

**Academic and
Employability Skills**

BMSW4001_LON

**Lecturer:
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Task 1: Individual presentation by

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**'Acquiring knowledge and improving skills to achieve the
desired career'.**

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Introduction

This presentation aims to share with the audience a little about Brunela's history. What her experience are, plans and wishes for her professional and personal future. Furthermore, how to apply the knowledge acquired during studies at the University of Wales - Trinity Saint David, to improve skills and achieve the desired career.

Personal presentation

Brunela de Carlo Bovo, 37 years old. From Brazil and Italian citizenship. Living in London-UK since 2018.

Student of Certificate of Higher Education for the workplace, Health and Social Care at University of Wales - Trinity Saint David, London.

Current job: Customer service at Bottle Cave, wine shop.

Like to do (hobby): Travel, Read books (especially about psychology), watch movies, know new cultures, wine lover, cook with boyfriend (actually, he is the one who cooks very well, I can say).

Why came to another country: Having a new life experience, living in a new culture, improving English language, studying, getting new skills, and being able to travel more.

Why chose this course: Acquiring knowledge and ability to apply to a Psychology degree, and for the opportunity to start a new career in UK.

Experience

- Former Teaching in Brazil to teach children (not degree), Internships at that time, but have not worked in the area,
- Sequential Course in Marketing and Sales,
- Short courses in Accounting, Finance, Business and Leadership,
- Worked in Financial Institutions, small and big companies,
- Exercised administrative, financial, marketing, sales, customer service and product development functions,
- Participated in social groups in churches and institutions,
- Always had a desire of working even as a volunteer in social projects, but could not to do it properly, not yet.
- Always interested in Psychology content.



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A row of seven light bulbs is shown against a dark background. The first six bulbs are unlit and have a white, chalk-like outline. The seventh bulb, on the right, is lit and glows with a bright yellow light, with several short lines radiating from it to represent light. A vertical line runs through the center of the bulbs, suggesting they are on a common wire. In the top left corner, there is a small, solid orange rectangle.

Desired Career: Psychology for Social Work

Social inequality in the world

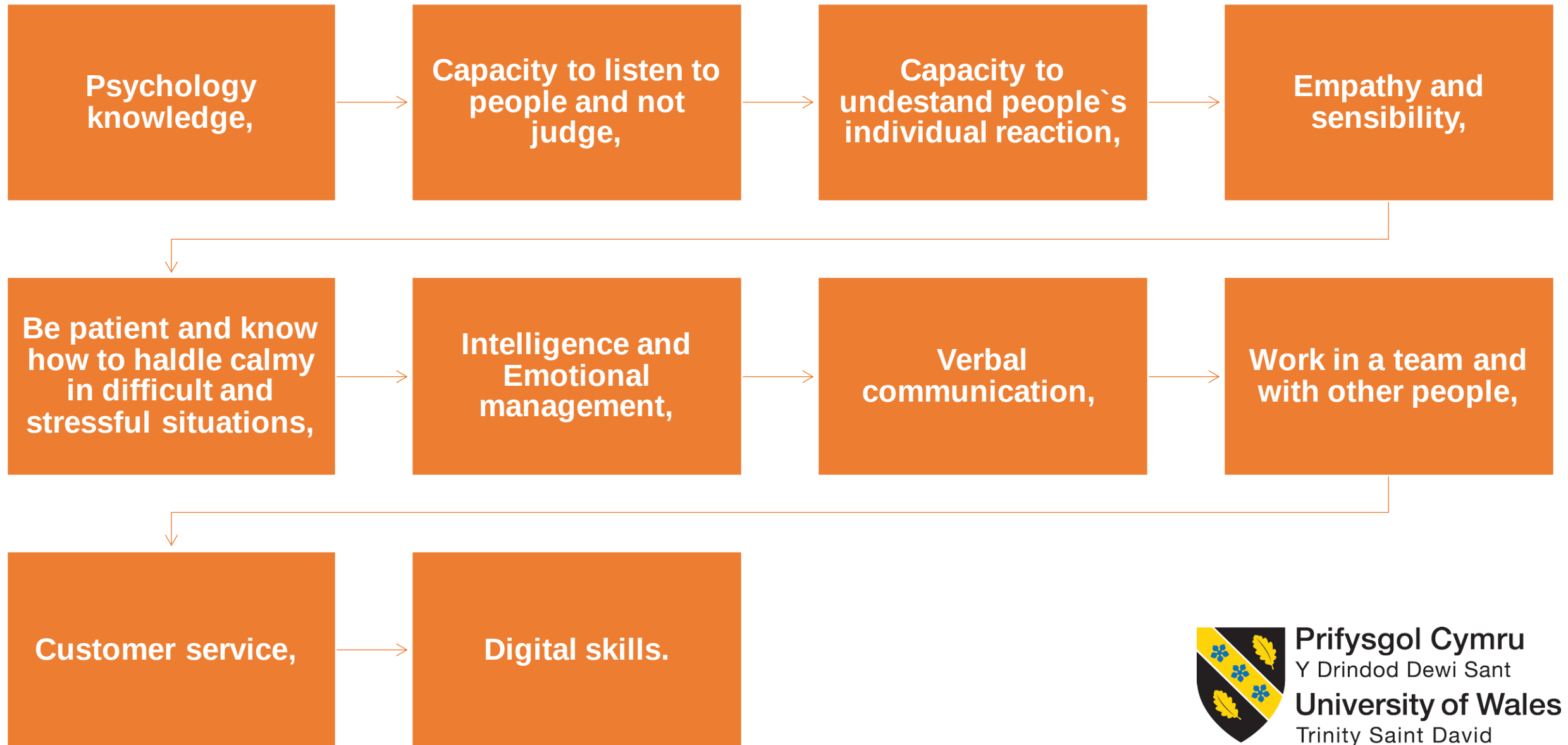
- **Social inequality in Brazil – report on global wealth made by the bank Credit Suisse, inform that inequality in Brazil has only increased in recent years,**
- **In 2020, almost half of the country's wealth went to the richest 1% of the population: 49,6%. In 2019, they held 46.9%,**
- **According to the GINI index (2020), among large economies, the countries closest to Brazil's level of inequality are Russia (with 87.8 in 2020) and The United States (with 85). In Mexico and Chile, the score was 80.5 and 79.7 in 2020.**

