

STUDENT NAME:VASILICA CARAMALAU

STUDENT NUMBER:1818003

MODULE TITLE:PROFESSIONAL CAREER
DEVELOPMENT

MODULE CODE:BMSW4005

LECTURER NAME:MARY MARCH

UNIVERSITY OF WALES TRINITY SAINT DAVID

TABLE OF CONTENT

1.INTRODUCTION

2.WHAT IS A PERSONAL REFLECTION?

3.GIBBS' REFLECTIVE CYCLE

4.LEARNING STYLE

5.WHAT IS SELF-MOTIVATIONW

6.WHAT IS PERSONAL DEVELOPMENT PLAN?

7.CONCLUSION

8.REFERENCES

9.APENDIX

INTRODUCTION

THE REASON OF THIS ASSIGMENT IS TO
DEMONSTRATE AND UNDERSTAND MY SKILLS
AND KNOWLEDGE AND TO DEVELOP A
PERSONAL ACTION PLAN .

WHAT IS PERSONAL REFLECTION?

PERSONAL REFLECTION IS AN INSPECTION OF MYSELF FROM A DISTINCT PERSPECTIVE THAN I HAD PREVIOUSLY TAKE.IS ABOUT MYSELF TO EXPLORE MY PERSONAL EXPERIENCES ,FEELING AND EVENTS.THIS IS MY CHANCE TO REVIEW EVENTS ,THINKING AND FEELINGS FROM FRESH ANGLE.PERSONAL REFLECTION IS IMPORTANT BECAUSE I CAN SELF –REFLECT THAT IS HELP ME TO CONSTRUCT EMOTIONAL SELF-AWARNES .I CAN TAKE TIME TO ASK MYSELF IMPORTANT QUESTIONS TO REACH A BETTER UNDESTANDING OF MY EMOTIONS ,STRENGHT AND WEAKNESSES.MOTIVATION OF THIS PERSONAL REFLECTION IS TO HELP ME TO LEARN FROM A PARTICULAR PRACTICAL EXPERIENCE AND TO MAKE CONNECTION BETWEEN WHAT I TAUGHT IN THEORY AND WHAT I NEED TO DO IN PRACTICE.

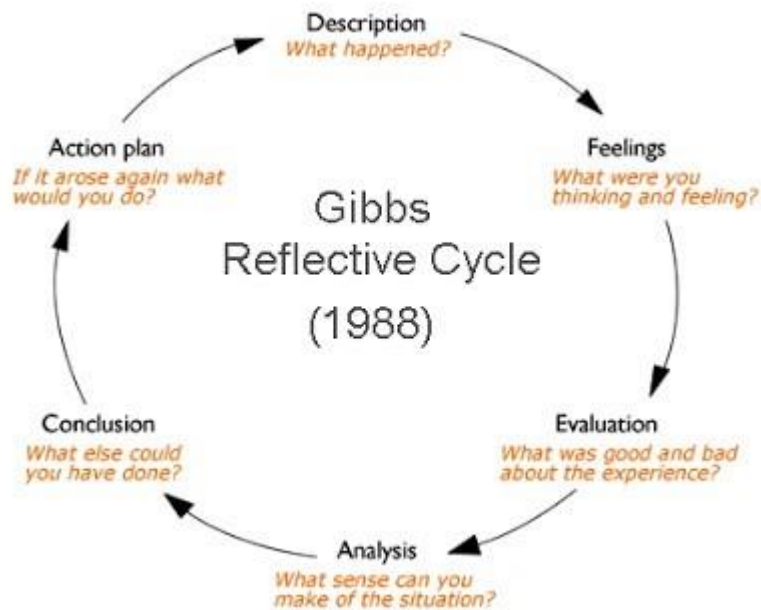
I WILL START WITH MY FIRST DAY IN UNIVERSITY AND I DECIDE THAT I NEED TO MAKE THIS COURSE HEALTH AND SOCIAL CARE. IN MY COUNTRY I AM ALREADY NURSE BUT I THINK IS VERY IMPORTANT TO HAVE A DEGREE IN THIS COUNTRY WHERE I DECIDE TO COME .TO WORK IN HEALTH AND SOCIAL CARE IS VITAL BECAUSE THERE ARE PEOPLE WHO NEED MEDICAL SUPPORT .I START THIS COURSE THINKING ABOUT THAT I NEED TO DEVELOP MY COMMUNICATION SKILLS ,MY LISTENING SKILLS AND MY KNOWLEDGE.

