

## Assessment 1: Changemakers: Building your Personal Brand for Sustainable Employment



Module code: BMHP5015

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Student number: 1922202

## Introduction:

In this online portfolio I will be writing a personal statement about my job career related to postgraduate degree on health and social care, my future job is to become a childcare assistant with this I will be doing an health and Social Care Cv and to conclude the work I will be writing a pitch to convince a company to agree for reading a book regarding importance of children's play .

"Childcare assistant is an organization that takes care of children, also in the children's home, normally childcare assistants look at childcare teachers with children basic needs".

(Betterteam, n.d)

Personal statement is a small scrap of writing about your hobbies and about yourself that is created to be a university application normally it is asked to send from university. (Cambridge University Press & Assessment 2023)

## Personal Statement

My name is Catiana Braganca and I am a student. I am living in London for 5 years, my goal since I came was to study, learn English and go to university.

I want to be a childcare assistant, because is a course that I enjoy, and yet there are many work outs. The health and social care course is a course that has been in the job market a lot and I am interested in learning more about the course to be able to complete and enter the job market. Taking into account the criteria I feel that I am able to take the course according to my childcare skills fits in my profile, that is a course for which I have studied despite not having much experience, but I believe that I can impress in what I already know.

The studies in united kingdom that I attended are different from what I am studying now but I have some subjects that fit the course I am taking now, having that I already have a base of certain subjects of the current course. However childcare course is not so different from health and social care ,since childcare covers a certain amount of information that provides me with a certain knowledge in relation to health care sector in wich I am willing to learn and improve my skills.

Talking about my hobbies and interests I am a complete person, since in Portugal I had a summer school, I made some visits to museums, and theatres I visited a university so I could see how the development of each thing work.

In relation to my skills and achievements I have already completed certificate of health and social care level 4 in wich I developed some of my skills one of it, such as communication skills including assignments wich I had to present myself and group presentation wich I could have more interaction with my colleagues and also developed a little more of my relationships with my colleagues, I also developed more my act of working as a team.

Regarding work experience I have some regarding to work with people, working well under pressure and being patient it is important specially in the health sector, I also did some volunteering job in the college where I gained experience related to communication skills, work as a team and time management. I am applying to study in the university because is something that I wanted to do a long time but I didn't had the opportunity that I am having now so I want to enjoy, I have as an ambition to get through and achieve all the challenges and put into practice all the things that I learned, I want to be a women well successful either a level professional or personal. Since I started work I had less time to enjoy my hobbies however, I have focus more on my job also improve more my English, when I was in Portugal I were working and studying at the same time so it won't be difficult for me get together.

I am a dedicated, punctual person, always able to help others and organized person, I have all the characteristics indicated to enter university and therefore I feel confident and I am sure that I will enter to the university.

This course is an opportunity for me to get more knowledge and develop more skills about working with children and old people, I have a plan to enter in the university to become a childcare assistant, find a better job, and always be ready to learn more each day, I will be very appreciated and happy if you accept me in the course.

## Health and Social Care CV

### **Catiana Nascimento Teixeira de Jesus Braganca**

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### **About me**

I am currently studying in Health and Social Care level 5 bachelors, when dealing with work I am hard worker, responsible and a dedicated person also I'm good at working as a team. I consider myself as a communicative person, creative, capacity to solve problem and persistent.

In terms of learning I am always able to learn more so that I can progress not only as a person but also as a professional.

### **Education**

#### **September 2018- June 2019**

College of Barking Technical Skills Academy

-ESOL Entry level 1

-ESOL Entry Level 2

#### **September 2019- June 2020**

##### **Barking and Dagenham College**

Childcare Functional skills entry level 3

-Prepare activities for kids in the class

- Health and Safety rules for parents and children at home and in classroom

- Make different storytelling for children between the age of 2 and 5

#### **October 2020- June 2021**

##### **University of Wales Trinity Saint David**

Certificate of Higher Education in Health and Social Care level 4

Psychology for health and Social Care- 63 marks

Academic and Employability Skills- 47 marks

Effective Team Working and Communication- 65 marks

Digital Skills and Research Methods-48 marks

Problem Solving and Decision Making -40 marks

Professional Career Development-43 marks

### **October 2021- May 2022**

BSC Health and Social Care level 5

Introduction to Physiology-58 marks

Children, Young People and Families- 57 marks

Principles of health and Social Care-54 marks

Changemakers Creativity and Value Creation-48 marks

### **Professional Experience**

#### **2018-2019 Volunteer Park Cleaner**

- Cleaning the Garden and removing leaves with special equipment
- Teamwork( work with the colleagues helping them with the tools and cleaning)

#### **May -November 2021**

##### **Boisdale Restaurant of Canary Wharf (London)**

-In this job I had a role to run food including hold treys with food to give a customer, in the opening and closing times I had to prepare sauces such as ketchup and mayonese, clean cutleries, fold napkins for the table. At the end I had to sweep and mop the floor with the help of my colleagues.

