

University of Wales Trinity Saint David

Module : Psychology in Health and Social Care

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Module name : Psychology in Health and Social Care written report

1. Assessment 2

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Intro: Today I'm going to write an report reflecting on the group work that me and my two class colleagues Sandra and Rachid did.

In this group presentation , me and my colleagues have discuss the "**Ericksson's Theory**" and talk about the Adolescence life stage , witch is the one we also chose.

By covering some of the aspects of this life stage that we found most important to share with everyone.

At the classroom our teacher Diya teach and showed us the "**Behaviour Formation**"

- . Cognitive factors
- . Knowledge
- . The expectations
- . Attitudes
- . Self – efficacy
- .Skills

This 6 **behaviour formation** helped me understand how the teenagers behave and interact with others .

This life stage was very challenging and overwhelming for me , because it took me back to an very difficult era of my life by remembering my teenage years .

I was a bit rebellious back then, but as they say you learn from the mistakes you once committed and learn how to became a better person .

Before we put all of our opinions together and create an sketch, we shared some communication adolescence behaviour patterns.: like feeling judged by their own parents , having trust issues and because of that your outside friends became your favourite person to go to when it's needed .

Having Sandra Vergara as a group leader helped a lot because , Sandra as a lot of experience due to the fact that she's a mother of two and one of them it's an teenager so she shared a lot of good points .

I read several articles, I have watch YouTube videos just to gather all the information that I needed to complete my task in this group .

This teens age years can be very tricky too .

The intellectual and personality development starts to change once the daily challenges began .

The teen age girls go through a lot of physical changes and that can sometimes result in having severe depression or the well known teen pregnancy witch is a big problem in today's society . A lot of teens committed suicide because they did not have no one to talk too or simply because they were view as "different " .

I believe that being different is a good thing as long as you are not over stepping boundaries it's good to be and look different.

Parents should always pay attention to the signs that their kids send them , sometimes it start with just not wanting to eat a meal or it can go as far as start cutting their wrists .

Most parents just want their kids to be the best at everything and implanting , what they should to to achieve that without seating down and ask them what do they want , how do they feel .

I remember my father use to sit down with me and we used to have a lot of one on one , conversations regarding what do I want to be when I grow up .

I use to tell him that I wanted to be an Criminal Lawyer, but knowing that I'm not strong in mathematics that dream fade away eventually but since I became and volunteer in a East London YMCA for youths I knew straight away what I wanted to be witch is and Social Worker for youths .

My wanted to be an Social Worker makes me proud because I always helped the ones in need , not just in my own family but sometimes people that I don't even know but I feel for if I can I help .

Helping someone is not just when money is involved, when I was working on that YMCA I learned that help comes in various ways : financial, by giving moral support, guidance etc I just named a few even me when I was one I needed some of them so that I could get through though times .

By becoming an Health and Social Care student I know now that I will be able to achieve my goals and persuade my dream , I'm also planning to look for some volunteer work in the near future so that I can get more experience in this field.

This field can challenging because we will work with people that have various illnesses including mental , witch are very delicate to deal with , but I'm here to learn a gain all the experience that this course and the other modules have to offer so that , I can form my own point of view and learn how to became the best Health Care professional in the future .

Our group leader Sandra as 15 years of experience working as a nurse , carer she gave as very good tips and share her experiences and how she dealt with different people from different cultures when working in those areas.

Our group was very small so I think that each one of us had time to reflect very well and cover all the life stage bullet points that we needed to complete the task.

In the future when I became and Social Worker in this field I will remember what took me to get there , the challenges that I faced when persuading my dream career .

This course thought me a lot , I never been an university student before and that alone is a big personal achievement for me , I'm very proud of myself for putting myself to challenge and now I can say with all my bravery and proudness that I am an university student of Health and Social Care.

English not being my mother tong was a bit difficult for me too, even that I can speak it and write in easily so words that I have listen and learnt during this 1st year studying here I never heard them before becoming and student .

I know see everything different , before I would thought negatively about my capabilities and my self-esteem was extremely low , but during this amazing experience and process I have learned also that being positive takes you anywhere even if you don't know what direction you should take but just the fact to you put yourself out there you are already winning.

I believe that with help everyone can really achieve there dreams , became what they are studying for but never be a quitter always a fighter for you own dreams .

I'm very grateful that me and my two classmates were able to bring back memories, share different points of view and create a work that everyone can relate too and can learn from today , tomorrow and in the future too , because we all learn differently and use different tools to gain all the knowledge that the teachers have to teach us by simply listen and practice what we have learn everyday.

Including myself when talking about this life stage makes me feel appreciated too because I'm able to share my personal and honest opinion about the challenges to everyone once went and some still go through because , in my opinion we all have a bit of teen behaviour still but because we're now adults with families and various responsibilities we cannot simply leave everything behind or run to our parents when things go wrong , we have to stop thing and face it so that we can take the best decisions without future regrets.

I'm looking forward to continuing with my studies and get my diploma and in the mean time look for volunteer work in this field again , do internships if possible and hopefully in the future became an plus to our Health and Social Care community.

Hopefully I can continue studying in this university, it would be amazing if I could get the same teachers there were fundamental and very patient not just with me but with of my classmates too the ones who attend virtually and the ones who were present in the same classroom as me .

It was my 1st year but I already took a lot of good advises and I have learnt a lot too .

Being patient and paying attention to details is two of them that I will always carry with me every day .

Where I'm correctly working I deal with the public daily so a lot of the things that was thought in these classes are very fundamental when I'm completing my daily tasks at work as a secretary/ receptionist in a Argentinian company for a chain of restaurants all around the U.K. and overseas too .

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