

**PROFESSIONAL CAREER
DEVELOPMENT
REPORT
TERM 2**

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INTRODUCTION

Reflection

Reflection is the reflective practice as one throwing back to thoughts and memories, thinking and of the past on what would happen and think about what to do and what next to do differently in another time (skills you need.,2011-2020)

In my role play I did apply for senior support worker. The role play was on the ten weeks, my classmate and I did the role play job interview together, each person spend five minutes on each question.

The question asked.

Why do you want to be a senior support worker?

Answered- I want to support vulnerable people with their needs to achieve their goals and ambition so that they can reach full potential in life

Question- what leadership qualities have you got and how you think you can apply it to my job.

Answered- I said, I am a good communicator, decision making, delegation-confidence.

Question- what relevant government legislation do I think is relates to the position am applying for.

Answered- I mention the skills for care standard 13 relates to general health and safety in health and social care is to protect people at work and those affected by activities.

Question- what makes me unique and make me to be employ of the twenty candidates.

Answered- I replied am a good observer when a client mood is changeable. Before my interview I was so nervous I just want it end quickly. After the interview I feel so relaxed that I have finished my role play interview. Our Lecturer corrected me in some area I did not do well. The feedback of my Lecturer was good, she points out about the legislation that I did not explained in detail.

I used to work as a kitchen assistant about two years ago in a residential home care where I helped the chief in the kitchen preparing salad, vegetable, and soup also washing up dishes, utensils clean kitchen floor. I took residents breakfast and lunch to them on their unit. Some of the residents asked for assistant, I showed them the toilet and assist them in using the toilet. Sometimes the staff are busy, I had to assist many times, in different ways. One day I did not know that the manager was watching me when I was assisting the residents. She sent for me and asked me if I would like to apply for support worker. I said no, she said she want me to think about it, that I am good and kind to the residents. I taught about it and I decided to take the job as support night worker. During my appraiser meeting my line manager asked what I would like to do for the next year, it was then I mention that I would like to become a senior.

support worker. I got admission into university of wales Trinity St David where am studying health and social care to get my qualification to get a good job for my dream.

Personal development plan (PDP) is practice action taken by learner to do a self-reflect and improve on the action plan use to achieve the career goals and personal development. PDP is always use in studying and at workplace with the support of Lecturer or manager (reed.,2020)

The manager or the Lecturer support learner to gain their aims and acknowledge their strength and weakness and identify where learner needs to improve themselves Personal development plan (PDP) is important and involve in career, education, and self-improvement. I work as a night support worker, am going to apply for senior support worker in care industry to protect vulnerable people to attain to their needs and achieve their goals and aims in life to the full potential The skills with the training have got now at my workplace and the experience make me plan my goal.

These are based on self-awareness, motivation, values, and skills. The most important skill of career includes Time management, prioritizing task, setting goal and objective, Team working, Effective Communication. All these skills are important in the workplace and I need them to develop in university and workplace. To give my strength and weakness I will apply the personal swot.

Analysis is a tool that many people use in planning to identify their outward and inward planning factor which can be use by people. place, Swot is mostly use by university students to do their assignment, course work SWOT is a strategic equipment tool used to evaluate people Strength, Weakness, Opportunity, Treats, it allow people to for decision-making to uncover the opportunity they needs to have in future and life(techtarget.,2020)

Strength	Weakness	Opportunity	Treat
Organisation Skills	Self-criticism	Employability	Financial constrains
Critical thinking	poor time management	Management and Leadership	Family commitment
Problem solving	Poor organisation skill	Research	Competition
Time management	Sense of well-being	Success attainment	Experience/qualification attainment
Teamwork			

Strength

My desire to become a senior support worker is that support worker is one of the ways I am able to do something that I want to do in my life and that is to care and support vulnerable people in the care industry for elderly and young people in the society. Being careful to the emotion of other helps social worker to do their best at workplace.

My decision to pursue a career in support worker is not something that just happened overnight. It is the result of me working hard and committing myself to carry out my passion in life. I have been working for two years as a support worker and during that time I have a lot of time to see my career develop as life passed by. For I have good communication skill, that enable me to relate with people, both verbal and non-verbal. Organization and problem-solving skills help me in keeping accurate records.

Tackles problems. Good analytical skills also help me in decision making and teamwork.