GIBBS' REFLECTIVE CYCLE

GIBBS'S REFLECTIVE CYCLE IS A THEORETICAL STRUCTURE CONSISTED IN SIX STAGES AND CAN BE USED THROUGH STRUCTURED QUESTION TO GUIDE REFLECTION.

Sissel Eikeland Husebo, Stephanie O'Reagan, Debra Nestel

Clinical Simulation in Nursing 11(8), 368-375, 2015



BASED ON GIBBS' REFLECTIVE CYCLE I START THIS COURSE IN JUNE BECAUSE I WANT TO HAVE A DEGREE AND TO WORK IN THIS AREA. I THINK IT IS IMPORTANT TO HAVE A DEGREE AND I FEEL THAT IT WILL HELP ME TO UNDERSTAND MORE BETTER WHAT THE PEOPLE NEED, WHY THEY NEED SUPPORT. IN THIS EXPERIENCE IT WILL HELP ME TO LEARN HOW TO WORK IN TEAM AND HOW TO COLLABORATE WITH MY COLLEAGUE TO GIVE SUPPORT TO PEOPLE WITH MEDICAL PROBLEMS. I THINK THIS EXPERIENCE IS VERY GOOD FOR ME BECAUSE I LEARNED MANY

THINGS .I THIS SENSE I WILL TRY TO IMPROVE MY LANGUAGE THAT IS VERY IMPORTANT BECAUSE THIS IS A BARRIER IN MY COMMUNICATION.S WELL I WILL IMPROVE EVERY SKILLS THAT I NEED TO BECOME VERY GOOD WHEN I WILL START TO WORK IN THIS AREA.I THINK A CAREER IN HEALTH AND SOCIAL CARE IS A CONSTANT CHALLENGES AND IS ABOUT HELPING PEOPLE WHO HAVE PROBLEM WITH THEIR PHYSICAL HEALTH.IS CONCERNED WITH HELPING VUNERABLE PEOPLE AND PROVIDING SUPPORT.

WHAT IS PERSONAL DEVELOPMENT PLAN

Development plan

NAME:	VASILICA CARMAZU		Student NUMBER:	1818003
COVERING THE PERIOD FROM:				

This record sheet is for your guidance only - you may present your development plan in any other format.

Planned outcome
Where do I want to be by the end of this period? What do I want to be doing? (This may be evolutionary or "more of the same".)

What do I want/need to learn?	What will I do to achieve this?	What resources or support will I need?	What will my success criteria be?	Target dates for review and completion
I need to improve the language	I will go to make a English course	I need to study every day.	I am going to improve language because I will start	I started on 15 July and I will finish this course in March

Page 1 of 2

PERSONAL DEVELOPMENT PLAN IS A SELF-REFLECTION AND IMPROVEMENT AS A COMPREHENSIVE ACTION PLAN USED TO REALIZE ACADEMIC, PERSONAL OR CAREER BASED AIMS. OBJECTIVES ARE SET IN PLACES BASED ON THE ZONE THAT YOU NEED TO MAKE BETTER ON AND THE PLAN CONSIST OF YOUR INDIVIDUAL ACTIVITY THAT WILL HELP TO REACH THEM. PERSONAL DEVELOPMENT PLAN IS PARTICULAR TO EVERY ONE PERSON THAN PLAN WILL NORMALLY FEATURE YOUR PERFECT FUTURE BASED ON SHORT OR LONG TERM ASPIRING. AREAS OF EVOLUTION IS SPECIFIC FOR EACH PERSON AND CAN BE CONCENTRATED ON WORK, EDUCATION OR SELF-DEVELOPMENT.

