



HSC GROUP 3 (BMSW4005)



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1. Introduction

In this report I am talking about personal reflection, I will also talk about my career development demonstrating an understanding of personal strengths and areas for further development, as well as establishing my personal goals and my development personal plan. It is a big challenge to me because I do not have too much to write inasmuch as I do not have much experience at work and academic.

However, is a great opportunity to identify my abilities and weakness to have a more effective work for my future goals.

2. Personal reflection

In my personal reflection about my career development unfortunately not is a long interesting story because I do not have to much experience in any experience.

Since I was a child I love the acting, and when I was twelve years old I did in the school the musical "Grease" it was fantastic because I had never acted before and I did exceptional, that the director of my school spoke with my mother congratulating for what I had done, and he told her than she should pay classes of acting to be a professional, but it was impossible because my parents have not money.

This is an experience I never forget because I always think in what would have happened if I could have gone to acting classes but because of the situation have I had to put this aside and see it just as a hobby, so now my goals has changed.

I am twenty years, and until recently I did know what I wanted to do in the future, what I am good, and how I was going to get it. It was hard questions to answer because I was not a particularly good student, I was not someone who try get a high qualification, I was just trying to get the pass and for me it was more than enough. So, the consequences of all that was that I am not an experienced person, I was thinking I cannot do nothing important in the life.

One day I came to the conclusion that I was still very young and that all of that could change if I decided to, so I started think what I could be, I wrote on a paper the thing I was good but I did not find a lot thing, but the important thing that I knew was that I wanted to be something that could help and change the lives of others.

So from my family experience and my own I decided that I wanted to be a psychologist, helping others to see that we can all do great things, showing that we are created for a purpose and love ourselves as we are.

After thinking what I wanted, the next step was to think about what sections I had to go through, so I did not have much professional experience. This was not going to be an easy work, because it was not only the little professional, it was too that I lived in a country that not is my country, far from my parents, independent and my biggest problem the language. In the school I was one of the worst in English class,

and there are people who are very good at languages and can understand quickly and pick things up quickly but that is not my case, because the problem is not only with the language, the problem is with my pronunciation, sometimes in special occasions I do not speak clear, and this is not only in English language because it is the same with my own language.

Having said all these situations I can clarify that I do not have much to talk about my personal reflection about my career development, because I think I have never had a professional career, however now I am having the opportunity to start a career when it is only the being of the great objectives that I have speaking on the professional side.

3. My skills and knowledge

At the time of speaking of skills and knowledge many times we often confuse skills and knowledge, but it is different. The knowledge is information, understanding about something. A knowledge can be taught to other people or that person can learn through observation and study. However, the skills are an ability to apply knowledge in specific activities or situations. The knowledge is something based on the theory, and skills is based on practice. Guy Boulet (2015) *The Difference Between Knowledge And Skills: Knowing Does Not Make You Skilled*

It is not an easy work to identify your skills because there are things that we are good at but maybe we have not discovered. There are skills that have been recognized since we were little, and there are other that you discover when you experiment new things. Since I was little, **I am a positive** person who always tries to see the positive side of everything, and I always try to motivate others so that they can achieve their goals.

Also, since I since ever I am particularly good at expressing myself with body language, so it means that I have the skill about **non-verbal communication**, when I always talk moving my hands having body movement and posture, also I am very good making facial expressions dependent on what I am talking about, as well while I talking to someone I have eye contact, I think is very vital in order to convey confidence or know that the other person feels or thinks.

Sometimes we see that improvising is a negative thing, but improvising is an art the person who knows how to improvise is a creative person and talk about the personality and intellectual capacity of the person.

I am a person who is exceptionally **good at improvising** on different occasions, it is a skill that I have known recently. I am good improvising a conversation with someone in an uncomfortable moment or simply when there is nothing to talk about. Being a good at improvising make me be able to solve problems quickly.

Since I was little, I was someone very extroverted, but as I grew older this changed and I became a shy person until I started going to dance classes and I did some competition, a little bit that made me lose

my shame of being in the public. So, lately I have been putting public speaking into practice in my Christian community, and I can see that I am good at **public speaking**, but only with my mother language, because in English it is totally different for my lack of experience and basic English.

Another skill I have that connect with public speaking is **social media**, because I have the ability to speak in front of a camera it can be a video to my family or friends, or a video a group of strangers, it is a ability that I know since some years, so I recently encouraged myself to have a YouTube channel, because it is something and I think it can be very helpful for a lot of people.