- I had experience in multitasking , another role was drink runner, where I had to set up the table and hold treys with drinks to give a customer. It was a good experience as my first job because I learned new things, one of them is opening a bottle of wine to serve a customer, I also meet new colleagues from different backgrounds although the work was hard I still could enjoy it.

#### **6 December 2021**

##### **London City Airport**

##### **Work experience**

-Waitress

-Prepare sauces such as ketchup and mayonnaise for customers, mopping and sweeping the floor

-set up and clean tables

-take orders from the customer and introduce them into the system,

take payments manually and by cash from customers

- Food Runner/Drink runner with attention to detail, and the ability to multitask.

- Work well under pressure

### **Software Skills:**

- Microsoft Word
- Power Point
- Outlook

### **Core Skills**

- Team work
- Customer Service/ Communication skills
- Work well under pressure

### **References:**

**College of Barking Technical Skills Academy**

**Teacher Leonardo Baptista**

[Leonardo.baptista@g.bdc.ac.uk](mailto:Leonardo.baptista@g.bdc.ac.uk)

**College of Barking & Dagenham**

[Barking.Dagenham.College@cmp.dotmailer.co.uk](mailto:Barking.Dagenham.College@cmp.dotmailer.co.uk)

**Boisdale Restaurant of Canary Wharf**

**Tony Havin General Manager** [gm@boisdale-cw.co.uk](mailto:gm@boisdale-cw.co.uk)

## Pitch

Pitch, “the aim of the pitch is to get consideration of the publisher and tell them what you’re asking from them, and let them know why you’re perfect for the task”(Respona,2023)

Welcome everyone!! let me present before I start, my name is Catiana and I am a student of level 5 in health and social care, I will be writing to you about the importance of children’s play, I choose to write about children’s play because it is an important role in the job of childcare assistant, I always wanted to work with children it is something that I enjoy, play with them especially my young siblings, when I see them happy I feel more happier is a feeling that I cannot express. Play is important for children’s growth, when a child play with another child they can understand better what is around in the whorld and learn different experiences and emotions, another important thing is they learn to connect with people and how relationship works. When supporting a child to grow the first step is to permit them to play alone. Another step is to motivate the child to explore the whorld. I will explain you what the word Play means in different ways, including imaginary, rule-bound, direct or non-direct, pretend, by yourself or with others people , rough and tumble or silent play, the different types of play are essential for children development.

All depends on how you permit them to play, for example, if you allow a child to make a decision by their own and do what they like instead of engaging with them while playing it can help them to build trust and self. esteem and to open their fantasy and creativity. (Anna Freud,2023). I know that most of the parents do not know how can be dangerous for a child the use of tablets for long time because they costume with a routine that when it comes to interact or play with them the child behave bad and start being aggressive, it is about taking certain time to play with your child know more about what they enjoy.

There are different benefits of play, it helps children grow cognitively, physically, socially and emotionally. Play permits the children the opportunity to imitate what they observe and practice skills. In relation to cognitive benefits play provides the development of healthy and critical reflection skills, it also open the memory of children, help them to know cause and effect. Physical benefits help the children to develop their motor skills including flexibility, stamina and body awareness, some examples of physical play are jumping, running, dancing and many others. Play is essential for social grow the reason is that children learn to communicate with others, they also learn to listen, share ideas.

The emotional benefit of play is children learn to recognize and advance their emotions, an example can be if a child miss a game they comprehend to advance anger and sadness. (Healthline,2023).

Childcare assistant will be a good chance for me in the future to understand more about children development, I will learn different ways to play and interact with them, it is about passion and showing some love thank you for reading this book, I hope you could learn about the importance of children and benefits of play.

Catiana Braganca

## References:

Anna Freud (2023) “ Why is Play Important” Available at: [Why Children Playing is Important | Early Years in Mind | Anna Freud Centre](#) Accessed date: 01/04/2023

Betterteam (n.d) “Childcare Assistant Job Description” Available at: [Childcare Assistant Job Description \(betterteam.com\)](#) Accessed date: 02/04/2023

Cambridge University Press & Assessment (2023)” Personal Statement” Available at : [PERSONAL STATEMENT | English meaning - Cambridge Dictionary](#) Accessed date: 04/04/2023

Healthline(2023)”The Importance of Play: How Kids Learn By Having Fun” [The Importance of Play: How Kids Learn By Having Fun \(healthline.com\)](#) Accessed date: 06/04/2023

Respona(2023) “How to Write a Pitch for Editors & Publishers” Available at: [How to Write a Pitch for Editors & Publishers \(& Examples\) \(respona.com\)](#) Accessed Date: 10/04/2023