Teamwork

Teamwork is a team or group of people working together to achieve the same goals or purpose, they are responsible for the success of the group achievement. These experiences I will take with me, to enable me to move to a degree course. I started browsing on the internet University admission for health and social care course and make enquire about entry requirements. I was advice to attend their open day, to speak who is specialise in the course and I also attended few seminar where the career representatives matched my own grades and special abilities with the standard and the requirement of the university. It is important for me to have a view of what credentials are and what those schools required (the happy manager.,2007-2020)

WEAKNESS

My next action was to decide on what other option was available to me. I considered university that have features that interest me such as the location, how far I can travel because of my family commitment, I also considered my expenses, final quality of my qualification and my own eligibility. I found out at the seminar that some admissions are intended for students who wish to pursue a degree course but do not meet the admission requirements. I also found out if one needs a lot of flexibility, a certificate program would be the best. This is a short program that help students to upgrade their skills or start a new career. The representative advised I should apply for one of the programs which I did, I completed an application and I enrolled for an access course. I notices spending my time in completing an application form for being perfectionist as I spend most time to make everything perfect and stuck in detail, so I loses valuable time. It will allow me find out how I can make use of my time in everything I do for a week. it included eating, shopping, family commitment and sleeping.

Prioritizing

Is to accomplish my goals and organising myself to know how to solve problem of how manage time. I notice a lot of time has been wasted on chatting to my friends, shopping, social engagement and even family commitment. I set my goals and objective to ensure effective planning.

My Goals and Objective

I set targets for myself and make sure they are realistic ones and achievable. For example, trying to fit my studies and coursework between family commitments, work, sleeping and spending the right time on the right activity. I discovered that not recognising my high and low and low time are hindrance on how to make effective use of my resource and time. My high and low time.

High

This is the time when concentrate is my best, I study, and they really go in and can complete a task quickly. This time is when am not tired and have few a distraction, I then planned to set aim for myself and work to complete my tasks ahead of the aim. Prioritizing the task is importance and urgency for me. Knowing the difference between important and urgent work. I will Identify the one that need to be done within

LOW

This is when I am tired and many distractions around me and do not wat to get involved in activity. Studying on low time I found out it could be more productive by focusing on motivational Therefore, motivational literature will form an important part of my learning. For me to improve my academic and employment prospectus.

OPPORTUNITIES

Employers are keen to employ graduate across different organisations most especially the health sector National Health Service (NHS) advertised various positions most particularly support worker, this is because of their expertise and training. Straight after

the completion my certificate course I will apply for senior support worker based on the knowledge and skills acquired from this. When am short listed in job interview as a senior support worker and get job? I will be able to use my communication skill, computer skill organisational skills digital skills and teams work to build my confidence and to approach new challenges. Using technology in digital skills it has given me more knowledge and understand to use in different ways for Moodle and at work.

THREATS

It has been some time since I have done much studying, I realise that I lack confidence in my abilities to organised myself most especially time management and interpersonal skills. I realised that master's degree is demanding, and I must study hard to enable me to achieve my career choice, as well as fit in my job market will make sure I study hard to achieve high grade in health and social care certificate. Financial constrains do sometime put pressure on me. As am the only member of my family working. I will pick up a part time job to support myself and my family at the same time focused on my university activities.

CONCLUSION

Personal development plan has enabled me to evaluate my current skills, abilities, and knowledge. I am now aware of my education needs and intellectual skills, according to my background and personal experience. PDP has enabled to recognise my strength and weakness. I am aware of the qualification of what is takes to study. My ability to think critically enable me to examine all the pros and cons of support worker and I believe I have made the right choice. I now know how to management my time as I have four assignment to do on each assignment. We are writing two thousand word for each topic; I am doing my assignment little by little until I finish it the assignment. when thinking it gives you a real-life picture which students can bring that evident and valued by employers and the qualities of the employers expect employable graduates to have impact on their learning Time management enable me to recognise my strength and weakness I now develop effective. I now develop begin motivating, self-regulation and discipline.

when making my career choice. PDP helps me to identify student potential it creates opportunities for self-awareness and provides useful information to students in the areas of skills, abilities, interest, values and employment considerations and opportunities. It equips me with knowledge by encouraging me to action in identifying PDP to achieve career goals and the ability to develop strategies to achieve them. SWOT gives me the practical knowledge on how to apply knowledge and educational and intellectual skills in my professional fields. Information is important for the benefit of the Personal Development plan include providing students with information so that the student can make informed decision about their overall educational attainment.

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