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Academic and
Employability Skills

BMSW4001_LON

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Overview

- Intended career
- Strengths and Opportunities
- Weaknesses and Threats
- Resilience and Motivation
- Problem Solving
- Personal development plan
- Conclusion
- References

Intended Career Path – Social Worker

- Responsibilities:
 - Defending the vulnerable from injury or abuse
 - Considerate of other's lifestyle
- Skills:
 - Creating relationships
 - Organisational skills
 - Resilience

Strengths and Opportunities

- Relationship Building:
 - Gaining Trust
 - Dismantling mental barriers
- Empathic:
 - Able to relate with others' circumstances
 - Recognition of a different way of thinking
- Resilience and Motivation:
 - Never-ending fight
 - Wanting better for not only self but others

Weaknesses and Threats

► Preparation:

- Making spontaneous decisions leading to blunders
- Not being prepared when needed

► Emotional Intelligence:

- Investing excessively
- Being unable to manage feelings

► Time-management:

- Putting things off until the last possible moment
- Overburdening myself with too many duties at once

Relationship Building

- Trust is to be earned!
- Remember to be inviting
- Adjusting to comfort zones of others – not everyone thinks the same as you

Resilience and Motivation

- Being twice as driven – for both myself and who I'm working with
- Keeping up morale – giving a confidence boost to carry on

Personal Development Plan

➤ In a month...:

- Be able to create a plan of my day, each day
- Become more proactive

➤ In 6 months...:

- Avoid procrastination to a sufficient level
- Ignore limitations

➤ In a year...:

- Be in control of impulses
- Manage stress effectively

Conclusion

Hopefully, by analysing my current talents and those that I need to develop, I will be able to make the necessary modifications to become competent for this field of employment.

references

- <https://www.healthcareers.nhs.uk/explore-roles/wider-healthcare-team/roles-wider-healthcare-team/clinical-support-staff/social-worker>
- Asquith, S., Clark, C.L. and Waterhouse, L. (2005) *The role of the social worker in the 21st century: A literature review*, 25. Edinburgh: Scottish Executive Education Department.

Thank You!

Questions?