I have the skills to **teach other people**, as I was saying, the speaking in public was putting it in my Christian community, also I am putting into practice teaching others, young people and children, this is a skill that I recently discovered, before I thought that I was bad taking care of children and less teaching them, but it was another thing I know that I have discovered and did not know. I am good at being patient and trying the way in which they can learn in a better way.

I have the **computer skills and application skill**, it mean I have the ability to learn quickly a new devices for example any app or platform, and also I am very creative in designing digital stuff, because I have the skills to make some platform looks nice like for example Power Points, and I am very good with videos editing and photoshop etc.

I have the **writing skill**, the writing skills is the ability to express yourself, and be able to say what you think and that the other person understands it clearly. Write my thoughts and how I feel it is something I really enjoy, and I believe for me is easier express by writing than speaking.

The knowledge I must admit that in the area of knowledge I do not have great capacity, although now I am having knowledge about different areas.

I have the knowledge about **write a formal letter**, I have been putting in practice write a formal letter, because at work I do not usually be in physical contact with my manager, so one of the most common ways of communicating with the manager is by writing.

I have the knowledge about **reading comprehension**, it is easy for me to understand the texts and what each author means by what is written, this knowledge I have to develop it more, such as with more book readings, but I think it is a knowledge that I have.

I am learning a little **sign language**, I am learning the basic of sign language I think it is very important to learn and is something that it is not given the value and importance that it deserves, I am not study directly with someone professional but my sister teach me because she is learning in the university, so she has been teaching me the basic of sing language.

4. My readiness for my next employability

Am I ready for the next steps in my career plan? This is a very reflective question, when I cannot answer quickly, because I need to think about everything that it really requires. For example, talking about my time if I will have the time for doing it. Talking about the money if I will have the opportunity to pay or if I will have a student finance to be able to do the next course that I want to do. Also, taking

about the knowledge and skills, if I have the knowledge and skills my next career requires, if I really If I am going to obtain in this course the knowledge that I lack, and if I can break down the barriers like my English language for example.

So, I can say that a year ago I would not have been prepared, but today I feel more confident and I have another mind. However, I think **I must have more knowledge** to first pass this course, in order to pass the entrance exam from the university with which I want to continue my career. **Improve my weakness**, improve all those weaknesses that imply not letting me continue with my goals and take the next step to my career plan. The another think I need to change is development more the skills I already have, in order to be more prepared and be able to stand out for my skills. However, I think in a time I know it can be change and If I really try, I know I will achieve great things.

5. My personal strengths

My personal strengths It is something I do naturally, without any learning and experience, and I think everyone have many things for which they can stand out, and that is why a person has to define himself or herself not because of his or her defects.

If I define myself with a word, I think it would be **enthusiasm**, it is something that I am since child, I always doing all with enthusiasm and joy. I asked my boyfriend if he would define me in one word what would it be and he said “excitement”, because even for the smallest thing I have excitement even the simplest thing I try to do it special.

I am creative, I am very creative talking about for example when I do some a plan or some activities I always try to do it the fun and original as possible, I do not like being in a place with people doing nothing, because I am one of those people who does not like to stay and be with the mobile I always think of doing something fun to change the environment, and I am very creative in many things, so all the time have genuinely ideas quickly.

I am sociable, I have the ability to speak with the people a give a conversation and meet new people, I feel is something I am good at it, I always have a conversation but it depend because I need feel comfortable with the person, if I feel uncomfortable I am just the opposite.

I am helpful person, my family are very helpful people, I have always seen that when they can help someone they do it, so it is something that I have seen since I was little and it has made me be like them, and it is something for which I am proud. I always see someone who need something, and I think I can help, I do my best and I am always cheering them.

6. My areas of weakness

It is a bit difficult to say our areas of weakness because you do not want to look bad, but for my opinion for me is easier talk about weakness than skills because weaknesses are usually seen first than abilities.

The number one of my biggest weakness is **my English language**, this is something that I always mention because it is a big problem talking about all the areas of my life. However, in London I have the opportunity to learn it because here I have a lot of opportunities and change this weakness to a skill. The first step to improve this skill is to leave my fear when speaking, do not give importance if I am wrong. Second, meet more outsiders and socialize more with people who do not speak the same language.

It is hard for me to focus on two things at once, I do not have the skill to do two or more thing at the same time, if I am doing some activity and I cannot do another activity at the same time, I think this a big weakness because it is a necessary skill in most work areas. I hope to find an activity to change it, or in my future job have a change to put it in practice to be able to acquire this skill as soon as possible.