<https://cnhamcv.com>blog>personaldevelopment>

LEARNING STYLE

VAK Learning Styles Self-Assessment Questionnaire

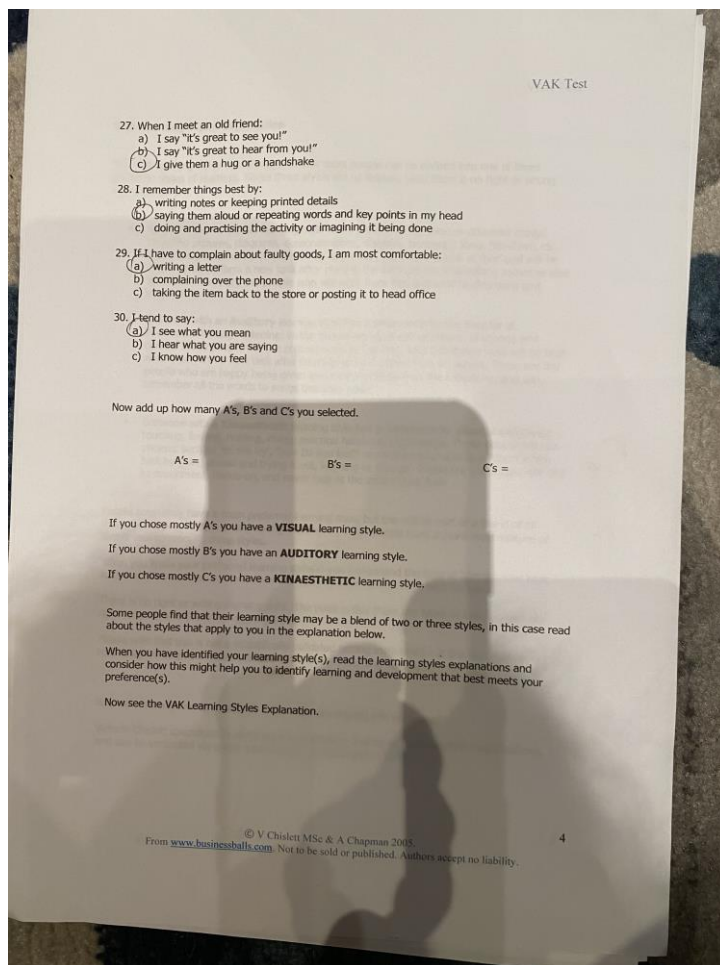
Circle or tick the answer that most represents how you generally behave.

(It's best to complete the questionnaire before reading the accompanying explanation.)

1. When I operate new equipment I generally:
☒ a) read the instructions first
b) listen to an explanation from someone who has used it before
c) go ahead and have a go, I can figure it out as I use it
2. When I need directions for travelling I usually:
☒ a) look at a map
b) ask for spoken directions
c) follow my nose and maybe use a compass
3. When I cook a new dish, I like to:
a) follow a written recipe
b) call a friend for an explanation
☒ c) follow my instincts, testing as I cook
4. If I am teaching someone something new, I tend to:
a) write instructions down for them
☒ b) give them a verbal explanation
c) demonstrate first and then let them have a go
5. I tend to say:
☒ a) watch how I do it
b) listen to me explain
c) you have a go
6. During my free time I most enjoy:
☒ a) going to museums and galleries
b) listening to music and talking to my friends
c) playing sport or doing DIY
7. When I go shopping for clothes, I tend to:
a) imagine what they would look like on
☒ b) discuss them with the shop staff
c) try them on and test them out
8. When I am choosing a holiday I usually:
☒ a) read lots of brochures
b) listen to recommendations from friends
c) imagine what it would be like to be there

9. If I was buying a new car, I would:
 - a) read reviews in newspapers and magazines
 - b) discuss what I need with my friends
 - ☒ c) test-drive lots of different types
10. When I am learning a new skill, I am most comfortable:
 - ☒ a) watching what the teacher is doing
 - b) talking through with the teacher exactly what I'm supposed to do
 - c) giving it a try myself and work it out as I go
11. If I am choosing food off a menu, I tend to:
 - a) imagine what the food will look like
 - b) talk through the options in my head or with my partner
 - ☒ c) imagine what the food will taste like
12. When I listen to a band, I can't help:
 - ☒ a) watching the band members and other people in the audience
 - b) listening to the lyrics and the beats
 - c) moving in time with the music
13. When I concentrate, I most often:
 - ☒ a) focus on the words or the pictures in front of me
 - b) discuss the problem and the possible solutions in my head
 - c) move around a lot, fiddle with pens and pencils and touch things
14. I choose household furnishings because I like:
 - ☒ a) their colours and how they look
 - b) the descriptions the sales-people give me
 - c) their textures and what it feels like to touch them
15. My first memory is of:
 - a) looking at something
 - b) being spoken to
 - ☒ c) doing something
16. When I am anxious, I:
 - ☒ a) visualise the worst-case scenarios
 - b) talk over in my head what worries me most
 - c) can't sit still, fiddle and move around constantly
17. I feel especially connected to other people because of:
 - a) how they look
 - b) what they say to me
 - ☒ c) how they make me feel

