used to play football but since I moved to the UK I have given up. I think it's a very important thing especially since I spend a lot of time in front of the computer.

Some of my long terms goals are of course to graduate from University of Wales Trinity Saint David and to start a successful career as a programmer.

One of my dreams has always been to travel to many places but unfortunately so far I have not succeeded. I hope this will happen in the near future.

Also I would like to become a better person with myself and with the people.

Setting goals helps us think about an ideal future and motivates us to turn our vision into reality. When you know where you are going, you know which aspects to focus on and you will easily avoid harmful distractions.

Setting goals is a strategy used by performance athletes, successful business people and people who succeed in any field. This exercise gives you a long-term vision and an immediate motivation, concentrates your accumulation of knowledge and helps you organize your time and resources so you can make the most of everything your life offers.

By setting precise goals, you will be able to measure your achievements, you will have a vision for the future on progress and you will be proud of your success in some areas that before you seemed like an endless chorus. Thus the level of self-

esteem and self-confidence will increase and you will be aware of your own skills and competencies.

For some time I started following a Romanian vlogger who is currently working as a freelancer. Most vlogs are about computer science and his life, how he managed to combine work with studies and social life. He is only 25 years old, and so far he has managed to work for Google and Facebook, of course that does not necessarily mean the definition of success but I think it is a great thing.

He teaches us that through discipline and perseverance everyone can fulfill their dream so I started to listen his advice.

Section 4

Data loss can be quite annoying and can happen by inattention or for various reasons. That's why it's good to have some backup strategy.

Nowadays there are many devices where we can save our work

Regular backups reduce the risk of losing important documents, photos with your loved ones or all work in case of theft, fire, hard drive failure or any other reason for data loss. The best way to make sure you don't lose important files is to not rely on a single backup. It is recommended that you have between 2 and 3 backups stored on different places.

Here are the main backup methods in the digital age.

1. Hard disk



Figure 2. Western Digital 2TB USB 3.0 External Hard Drive. © Western Digital

An external drive is just a [hard drive](#) (HDD) or [solid-state drive](#) (SSD) that is connected to a computer on the outside rather than on the inside.

Some external drives draw power over their data cable, which of course comes from the computer itself, while others may require an AC wall connection to derive power on their own.

Internal hard drives can even be converted into external hard drives via what's called a *hard drive enclosure*.

External hard drives come in varying storage capacities, but they all connect to a computer either by [USB](#), [FireWire](#), eSATA, or [wirelessly](#).^[2]

2. USB flash drive



Figure 3. A [SanDisk](#) Cruzer USB drive from 2011, with 4 GB of storage capacity.

A USB flash drive is a data storage device that includes flash memory with an integrated USB interface. It is typically removable, rewritable and much smaller than an optical disc. Most weigh less than 30 g (1 oz). Since first appearing on

the market in late 2000, as with virtually all other computer memory devices, storage capacities have risen while prices have dropped. As of March 2016, flash drives with anywhere from 8 to 256 GB were frequently sold, while 512 GB and 1 TB units were less frequent. As of 2018, 2 TB flash drives were the largest available in terms of storage capacity. Some allow up to 100,000 write/erase cycles, depending on the exact type of memory chip used, and are thought to last between 10 and 100 years under normal circumstances.[3]

3. Cloud Storage

Cloud storage is a model of computer data storage in which the digital data is stored in logical pools. The physical storage spans multiple servers (sometimes in multiple locations), and the physical environment is typically owned and managed by a hosting company. These cloud storage providers are responsible for keeping the data available and accessible, and the physical environment protected and running. People and organizations buy or lease storage capacity from the providers to store user, organization, or application data. Cloud storage services may be accessed through a colocated cloud computing service, a web service application programming interface (API) or by applications that utilize the API, such as cloud desktop storage, a cloud storage gateway or Web-based content management systems.[4]

Some of the possible disaster scenarios are : viruses , natural disaster , formatting , overheating .

Time is one of the most important resources and is non-renewable. Like work, time is one of the pillars of success. Absolutely all the people who succeed in life have learned to organize their time well and absolutely all the people who are not successful are wasting their time with activities that do not use them. Time management is a process of planning and exercising the conscious control of the time spent in specific activities, in the desire to improve your efficiency, efficiency and productivity.

Specifically, it means knowing how to prioritize your goals and how much time to allocate to each task, so as to maximize the results. Efficient use of time gives you the opportunity to delimit as effectively as possible the time spent on certain tasks. Of course, time cannot be controlled, it is simply what you can do, but it is to control how you spend this time and how you use it to increase your productivity and evolve both professionally and personally.

Tasks that are not a priority and which may not have to be done in the first place can be eliminated. You always have to decide based on the

consequences of not executing the respective tasks. If a task is important, see who is really responsible for it or if it can be delegated to another person. Of course, only if you have other more important tasks to do on that day.

One of the most important aspects in time management is not to postpone an important task. Delaying an important task produces only stress and anxiety.

If a task cannot be performed quickly and is not a priority item, simply reprogram it. Of course, here are only tasks that do not have a suffocating deadline and are not a major interest.

Many people think that if they do two things at once, they will save more time.

Starting to work on two things at the same time reduces productivity dramatically. In situations where there is more information from outside sources, people are not able to correctly filter what is relevant to the main objective. And if the tasks are not performed correctly, they will have to be redone, which means another time wasted.

Section 5

In conclusion I don't think success can be defined. I mean, we have a definition in the dictionary, but in everyday life, it doesn't help us at all. Because there is no universal definition of success. I believe that success is not a definition but a conclusion. A positive or a negative one, but a conclusion reached by each individual. And I also believe that, beyond any method, we each have our own ingredients, that is, a recipe, for a successful life.

Success as a recipe is all about what you set as your ingredients. Some of us think the main ingredient is ... size. The size of the bank account, the size of the car or the house. Others believe that the taste for success is simply given by the simple happiness of everyday life. For another category, the specific ingredient becomes the proof of success, whether it is called social recognition or the license exam taken with 10 offspring. Last but not least, there is also the bitter recipe to taste, that of success having as the main ingredient luck or the bad . Of course there are many ingredients, I just wanted to explain the principle.

I think success is a conclusion, based on the recipe. And another personal one. Because I, and only myself, are entitled to conclude whether or not I was successful. The ingredients are mine. It's my job, if the successful recipe I want to consume in life includes homes and cars, college kids, many friends, or just a dog or Nobel prize. If the recipe is mostly in my control (ie not completely dependent on social recognition) then, consequently, the answer to the question "am I successful?" Will probably be positive and easy to give. And even if the answer is "no" at a point in my life, if it depends on me, then I can change my recipe. And probably, after a while, even the conclusion.

Section 6

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in

Search



Lucian Manolache
Carpenter mate/skilled worker available immediately
Nicu Gane College
London, United Kingdom · **500+ connections**

I'm a hardworking man with good interpersonal skills always trying to improve myself .
On my experience as a carpenter mate I was working on huge projects for companies as Mitchellson,Coinford or Getjar.

Private to you

11

Who viewed your profile

13

Search appearances

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