I have trouble saying "no", this sometimes has positive impact but not always, because saying no dependent of the situation it is part of having a strong personality. I think in many occasions, both personal and professional, there are many situations where you need to say no to the person or situation.

I get impatient with some projects, sometimes when some project does not work as I would like, I start to get stressed quickly and I try to figure out how to fix it as quickly as possible. I also think to be impatient with people, and when we speak professionally it is especially important to control our feelings, so I have to start being more rational than sentimental.

Another weakness that I must improve is **take decisions** by myself, when I have to make decisions even if it is not important, because when other people are involved and I can hurt them or they can they can get upset, and it is a difficult and uncomfortable situation for me, but I know but again I know this is about my personality, and in professional life we have to have a strong personality.

I find it hard to memorize people's names, maybe it may happen to many people, but it is a problem to memorize names of important people and sometimes I am left as an ignorant person, and it also costs me when studying something that involves memorizing names.

7. My employment goals

As I said before it has not been easy to know what I want to do, because many people who find difficult to know what are their passions, or they usually like something specific in a specific area, but I have always been the opposite.

Since I was a child I have always wanted to be many things, and this is normal when you are little, normally children change their minds every time, I thought that when I was going to grow this would change, but it was not so. The problem for me is that I like many things and I saw them all a little difficult to do, because my knowledge is very poor, and there was another one that required great skills, so it was something that stunned me not knowing what I wanted to be.

Until one day I decided that whatever I was going to do I had to help others to have a better life, and I came to the conclusion that I wanted to work on mental health. This is still quite a challenge for me because I am still thinking that my knowledge is very poor, but everything has a beginning.

The area of mental health is very extensive and at the moment I am not very clear in what I want to select, however I think that according to the impact that I would like to make for others, working as coaching mental health I will get it.

We live in a world of stereotypes where someone's value is defined to the value that others give, where many people feel it is worthless and that dreams and goals are only for other people and they think they are incapable of achieving something in life.

I have lived a long time like this, I have suffered low self-esteem, and this caused me to make wrong decisions from a young age. loving yourself and accepting yourself as it is so important and depending on this you will see this will be reflected in your life.

I can also say that there is a history of depression in my family, and this has also made me want to work in mental health, because I saw how my family has suffered from these problems and it something very hard.

I would also like to make known to the people the importance of mental illness, because I see that many people and more for example in my country does not really give importance, because I see that many people and more for example in my country does not really give importance, and I think this is a mistake.

I believe that we all have a purpose in this life, and the purpose is about making the lives of others easier and contribute the qualities and knowledge that we have.

7.1 My Personal action plan

Firstly, the question I have to ask myself is "why?", why I really want to achieve my goals? This is a question that I need to make every time when I feel tired, because the passing is not easy but when it is achieved it is satisfying.

My dreams are to be someone in this life, someone who has contributed to this world. I really want help my family and change my family's pattern of just getting enough.

SMART GOAL:

Specific: My specific goal is to be a mental health coach, in Europe and South America, approximately in five years, because I want to inspire others and teach life from other perspectives.

Measurable: The first step is I need to earn a degree about something related to nursing, dietary medicine, paediatrics, geriatrics, or behavioural therapy. Secondly, I need to obtain a certification that it will take three months to a year to complete and I must pass the certification exam that is about 150 questions. After obtaining a certification I need to have a work experience choosing a job in a growing environment like health insurance, hospitals, or wellness centres. By last maintain certification completing a minimum number of continuing health coach education study hours to maintain certification.

Achievable: First of all, I need to finish this career, and then taking advantage of each class to better those things that I need to improve, and improve a lot my English because without this I will not be able to work in England.

Relevant: This goal is especially important for me because, when I felt down all those videos about people who cheered and made you see life in a different way helped me a lot, and I want to help other people.

Time-bound: I will start planning looking what I need to complete each step that it requires, I will investigate more mental health coaching for example about what it takes to be, watch videos related to this to motivate and learn.

8. Conclusion

The conclusion about this report of personal reflection is regardless of my little experience, that at the moment I do not have a professional job, I do not have a lot of certification, I do not have an excellent English, despite all this I know this is not something that condemns me to failure, that the only person who can lead to failure is myself with decisions and attitudes, because all of us were born with a big purpose, we were born for something more than just working for someone, and life gives us the opportunity, we are the ones who choose.

References

Boulet, G. (2015) 'The Difference Between Knowledge And Skills: Knowing Does Not Make You Skilled' [blog] 17 October.
Available at: <https://elearningindustry.com/difference-between-knowledge-and-skills-knowing-not-make-skilled>
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