18. When I have to revise for an exam, I generally:
- a) write lots of revision notes and diagrams
 - ☒ b) talk over my notes, alone or with other people
 - c) imagine making the movement or creating the formula
19. If I am explaining to someone I tend to:
- a) show them what I mean
 - ☒ b) explain to them in different ways until they understand
 - c) encourage them to try and talk them through my idea as they do it
20. I really love:
- ☒ a) watching films, photography, looking at art or people watching
 - b) listening to music, the radio or talking to friends
 - c) taking part in sporting activities, eating fine foods and wines or dancing
21. Most of my free time is spent:
- a) watching television
 - b) talking to friends
 - ☒ c) doing physical activity or making things
22. When I first contact a new person, I usually:
- ☒ a) arrange a face to face meeting
 - b) talk to them on the telephone
 - c) try to get together whilst doing something else, such as an activity or a meal
23. I first notice how people:
- ☒ a) look and dress
 - b) sound and speak
 - c) stand and move
24. If I am angry, I tend to:
- ☒ a) keep replaying in my mind what it is that has upset me
 - b) raise my voice and tell people how I feel
 - c) stamp about, slam doors and physically demonstrate my anger
25. I find it easiest to remember:
- ☒ a) faces
 - b) names
 - c) things I have done
26. I think that you can tell if someone is lying if:
- ☒ a) they avoid looking at you
 - b) their voices changes
 - c) they give me funny vibes



THERE ARE THREE BASIC TYPES OF LEARNING IN THE FLEMING VAK OR VARK MODEL THAT AS WELL INCLUDES: VISUAL LEARNING STYLE , AUDITORY LEARNING STYLE AND KINESTETIC LEARNING STYLE. BASED ON THE VAK LEARNING STYLES SELF-ASSESSEMENT QUESTIONNAIRE I HAVE A VISUAL LEARNING STYLE. VISUAL LEARNING STYLE IS THAT LEARNER THAT MAKE USE CHARTS, MAPS AND DIAGRAMS. AS A VISUAL LEARNER I AM VERY

WELL ORGANIZED ,GOOD SPELLER,I
REMEMBER MUCH BETTER BY SEEING
CHARTS OR DIAGRAMS ,I LOVE TO READ AND
MANIFEST A GREAT ATTENTION WHILE I
READ.AS A VISUAL LEARNER I PREFER IMAGES
MAPS AND ANY OTHER VISUAL
REPRESENTATION OR OTHER FORMS OF
INSTRUCTIONS.I HAVE ABILITY TO PERCEIVE
THE VISUAL AND I MUST TO PRODUCE
GRAPHIC MENTAL IMAGES TO KEEP
INFORMATION.THIS TYPES OF LEARNERS
HAVE THE MOST DEVELOPMENT AUDITORY
SKILLS AND THINK IN WORD EITHER PICTURES
AND THIS IS TRUE BECAUSE I AM EXACTLY TE
SAME.AS A VIRTUAL LEARNER I AM STRUGGLE
WITH ORGANIZATION AND TIME
MANAGEMENT.AS WELL I HAVE A GOOD
LONG-TERM VISUAL MEMORY AND POOR
SHORT-TERM MEMORY AND I NEED TO TAKE
LOTS OF NOTES.

WHAT IS SELF-MOTIVATION

How Self-Motivated Are You?

Taking Charge of Your Goals and Achievements

Are you motivated to achieve what you really want in life? And how hard do you push yourself to get things done?

Wanting to do something and motivating yourself to actually do it are two different things. So, what's the difference between those who never reach their goals, year after year, and those who achieve one goal after another? Often, it's their self-motivation.

Self-motivation is the force that keeps pushing us to go on - it's our internal drive to achieve, produce, develop, and keep moving forward. When you think you're ready to quit something, or you just don't know how to start, your self-motivation is what pushes you to go on.

With self-motivation, you'll learn and grow - regardless of the specific situation. That's why it's such a fundamental tool for reaching your goals, achieving your dreams, and succeeding, in this journey we call life.

