



Online Portfolio

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Section 1: Introduction

I will be writing a personal statement or my personal profile to draw the attention of the University of Wales Trinity Saint David by telling them about my desire to do my post-graduate studies at this noble university. what I can offer and the added value I can bring to his/her team. Also, to let them know about the skills and experience I have acquired over the years.

This portfolio will also cover my professional health and social care CV for my future career ambition, and I will be creating a pitch to convince a company to accept my proposal for a TV series that is related to health and social care. (Sara, n.d.)

Section 2: Personal statement

A personal statement is a description of your accomplishments, skills, passions, and objectives that is frequently included on resumes, job applications, or college applications. Although the content of personal statements for employment and universities is similar, university personal statements are typically longer and more in-depth. Three to four paragraphs are normal for personal statements for universities. These remarks are typically one paragraph when they are included in resumes and job applications. Remember to adhere to any word or character restrictions as employers and colleges may have their own criteria. (Indeed, 2022)

Personal Statement for a master's in public health

I am applying for a place to study master's in public health at the University of Wales Trinity Saint David. I am currently doing a bachelor's degree in health and social care and my interest in public health started during my current studies at this university. I have done extensive research and consultations based on my future career plan. My interest grew after getting a comprehensive understanding of the topic and how it could help me achieve my dream of working for the United Nation office based in my country, Sierra Leone

I am dedicating all my strength, effort, and ability to attain a very good grade. This topic will introduce me to new areas of study and will broaden my knowledge and understanding of what public health is all about. I am expecting to attain a first-class degree to demonstrate my academic ability to study at this level.

My work experience, placement, and the charity work I am doing back home reinforce my interest in the areas of public health. During covid, I was able to experience the effect and need for public health professionals in my country in a working environment. As I have stated before, I want to be at top of the decision-making process either working for the United Nation or a government agency in my country. I also realized that there is a gap in government legislation on public health in Sierra Leone. There is no better way to help than bring in my expertise upon completion of this course.

I am particularly interested to study this course at this university because it's of its reputation, research interest, excellence in this field, and the conducive learning environment it provides. Because of its international reputation, the university is attracting students from all over the world, and it will be an exciting and stimulating environment in which to study for my masters. The university is exceptional when it comes to available facilities. You provide excellent working and recreation facilities for graduate students which demonstrates your commitment to quality education for your students.

The lecturers and staff of this university are very helpful. The lecturers are supportive and always open to questions, academic support, and mentorship. I will be over the moon if given the opportunity to do my post-graduate degree at this noble university. I have got friends and built a good relationship with lecturers some of which I considered my mentors.

Upon completion of the course, I would like to pursue my interest in research in the area of public health by doing a PhD.

Thank you for considering my application and I hope to hear from you soon

(University of Exeter, 2018)

Section 3: CV

A CV is a succinct document that highlights a person's distinctive abilities, character, experience, and accomplishments. The abbreviation CV stands for Curriculum Vitae, a Latin expression that roughly translates to "the course of my life." A CV, which summarises a person's educational and professional background, is typically used when applying for jobs.

A CV is typically the first point of contact you have with a potential employer, giving you the chance to create a good impression. You use it to convince your potential employer of your qualifications and the advantages of having you on the team. Your business display is essentially a marketing tool! It is much more than just a summary of your professional background; it is your ticket to a new position. (Open University, n.d.)

Health and Social Care CV

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Professional Profile

Currently studying for a Bachelor of Science in health and social care. I also have a diploma in higher education in the workplace in health and social care from the University of Wales Trinity Saint David, and I am seeking a graduate job in the field, such as a team leader, care coordinator, supervisor, or manager, where I can use my analytical abilities and experience.

Knowledge, a flexible, passionate, and diligent health and social care professional with extensive experience in providing service to users who require professional assistance with palliative care, acute mental health, learning difficulties, and problematic behaviour. A verified ability to successfully assist service users who are emotionally and physically demanding to maintain, acquire, and grow skills needed for promoting privacy, decency, and respect while also encouraging independent living. (live career, n.d.)

