

MY FUTURE CAREER PATH WITH HEATH AND SOCIAL CARE.

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CURRENTLY STUDYING

- I am continuing my health care journey by currently studying health and social care in university, I have been fascinated with the health care field for a very vast amount of time. I first started my journey by studying childcare in secondary school for my GCSE's and passed with an A*, I then progressed and studied biology and health care in college.
- I worked in a care home at the age of 16 and then worked as a domiciliary carer. My inspiration was my mother as she is a nurse, she always told us how congratulating and rewarding her job was that first started up my spark for working in the health care sector.
- Once finishing my health and social care course at university, I would like to then move on and study Midwifery as that is my dream job. Midwifery is a job I have always wanted, having 4 siblings and seeing how hard each midwife has worked to deliver my siblings safely is what I find inspiring.

How health and social care helps

- Health and social care prepares you for a course like nursing and midwifery, anything in the health care sector health and social care preps and leads you in the correct direction and teaches you things you will later on learn in depth in other courses. It shows you the ins and outs of what you need to know and helps to widen your knowledge before moving on.
- You need to be caring, positive, patient, motivated and loving in health care and these are personal qualities I can bring with me to midwifery.
- Midwifery is a course that needs determination, it isn't an easy job and is not easy to learn but it is fun and congratulating.
- Health and social care will develop my understanding of the field of work which will further better my understanding of the course.

What I have learnt so far and how it helps

- Time management / organising study: Time management and organisation is key in midwifery because if your client is about to give birth and you are not on time that mother and baby is at high risk of an unsafe delivery. Having poor time management means to also means delaying in time and being late, if this happens and your patients are running on a schedule but because your timing is poor they are now running late and complaining this causes unnecessary stress to both the worker and patient, having good time management ensures everything runs smoothly. Being organised is also very important because if you are unorganised you will constantly feel on edge and unsure of what is happening next, you will unconsciously start showing signs of confusion and distress to your patients which will put them off making them lose trust for you. Being prepared with good time management will make your job much easier and stress free.
- CV writing: CV writing in health and social care prepares you to write a good structured CV when you are looking for a long term job in midwifery in the future. High ranked jobs such as midwifery require you to apply to jobs with a good CV, this is the first thing the recruiter sees, you need to be able to express yourself correctly. Having a good CV is important if the recruiter reads your CV and it is lazy they are mostly likely not going to consider inviting you in for an interview to complete the next steps. If your CV is too long the recruiter will also find this too long and boring to read and will again not process the next steps.
- Cover letter writing and public speaking: Cover letter writing backs up your CV this adds power to you when applying for a job, it adds extra experience and extra time to express yourself, cover letters can also be written for you by others meaning they can also add and speak on your strengths and weaknesses. Public speaking preps you for being able to give orders confidently when needed, for example when delivering a baby things can get quite hectic and loud, the mother in her delivery and family members. If you are delivering a baby and something goes wrong you need to be able to speak confidently with you team mates to sort the issue without worrying the mother or family. If you sound unsure unnecessary stressed can be caused. Public speaking allows you to boost your confidence.

SKILLS

- POSITIVE ATTITUDE
- GOOD TIMEMANAGEMENT
- RELIABILITY
- COMMUNICATION
- DETERMINATION
- GOOD LISTENER
- FAST LEARNER