So, how self-motivated are you? We've put together a short quiz to give you a better understanding of how self-motivated you are. After the quiz, we'll discuss some specific tips for improving your self-motivation, so that you can achieve still more in your life.

The Self-Motivation Quiz

Use the online test below, and click the 'Calculate my total' button at the foot of the test.

© Mind Tools Ltd, 1995-2008.

Question	Not at all	Rarely	Some times	Often	Very Often
1 I'm unsure of my ability to achieve the goals I set for myself.	☐	☐	☐	☐	☐
2 When working on my goals, I put in maximum effort and work even harder if I've suffered a setback.	☐	☐	☐	☐	☐
3 I set goals and objectives to achieve my vision for my life.	☐	☐	☐	☐	☐
4 I think positively about setting goals and making sure my needs are met.	☐	☐	☐	☐	☐
5 I use rewards (and consequences) to keep myself focused. For example, if I finish my report on time, I allow myself to take a coffee	☐	☐	☐	☐	☐

break.					
6 I believe that if I work hard and apply my abilities and talents, I will be successful.	☐	☐	☐	☐	☐
7 I worry about deadlines and getting things done, which causes stress and anxiety.	☐	☐	☐	☐	☐
8 When an unexpected event threatens or jeopardizes my goal, I can tend to walk away, set a different goal, and move in a new direction.	☐	☐	☐	☐	☐
9 My biggest reward after completing something is the satisfaction of knowing I've done a good job.	☐	☐	☐	☐	☐
10 I tend to do the minimum amount of work necessary to keep my boss and my team satisfied.	☐	☐	☐	☐	☐
11 I tend to worry about why I won't reach my goals, and I often focus on why something probably won't work.	☐	☐	☐	☐	☐
12 I create a vivid and powerful vision of my future success before embarking on a new goal.	☐	☐	☐	☐	☐
Total = 0					

Score Interpretation

Score	Comment
44-60	Wonderful! You get things done, and you don't let anything stand in your way. You make a conscious effort to stay self-motivated, and you spend significant time and effort on setting goals and acting to achieve those goals. You attract and inspire others with your success. Treasure this - and be aware that not everyone is as self-motivated as you are!
28-43	You're doing OK on self-motivation. You're certainly not failing - however, you could achieve much more. To achieve what you want, try to increase the motivation factors in all areas of your life. Read the relevant sections below, and work on them to strengthen your self-motivation.
12-27	You allow your personal doubts and fears to keep you from succeeding. You've probably had a few incomplete goals in the past, so you may have convinced yourself that you aren't self-motivated - and then you've made that come true. Break this harmful pattern now, and start believing in yourself again. The tools and tips below will help you get back your motivation.

I WAS MADE AS WELL THE SELF-MOTIVATION QUIZ AND MY SCORE IS 35 THAT IS MEAN I AM DOING WELL ON SELF-MOTIVATION .

SELF-MOTIVATION IS CAPACITY TO DO WANT NEEDS TO BE READY ,WITHOUT PARTICULARS INFLUENCE FROM ADDITIONAL PERSON OR CIRCUMSTANCES.THE PEOPLE WHO HAVE SELF-MOTIVATION CAN DISCOVER A CAUSE AND STRENGHT TO FINISH A DUTY EVEN WHEN PROVOCATION ,WITHOUT GIVING UP

OR REQUIRE FURTHER TO SUPPORT THEM.I
NEED TO BE STRONG AT SELF-MOTIVATION
SO I CAN EVERY TIME TO BE SET ON MY
GOALS THAT IN THIS WAY I CAN BE
VICTORIOUS.I HAD A TRULY GOOD SELF-
MOTIVATION SKILL WHEN I WOULD TO RELAX
AND DECIDE MYSELF ALL THE GOOD
STANDARD I HAD.I WILL ENGAGE PEOPLE
THAT ARE HIGH SELF MOTIVATED BECAUSE I
AM SURE THEY WANT TO IMPROVE TO BE
THE BEST .SELF-MOTIVATION SUBMIT A HIGH
SELF-RESPECT ,HAPPINES ,PASSION AND
SUCCESS.INTRINSIC MOTIVATIONS IS
OPERATING BY INTERIOR RECOMPENSE SUCH
A FEELING OR SENSATION OF
HEALTH.EXTRINSIC MOTIVATIONS ARE
DRIVEN BY EXTERNAL RECOMPENSE FOR
EXAMPLE MONEY OR CELEBRITY.THERE ARE
MANY ADVANTAGES TO SELF-
MOTIVATION.AS A PERSON I INCLINE TO BE
MORE ORGANIZED I HAD A GOOD TIME
MANAGEMENT SKILLS I HAVE MORE TRUST