Experience

2020 to Current Adults Social Care

Tower Bridge Care Home, London

2018 to 2020 Support worker

Nettlestead Care Home, London

Managing the shift and supervising the personnel, supplying the client with guidance, assistance, and information arranging stimulating activities and enticing participation in service helping clients with their personal hygiene updating the risk assessment file and health action plan for service users, etc. providing one-on-one assistance to a service customer taking calls on the phone, and obtaining guests delivering care to service users both in and outside of their homes. with other medical specialists like GPs, district nurses, and chiropractors.

Assisting clients with transportation for activities and appointments at the hospital. making suggestions for alterations and enhancements to the care provided to service users. Providing opportunities and aiding service users in visiting the library and going shopping in the neighbourhood, maintaining client privacy in terms of data protection, and keeping a record of the information.

Education

2021 Diploma in Higher Education for the Workplace in Health and Social Care

University of Wales Trinity Saint David

Hobbies and Interest

I have a keen interest in cooking, traveling, reading, swimming, and sports, I have coordinated several successful holidays for service users at my current job and on other occasions at work.

Skills

Speaks fluent English and a good knowledge of Dutch. Use of Microsoft Office, PowerPoint, and efficient classroom management, as well as the ability to work well in a team and communicate effectively under pressure (both supervised and unsupervised). My expertise is not restricted to the field of health and social care. My customer service skills are impeccable, with four years working as a five-star hotel receptionist. (CV builder, 2022)

Section 4: Pitch

A pitch is an email you send to an editor explaining a story idea you believe is ideal for their publication in the hopes that they will agree and commission you to write the article. But this is not just any email; you will need to write a concise description and explain why you are the best person to write the piece in 500 words or less. You are not sending them the entire written story — this is known as writing on spec. Instead, you are writing a summary of your story to help an editor understand what it is about, what will be included, and why they should hire you to write it. (Leigh, 2019)

The importance of home care for an aged family member.



(ASD Adult Social Care, n.d.)

Dear Editor,

I would like to write a piece on the importance of home care for an aged family member. Bringing aged people to care homes when they need social, physical, and emotional support is not always a good idea.

During the first period of the Covid-19 pandemic, care home residents were isolated and, in some cases, left without the care they needed for days or even weeks. I heard on the news that there was a growing emergency regarding the morale of staff in adult social care. Care work is known to be undervalued and considered to be amongst the lowest paid jobs in the United Kingdom even though very important. Even though many in the workforce have shown incredible resilience overall, morale in adult social care is low, and care staff has felt

undervalued when compared to their healthcare counterparts. This has also manifested itself in practice, such as care workers not having priority access when shopping for their clients.

I am therefore pitching for my piece to air on your TV channel to draw the attention of government and local authorities to consider integrating family members who are interested and willing to be carers at home as a full-time job. So many people would love to care for their aged family member if there is financial security.

I know some families who are willing to take part in such an initiative if they get the required training and financial support they need. Some aged people are currently in care homes because there is no alternative to the latter. The government or local council authorities should provide financial support or incentives to attract more family members to see this idea as a full-time employment opportunity.

Integrated care and support are more effective if family members are involved. Personalised care is designed to meet the need of an individual based on their circumstances. For example, the family knows the choice of food, clothes, and religious and cultural needs. There are residents who feel totally disconnected and isolated because of their religious or cultural beliefs. These barriers will not exist if the individual is being cared for by their families.

Giving the aged an opportunity to choose what food they on a daily basis can improve their emotional and mental well-being. Food, cultural and religious beliefs are fundamental to people of ethnic minority backgrounds. Integrating the entire social care system that would fit for purpose requires inclusiveness, family, and community participation.

I sincerely appreciate your attention and time. I hope to hear from you soon so that we can work together on this piece.

Best regards,

Mohamed Turay.

Conclusion

Your brand sets you apart from your rivals and aids in leaving a positive impression on your target audience and clients. Without a strong personal brand that appeals to your target market, you can find it difficult to develop a successful and long-lasting career or company.

Section 5: References

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