Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

BMSW4005

Professional Career Development

Task 2 - Report

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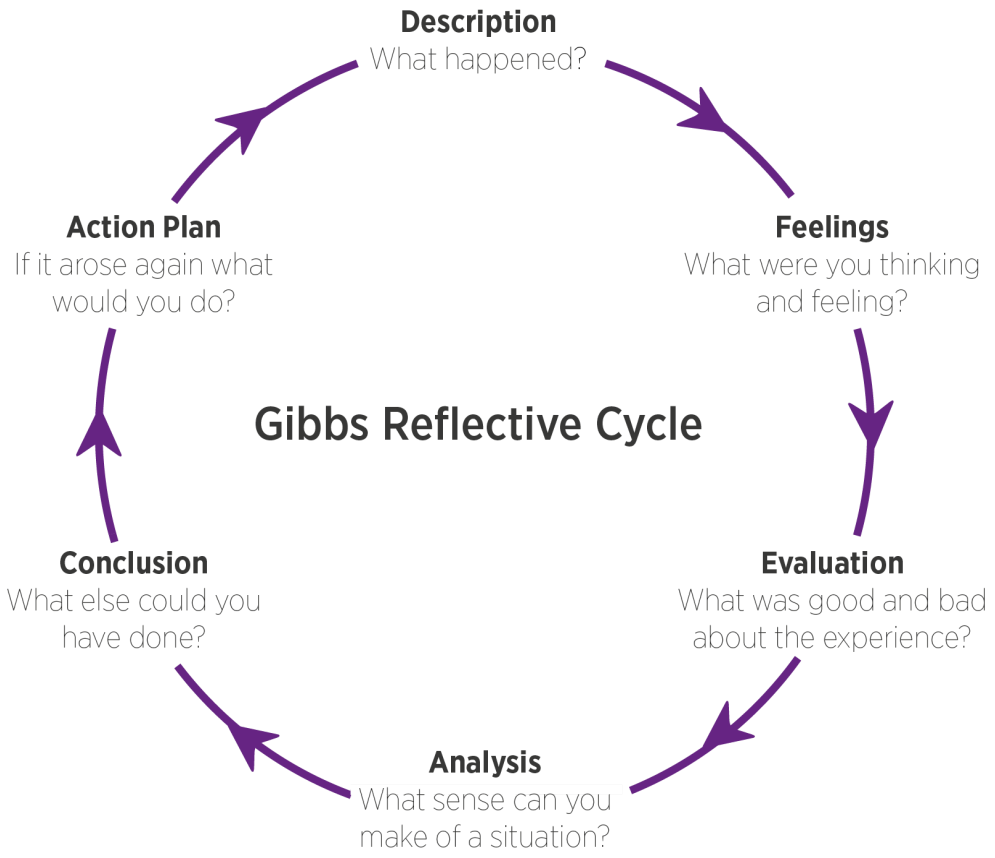
Date:



Introduction

In this task I will do a reflection on the role play that I did with my classmate. I will do this using the Gibbs reflective cycle in order to do this. The Gibbs cycle is a method of assessment which helps me to identify what I need to improve and what I am good at. I can then use it to help me develop my skills and abilities. The Gibbs cycle is used by many organizations such as the national health service, NHS trusts and the department for education. The process of reflection is very important because it allows us to see how we have done and what we have learnt from our experiences. I will also show that I have understood the abilities that will help me work efficiently in the future. I will also use my own skills and knowledge to help me achieve this goal of becoming a professional in the field of health and social care. This is an important part of my life as it allows me to develop myself and become more confident in what I want to be. It is important to note that I am not going into detail about all the things that were involved when I took part in the role play, but rather the main points and the outcome of it.

Reflection

We did a role in class where we interviewed one another as it was a job interview. The job I was applying for was a Child Phycologist. I think we did it very well, we could handle ourselves well and followed the brief that was supplied. I felt very anxious and nervous about doing the Role Play, I was afraid of doing it wrong or failing but experience told me that I was wrong and I couldn't fail myself and I continued on with the Role play. Once it started all these feelings went away. I tried to stay calm and I carried on with confidence and serenity. I think it is good to know that I can handle a situation like this with calmness and following the established order.

I feel like the thing that was the best about how the role play was done was that It gave us the liberty to choose the career or job that we are looking for because although studying the same subject we are all looking to be something different in the future. I still feel that I could have done it better. I think I could have worked more on my questions and answers to make them a little more professional and real. One of the reasons why the presentation went well was that I was able to control my nerves and felt confident that I could rely on my answers. We also prepared the questions in advance which gave us a chance to analyze and practice this as well as to see our strengths and weaknesses and improve upon them before the Role Play.

Overall I feel that if I worked more on the Role play it could have been better, my answers could have gone into a lot more detail than they did. I feel like we could have collaborated more as a team. I feel like these could have made the Role Play much better.