THAN I START THIS COURSE. IF I CAN UNDEstand AND IF I CAN GROW MY SELF-MOTIVATION IS HELPING ME TO TAKE CONTROL OF MANY ASPECTS OF MY LIFE. I NEED TO IMPROVE MY SELF-MOTIVATION AND I NEED TO BE ALWAYS POSITIVE ,TO BE HEALTHY TO CELEBRATE MY RESULTS. MOTIVATION IS THE KEY OF SUCCESS IS WHAT I WANT TO DO AND TO REACH MANY MORE OBJECTIVES NO MATTER WHAT BARRIERS I HAVE .

SMART GOALS

SMART Tasks						
Specific - Measurable - Agreed - Realistic - Time-bound						
Name <u>VASILICA</u>						
skill or ability area	specific task (what is the task or objective? attach details if appropriate)	measures (standards and parameters)	agreed (is it?)	realistic (is it?)	timings (start/finish dates)	comments/actions (follow-up notes - attach details if appropriate)
Communication skills	I want to be nurse.	In one year	Yes	Yes	19 JUNE 2019 20 MAY 2020	I need to finish this course
	I need to improve communication	In 6 months	Yes	Yes	15 JULY 2019 10 October	I need to finish this course.

This management tool was developed by alan chapman consultancy and you may use it personally or within your organisation provided copyright and www.businessballs.com is acknowledged. Publication in any form or use in provision of business services to a third party is not allowed without permission from alan chapman. Support and advice on using this system is available from alan chapman via email advice@alanchapman.com. Free online training and systems (and explanation of task delegation and other theories) are at www.businessballs.com. © alan chapman 2002.

www.businessballs.com © alan chapman 2002

16/02/2003

SMART GOALS CAN INCLUDE PERSONAL,PROFFESIONAL,ACADEMIC,HEALTH GOALS AND MANY MORE THINGS.THEY CAN AS WELL BE ON SHORT OR LONG TERM.BASICALLY ANY TYPE OF AIMS CAN BE CHANGE SO THIS IS CRITERIA OF A SMART GOALS.THERE ARE FIVE ELEMENTS OF A SMART GOALS.SMART IS AN ANCRONYM THAT STANDS FOR:SPECIFIC,MEASURABLE,ACHIEVABLE RELEVANT AND TIME-BOUND.`

SWOT ANALYSIS

A SWOT ANALYSIS ORGANIZE THE BEST STRENGHT ,WEAKNESES OPPORTUNITY AND THREATS TOWARD AN ORGANIZED LIST AND IN GENERALLY IS PRESENTED VERY SIMPLE.A SWOT ANALYSIS IS A USUAL PLANNED WORK PLANNING IMPLEMENT THAT DEMAND TO CREATE A LIST OF FOUR ELEMENTS:STRENGHT,WEAKNESSES,OPPORTUNITIES AND THREATS.MY STRENGHT

ARE: ABILITY TO LEARN FROM MISTAKES, CREATIVE THINKING, ANALITICAL THINKING. MY WEAKNESSES ARE PERFECTIONISM, SOMETIME I AM DISORGANIZED AND SELF-CRITICAL. IN THIS SWOT ANALYSIS MY LIST OF OPPORTUNITIES IS POTENTIAL NEW USES OF PRODUCT OR SERVICES AND THREATS IS BREXIT THAT I THINK IS A REALLY THREATS FOR ME.

JOHARI WINDOW IS ABILITY THAT HELPS INDIVIDUALS TO UNDERSTAND MORE BETTER THEIR CONNECTION WITH THEMSELVES AND WITH OTHER PEOPLE. JOHARI WINDOW IT WAS PRODUCED BY PSYCHOLOGIST JOSEPH LUFT AND HARINGTON INHAM IN 1995 AND IT WAS USED FIRST TIME IN SELF-HELP GROUPS AND CORPORATE ANALYTICAL EXERCISE. LUFT AND INHAM CALLED THIS MODEL "JOHARI" USING AN AMALGAM OF THEIR NAMES.