Personal observations

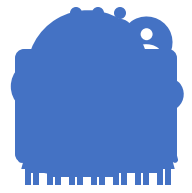
- Willingness to get involved with social causes due to the number presented,
- Working with children who are the most affected due to high level of inequality around the world,
- Working with social projects, NOGs and third sector institutions that aim to reduce this social inequality,
- Using psychology, pedagogy and marketing to encourage and help people to work and fight for change in personal and economic conditions.



Psychologist and Social Worker skills



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Personal skills

Ability to connect and listen well to people,

Great desire and interest to learn psychology techniques

Empathy and sensibility,

Work in a team and with other people,

Customer service,

Digital skills.

Have to improve

- Psychology knowledge,

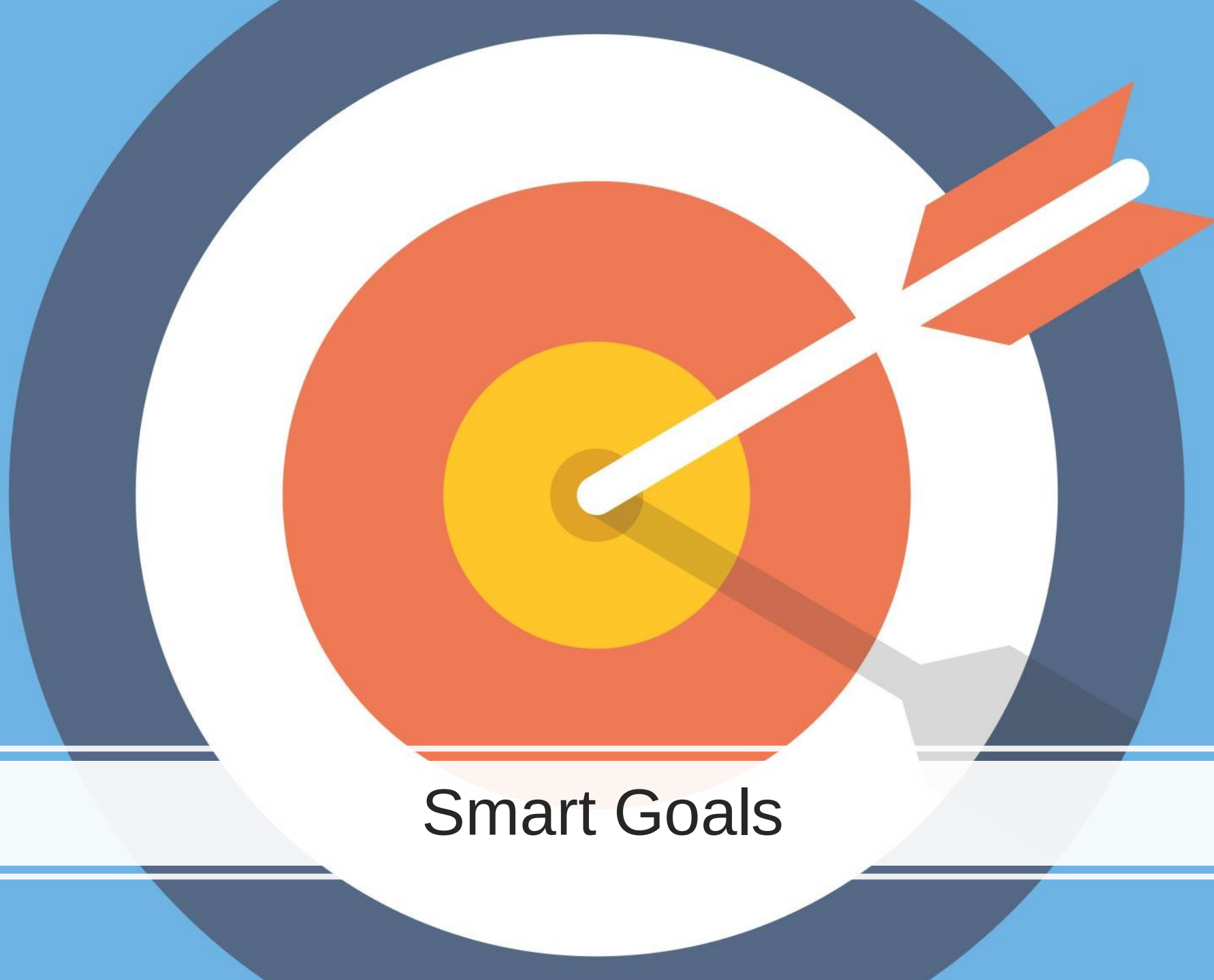
- Intelligence and

Emonotional managment,

- Verbal communication,

especially in English

language,



Smart Goals

SMART GOALS

- **SPECIFIC:** Looking for coastal cities close to London that offer university and analyse the best cost-benefit to study Psychology, then can live and study by the sea (after finish the current course).
- **MEASURABLE:** Doing the activities and tasks proposed in the current course, read at least 5 pages about Healthcare\Psychology every day, and study English for 1 hour a day to improve the skills so then, be able to volunteer for a community Center in UK.

SMART GOALS

- **ACHIEVABLE:** Using the knowledge already acquired as per previous experience, along with the new skills that are getting in this current course, then to work at community Center in UK, and create a program for social work in Brazil, even if remotely.