If I had to do something like this I will work more on the questions and answers as well as discussing more with my group and engaging with them more. I would review this and practice with my team more to ensure that there are no mistakes and it feels natural and professional. We will follow the established plan taking care of the details of the role play

Working effectively

Working effectively requires a very wide set of skills and knowledge and I have learnt many new ones along the way as well as applying my own. Working effectively is not just about being able to do what I am asked to do, it is also about applying my own thought and

reasoning into the work I am doing. Working effectively is about being able to think critically and creatively whilst working with others as well as being able to communicate effectively. Working effectively is also about having the ability to understand and appreciate different perspectives, opinions or views. Being able to see things from another perspective and seeing the world through their eyes. I have learnt that I am capable of working effectively when I am able to put myself in situations where my own ideas and experiences are challenged. This has helped me to develop my confidence in myself, my abilities and my ability to achieve what I want. I have also learnt how to use my skills and knowledge in a positive way such as, to improve my attitude, manage my stress, etc .Being able to work effectively is important for me because it allows me to make decisions that will benefit me and my career.

My readiness for employment

Readiness for employment refers to how prepared you are for a job. This changes depending on the job you are going to do and whether you are willing and able to take the responsibility of the job depends on how much time you have available, how trained you are, your level of experience and your willingness to learn new things. I have been working with children for over 5 years and when I was preparing for this job I had to make sure that I could comply with all these characteristics and that I was fully ready to begin this job. I had to be very clear about what my responsibilities were and was also aware of the expectations that I would have from my boss or supervisor. Furthermore, I had to be prepared for any situation that may arise in the future and if necessary I had to be prepared for any situation that may arise in the future. I have always been a person who likes to learn new things, so I was able to do this by taking part in many activities with other people who work in the same field as me. This helped me to be more prepared for this job. I have raised two children which gives me an even bigger awareness of what I need to do in my work to ensure that they are safe and secure. I work with children with special needs too who require even more care and attention than other children. Overall I think of myself being ready to keep doing what I do, although there are still many things I can still learn, I feel that I am on a good path to becoming a professional.

My strengths and weaknesses

I am a very determined person when it comes to my career. I always try to find new ways of improving the way I do my job. The most important thing that has been taught to me is how to be confident in what I do. I am also a very punctual and organized person which I think is vital in my line of work. Although I feel that I am a very capable person, I know that I still have my weaknesses just like every other person out there. I can sometimes be a perfectionist which can be a good thing, but it can also be a very bad weakness as I can

sometimes focus all my time and attention into one thing to try and make it perfect when it was already perfect at the start. My other weakness is that I can sometimes not work well in a team, this happens when I feel that the people I am working with are not as professional as I am. I will get through this and understand that we are all at different levels, and we should support each other rather than put others down.

Action Plan

Personal Development Plan

	Short-Term Time Frame **What do I want to accomplish in the next three to six months?**	**Mid-Term Time Frame** **What do I want to accomplish in the next six months to two years?**	**Long-Term Time Frame** **What do I want to accomplish in the next two to three years?**
Section 1 - My Goals **What are my overall goals that I want to accomplish in this time period?** ***Example: become a Student Affairs Officer; learn computer graphics***	**I want to advertise myself as a nanny online.**	**I want to start having clients and work with children.**	**I want to have permanent clients and start working as a child psychologist.**
Section 2 - Skills and Knowledge to be Learned **What specifically do I need to learn? What project do I need to work on?** ***Example: Student advising; Banner; Dreamweaver; develop a procedures manual***	**I need to learn to use social media and web designing.**	**I need to speak with people who need this service or others that work in this field**	**Have clients and study a degree to be able to do this**

Section 3 - Next Steps **How am I going to acquire the skills and knowledge? How am I going to do this project?** ***Example: take Dreamweaver class; do an informational interview; set up a project outline***	**I will follow an online course relating to this**	**I will place ads on various places and get recommendations from people and friends who work in the field**	**Once I have clients and experience I will start my degree**

Adapted from: http://www.hr.ucdavis.edu/sdps/forms/IDP%20Final%2010.14.11.pdf

	Short-Term Time Frame **What do I want to accomplish in the next three to six months?**	**Mid-Term Time Frame** **What do I want to accomplish in the next six months to two years?**	**Long-Term Time Frame** **What do I want to accomplish in the next two to three years?**
Section 4 - Resources **What resources do I need?** ***Example: free time; funding***	**A computer and free time**	**Contacts who work in the field**	**I need to save money to pay for my degree as well as enoch time to work and do it to the best of my ability**
Section 5 - Time Schedule **What is my time schedule?**	**I work 4 days a week and will do this in my free time.**	**I will get in touch with people whenever I can.**	**By this time I hope to have the liberty to take some time off and do my degree**
When will I start?	**I will start in the month of January 2022**	**I will start in the month of February 2022**	**I will start in january 2025**

When do I expect to finish?	As soon as I have the knowledge to advertise myself as a nanny/child psychologist	Once I have enough clients to make a living	Once I am a child psychologist
Section 6 - Completion When have I completed each step?	☐_February 2022_____ Date ☐March 2022_____ Date ☐_April 2022_____ Date	☐_February 2022___ Date ☐April 2022____ Date ☐June 2022_____ Date	☐_February 2023___ Date ☐_February 2026___ Date ☐March 2027____ Date

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Conclusion

In conclusion I think that all the jobs can be done efficiently with time dedication, collaboration, and communication. The most important thing is to be able to make decisions on your own and as a team as well as being able to work efficiently. Although I am a long way from being a professional I do think that with this assignment I have gained a bigger awareness of where I need to be and I am ready to start my journey as a Child Psychologist.