[Your lifeline](#)

Many people find it helpful to look back on their experiences in order to think about what their priorities are and what they want from life. Producing a lifeline helps to give shape to the past rather than see it as a confusing jumble of events and experiences. This can be the first step towards considering the future and moving forward.

1. Print this form and, starting from your birth to the present day, note down key events in terms of the extent to which they mark high or low points of your life.
2. Were these key events instigated by you or the result of outside influences?
3. Do these experiences have anything in common?
4. Think about what happened and how you felt. What does this say about you and how might that affect your future decisions?

This lifeline should show your high and low points. Include key events in your life.

MY LIFELINE

BIRTH DATE

TODAY'S DATE

MY LIFELINE START ON 11 OF MARCH WHEN I
WAS COME IN THIS WORLD.WHEN I WAS
HAVE TEN YEARS OLD I FINISHED PRIMARY

SCHOOL,AFTER FOUR YEARS I FINISHED GIMNAZIAL SCHOOL AND I START THE HIGH SCHOOL .AFTER ANOTHER FOUR YEARS I FINISHED HIGH SCHOOL AND I WAS TAKE MY DEGREE AS A DESIGNER.AFTER THIS I WAS GOING TO WORK AND I SKIPPED THE SCHOOL.IN DECEMBER 2010 MY SISTER DIED .SHE WAS HAVE CANCER AND THIS WAS FOR ME VERY SAD.I DECIDED TO MADE A CAREER IN NURSING AND I START TO GO TO SCHOOL.IN 2015 I FINISHED THIS COURSE AND IN 2017 I DECIDED TO COME IN UNITED KINGDOM.AND NOW I HAVE JUST ONE STEP UNTIL TO BECOME A NURSE AND THIS IS MY DREAM.BEFORE THE HOLIDAY I WAS HAVE IN CLASS EXERCISE ABOUT ROLE PLAY INTERVIEW .THIS WAS A TEAM WORK AND FOR THIS I WORKED WITH MY COLEAGUE ALINA AND ANOTHER COLEAGUES GIVE IT TO MY FEEDBACK.(SEE THE APENDIX A)BASED ON THE FEEDBACK I THINK I WAS WELL BUT I NEED TO IMPROVE SOME SKILLS.IN

GENERALLY I AM SHY I DO NOT LOVE TO SPEAK IN THE FRONT AND THIS IS NOT A GOOD POINT FOR ME. AS A TEAM I WORKED WITH ALINA VERY WELL. THIS ROLE PLAY IT WAS BASED ON THE CV (CURRICULUM VITAE) THAT I NEED TO COMPLETE THEM. MY ROLE PLAY IT WAS CLINICAL PSYCHOLOGIST I THINK IS A VERY INTERESTING JOB. THIS JOB IS TO GIVE SUPPORT TO PEOPLE WHO HAVE MENTAL HEALTH. FOR THIS JOB IS REQUIRED TO HAVE ABILITY TO COMMUNICATE EFFECTIVELY, TO PROVIDE CONSULTATION TO OTHER PROFESSIONAL OR NON-PROFESSIONAL GROUPS.

WHAT IS CV (CURRICULUM VITAE)

A CV IS A COMPREHENSIVE DOCUMENT HIGHLIGHTING MY PROFESSIONAL AND ACADEMIC HISTORY. A CV GENERALLY INCLUDES INFORMATION SUCH AS WORK EXPERIENCE, TRAINING AND AWARDS, SCHOLARSHIP THAT I EARNED. CV IS IMPORTANT WHEN YOU

WANT TO APPLY FOR JOBS.(SEE THE APENDIX B)

CONCLUSION

IN CONCLUSION ON THIS COURSE HEALTH AND SOCIAL CARE I LEARNED VERY IMPORTANT THINGS THAT IT HELPING ME TO FIND THE DREAM JOB AND AS WELL TO HELP PEOPLE THAT NEED ,TO SUPPORT THEM EVERY DAY.

REFERENCES

<https://en.m.wikipedia>

Gissel Eikeland Husebo,Stephanie O'Reagan,Debra Nestel

Clinical Simulation in Nursing 11(8),368-375,2015

<https://cnhamcv.com>blog>personaldevelopment>

APENDIX A

Interview Feedback Form

Date: INTERVIEWEE: VASILICA CARA MALA U

INTERVIEWER: ALINA SCOPAN SCORE: 5= Excellent,
4=Very Good, 3= Good/Average, 2=Poor, 1= Very Poor

| 5 | | 3 | 2 |

Comments ARRIVAL, APPEARANCE & POISE

Firmly shook hands of interviewer, smiled and greeted Maintained eye contact Hand
and facial movements were natural

Posture (sat up straight, etc.)