- **REALISTIC:** Applying time management (personal and professional life) to have a balanced life, then do desired activities (Love ride a bike and swimming, want to learn to play a musical instrument, take dance lessons with boyfriend).

SMART GOALS

- **TIME-RELATED:** Saving from 15% to 20% of the salary every month, and investing it to travel around the world, visit family and friends in Brazil more often, and use that time spending in Brazil to contribute to social projects there, in 5 years from now.



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SWOT Analysis

Thinking about children in vulnerable situation, everything needs to be applied in a playful way with the support of tools that can generate a feeling of lightness.



SWOT Analysis:

- **Strengths:** Highlight the strength of the child individually and collectively,
- **Weaknesses:** Their weaknesses in the historical context and consequently in everyday life,
- **Opportunities:** Pedagogical development opportunities,
- **Threats:** Risks that point to it returning to their primary condition of vulnerability.

Conclusion

All the knowledge obtained can be applied in the context of psychological support to needy groups, whether in UK, Brazil or in other parts of the world,

Techniques supported by appropriate references can be modified according to the ethos to be analysed so that the necessary results can be obtained,

Studies will contribute so that it can further develop knowledge, fulfilling the desire to culminate academic and practical knowledge, in order to improve the quality of life of those who identify themselves in a vulnerable situation.

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Thank you so much!!!

Questions?