

Title Page

Name – Humera Ibrar

Student ID – 2512326

Module LCHS4009

Lecture Name – Wafa Ali

CURRICULUM VITAE

Personal Details

Name: Humera Ibrar

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Personal Profile

I am a caring, responsible and motivated individual who is interested in working within the health and social care sector, specifically supporting children. I am passionate about helping children feel safe, supported and valued in their early development. I have strong communication skills and I am willing to learn and develop professionally to become an effective care worker.

I am particularly interested in roles that involve supporting children with emotional, social or developmental needs and working as part of a multi-disciplinary team.

Education

South & City College Birmingham

Level 3 Health and Social Care – **Merit**

Solihull College

Studied Childcare (Early Years / Child Development)

Moseley School, Birmingham

GCSEs including:

- Art & Design – Pass
- Photography – Pass
- Additional re-sit qualifications completed (English/Maths support if applicable)
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Certificate of Higher Education – Skills for the Workplace (Health and Social Care)

(Currently studying)

Modules include:

- Professional Development in Health and Social Care
- Communication in Health Settings
- Safeguarding and Child Protection

Skills

- Good communication and listening skills
- Ability to work as part of a team
- Patience and empathy when working with children
- Basic understanding of safeguarding procedures
- Time management and organisation skills
- Willingness to learn and develop professionally

Experience

Voluntary / Placement Experience

- Supported children in structured activities
- Helped staff with play-based learning activities
- Encouraged positive behaviour and interaction
- Assisted in maintaining a safe and supportive environment

Interests

- Working with children and supporting development
- Learning about child psychology and behaviour

- Health and social care studies
- Team-based activities and community support

References

Available upon request.

TASK 2 – PERSONAL STATEMENT (500 words)

PERSONAL STATEMENT

I am currently studying the Certificate of Higher Education in Skills for the Workplace (Health and Social Care), where I am developing the knowledge and skills needed to work effectively in a care environment. My long-term career goal is to work as a children's care worker, supporting young children who may experience emotional, social or developmental challenges.

I am interested in this role because I enjoy helping and supporting others, especially children who may need extra care and attention. I believe that early support is very important in shaping a child's confidence, communication skills and emotional wellbeing.

Throughout my studies, I have developed an understanding of key topics such as safeguarding, communication and professional behaviour in health and social care settings. These have helped me understand how important it is to create a safe, supportive and respectful environment for children and families.

One of my main strengths is my ability to communicate in a calm and respectful way. I am able to listen carefully and respond appropriately, which helps build trust with others. I am also patient, which I believe is very important when working with children who may need extra time and support to express themselves.

I have also learned the importance of teamwork in care settings. Working alongside other professionals such as teachers, support workers and health visitors ensures that children receive the best possible care. I am willing to learn from others and take on feedback to improve my skills.

In the future, I hope to develop my experience further by working in a childcare or health and social care setting. I would like to improve my confidence, gain practical experience and continue building my knowledge of child development and safeguarding practices.

Overall, I am a dedicated and caring individual who is committed to developing a career in children's care. I am eager to contribute positively to a care environment where I can support children's emotional wellbeing, development and learning.

TASK 3A – SWOT ANALYSIS (Children's Care Worker Role)

SWOT Analysis – Children's Care Worker Role

Strengths

I am patient, caring and enjoy supporting children's development.
 I have completed Level 3 Health and Social Care with a Merit.
 I have knowledge of child development and safeguarding from my studies.
 I can communicate clearly and build positive relationships with children and adults.
 I am willing to learn and improve my professional skills.

Weaknesses

I sometimes lack confidence in unfamiliar professional settings.
 I have limited hands-on experience in a full-time care role.
 I may need further development in managing challenging behaviour in children.
 I need to improve my confidence when speaking in large professional teams.

Opportunities

Gaining work experience or placement in early years or care settings.

Training opportunities such as safeguarding, first aid, and communication workshops.

- Progressing into roles such as teaching assistant or early years practitioner.
- Learning from experienced professionals in multi-agency teams.

Threats

- High competition for care and childcare roles.
- Emotional demands of working with vulnerable children and families.
- Balancing study, work and personal responsibilities

(9 July 2026)

TASK 3B – PERSONAL DEVELOPMENT PLAN (PDP)

Personal Development Plan (PDP)

Goal	How I will achieve it	Time frame	How I will measure success
Improve confidence in professional communication	Practice speaking in group discussions, take part in class presentations, and ask for feedback from tutors.	6–12 months	I will feel more confident speaking in group settings and receiving feedback positively.
Gain practical experience in childcare settings	Apply for voluntary placements or part-time roles in nurseries or children's centres.	6–18 months	Successful placement experience and positive feedback from supervisors.
Improve knowledge of behaviour management in children	Complete online courses, observe professionals in placement, and read child development resources.	3–12 months	Better understanding shown through coursework and practical application

(9 July 2026)

TASK 4 – GIBBS REFLECTION

Gibbs Reflective Cycle – Presentation Reflection

Description

In my presentation for LCHS4009, I delivered a self-awareness presentation focusing on communication as a key skill in health and social care. I explained why communication is important and applied it to a real-life care scenario involving supporting children in a care setting. I also reflected on my own strengths and areas for improvement.

Feelings

Before the presentation, I felt nervous because I was unsure about speaking in front of others. However, I also felt prepared because I had planned my slides and understood the topic. During the presentation, I became more confident as I continued speaking, but I still felt slightly anxious when answering questions.

Evaluation

Overall, I believe my presentation had both strengths and weaknesses. A strength was that I clearly explained the importance of communication in health and social care. I also used a practical example which made my points easier to understand. However, a weakness was that I occasionally relied too much on my notes, which affected my confidence and delivery.

Analysis

Communication is a vital skill in health and social care because it ensures that service users receive safe, effective and person-centred support. According to Skills for Care (2024), good communication improves relationships between staff and service users and reduces the risk of misunderstanding. In my presentation, I demonstrated understanding of this by explaining how communication can support children in care settings. However, I recognise that I need to improve my confidence and fluency when speaking to groups.

Conclusion

From this experience, I have learned that preparation is important, but confidence and delivery skills also play a major role in effective presentations. I understand that communication is not only about speaking clearly, but also about listening and responding appropriately to others.

Action Plan

To improve in the future, I plan to:

- Practise more presentations in front of others.
- Work on reducing reliance on notes.
- Improve my confidence by participating in group discussions.
- Seek feedback from tutors to develop my presentation skills further.

By working on these areas, I aim to become more confident and effective in professional communication within health and social care settings.

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(9 July 2026)

References:

1. Department of Health and Social Care (2023) *Care and support statutory guidance*. Available at: <https://www.gov.uk/government/publications/care-act-statutory-guidance> (Accessed: 9 July 2026).
2. Skills for Care (2024) *The state of the adult social care sector and workforce in England*. Available at: <https://www.skillsforcare.org.uk> (Accessed: 9 July 2026).
3. Health and Care Professions Council (HCPC) (2024) *Standards of conduct, performance and ethics*. Available at: <https://www.hcpc-uk.org/standards/standards-of-conduct-performance-and-ethics/> (Accessed: 9 July 2026).
4. National Health Service (NHS) (2024) *The NHS Constitution for England*. Available at: <https://www.gov.uk/government/publications/the-nhs-constitution-for-england> (Accessed: 9 July 2026).
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6. Chartered Institute of Personnel and Development (CIPD) (2024) *Developing skills and careers in the workplace*. Available at: <https://www.cipd.org/uk/> (Accessed: 9 July 2026).

