

Professional Career Development- BMSW4012/ Reflection Homework

1. Who has the greatest positive impact on your personal growth, and what qualities did they demonstrate that influenced you?

I would confidently say that my partner is the person who has the most positive impact on my personal growth as he's very patient and level minded during tough situations. I often find myself overthinking and stressing when something challenging comes into my life, he's capable of seeing the good that could potentially come out of these times and explains how to manage my emotions and think logically which shows me how I can tackle those scenarios that I usually can't tackle as I can sometimes forget how to stay focused on the main issue. As I mentioned my partner is a very level headed person I'd say, due to the many obstacles that have come his way and he's been through quite a few, however those obstacles haven't changed his way of perceiving things in life as he gets up and tries to make things better right away and that alone is very valuable which teaches me the value of discipline because if I happen to make a mistake it is my responsibility to correct that mistake instead of dwelling on it. He's capable of remaining patient though things are crashing down which demonstrates to me the value of being rational as being patient, boosts him to

make better decisions as he's less likely to act out of frustration. Overall, the main quality he demonstrates that influence me the most is being logical over emotional, and I'd say that's an important quality to obtain as a person because it makes day to day life easier to manage, Personally I hope one day I can learn how to also pick up these qualities in more scenarios that come my way so I can break down complex situations into manageable parts as it assists solving problems effectively which leads to better results whether they're personal or professional.

2. Reflect on a decision you made recently. Would you make the same choice again? Why or why not?

The decision I made recently that made me question and be sceptical of was joining university. I am 21 years old and I'm a mother of two beautiful children that I haven't been away from since I've had them, therefore doing this for myself was a big step for me as it's something out of my comfort zone. We moved here so that me and my siblings can have a chance at a better future though I had my children at a pretty young age therefore starting my career had to be postponed. My family were always nagging me to do something with my life but I was not ready to take such a big step as I thought I'd feel guilty because I wouldn't have as much time for my children and I was also doubting myself because I assumed I would not be able to grasp the subjects I study since it's been quite a few years since I had been in school but what drove me is that being a mother is an accomplishment for me personally, I had been thinking about starting university after I found out I was

pregnant with my second child because that's when I started realising I'm pretty good at cooking. Since being a mother meant that I'd have to spend a significant amount of time in the kitchen, I developed a passion for cooking and everyone that has tried it has complimented me, but one person gave me the idea of starting a business with my cooking which gave me a purpose. I gave education a thought and after I had my daughter, I was set on starting my career. In conclusion, I would 100% make the same choice again because this opportunity gives me the freedom to be successful for myself and my children. Studying this subject will teach me the importance and structure of business which will help me immensely with my own catering career that I can one day pass down to my children.

3. Describe a personal strength that you are proud of. How has it helped you in a challenging situation?

A personal strength that I am extremely proud of is my focus. Being a mother of two has made me face challenges that tested my patience, emotional strength and my sanity, but my focus to keep going even when times do become overwhelming has helped me drastically in the long run. One challenge was returning to education as now I must balance being a parent, dealing with household duties staying on top of my essays and having some time for myself and for my relationship. Recently my daughter has been poorly, so I hadn't gotten much sleep, the next morning, I needed to find the energy and strength to attend my class and that day I felt

uncertain whether I made the right decision coming back into education because I felt guilty for not being at home, being my daughters comfort when she needed me at that time, I stopped thinking negatively and I focused on what's important which is the reason why I chose this for myself and my family. My focus is the main attribute that keeps me on my feet as I will not let myself give up when I have a goal set in my mind, whether I'm dealing with a setback I will constantly remind myself why I decided to take this step. Through my focus I have mastered learning how to deal with chaos and seeing the bigger picture, it has made me aware of how hard working I am willing to be to achieve what I'm capable of doing. My focus has also taught me how to get ahead of tough situations, and it keeps pushing me for a better life for myself and my loved ones and I believe my focus will guide me through what life decides to throw at me.