Displayed confidence

SKILLS PRESENTATION & DELIVERY

Demonstrated knowledge about the company Aligned answers with the needs of the company Demonstrated skills with examples Acted in a polite manner Answered questions in full and in a timely manner Understood the position Displayed enthusiasm Focused on strengths; avoided weaknesses Referenced specific items on CV Emphasised qualifications Asked appropriate questions of the interviewer Spoke clearly and at a reasonable volume Limited the use of filler words such as "um" or "like" Did not talk negatively about previous employer(

Interview Feedback Form

INTERVIEWEE: VASILICA CARAMALAU INTERVIEWER: ALINA SCOIPAN Date: 5.12.19

SCORE: 5= Excellent, 4=Very Good, 3= Good/Average, 2=Poor, 1= Very Poor

	5	4	3	2	1	Comments
ARRIVAL, APPEARANCE & POISE						
Firmly shook hands of interviewer, smiled and greeted	☒	☐	☐	☐	☐	
Maintained eye contact	☒	☐	☐	☐	☐	
Hand and facial movements were natural	☒	☐	☐	☐	☐	
Posture (sat up straight, etc.)	☒	☐	☐	☐	☐	
Displayed confidence	☒	☐	☐	☐	☐	
SKILLS PRESENTATION & DELIVERY						
Demonstrated knowledge about the company	☒	☐	☐	☐	☐	
Aligned answers with the needs of the company	☒	☐	☐	☐	☐	
Demonstrated skills with examples	☒	☐	☐	☐	☐	
Acted in a polite manner	☒	☐	☐	☐	☐	
Answered questions in full and in a timely manner	☒	☐	☐	☐	☐	
Understood the position	☒	☐	☐	☐	☐	
Displayed enthusiasm	☒	☐	☐	☐	☐	
Focused on strengths; avoided weaknesses	☒	☐	☐	☐	☐	
Referenced specific items on CV	☒	☐	☐	☐	☐	
Emphasised qualifications	☒	☐	☐	☐	☐	
Asked appropriate questions of the interviewer	☒	☐	☐	☐	☐	
Spoke clearly and at a reasonable volume	☒	☐	☐	☐	☐	
Limited the use of filler words such as "um" or "like"	☒	☐	☐	☐	☐	
Did not talk negatively about previous employer(s)	☒	☐	☐	☐	☐	
OVERALL PREPARATION	☒	☐	☐	☐	☐	
POINTS AVAILABLE <u>100</u> POINTS EARNED <u>87</u> GRADE <u>—</u> %						LECTURER: PLEASE SIGN AND DATE IN THIS BOX TO CONFIRM COMPLETION OF THE INTERVIEW. M. M. M.

Interview Feedback Form

INTERVIEWEE: VASILICA CARAMALAU INTERVIEWER: ALINA SCOIPAN Date: —

SCORE: 5= Excellent, 4=Very Good, 3= Good/Average, 2=Poor, 1= Very Poor

	5	4	3	2	1	Comments
ARRIVAL, APPEARANCE & POISE						
Firmly shook hands of interviewer, smiled and greeted	☐	☒	☐	☐	☐	NO
Maintained eye contact	☒	☐	☐	☐	☐	
Hand and facial movements were natural	☐	☒	☐	☐	☐	
Posture (sat up straight, etc.)	☐	☒	☐	☐	☐	
Displayed confidence	☐	☒	☐	☐	☐	
SKILLS PRESENTATION & DELIVERY						
Demonstrated knowledge about the company	☒	☐	☐	☐	☐	NO
Aligned answers with the needs of the company	☒	☐	☐	☐	☐	
Demonstrated skills with examples	☐	☒	☐	☐	☐	
Acted in a polite manner	☐	☒	☐	☐	☐	
Answered questions in full and in a timely manner	☒	☐	☐	☐	☐	
Understood the position	☒	☐	☐	☐	☐	
Displayed enthusiasm	☐	☒	☐	☐	☐	
Focused on strengths; avoided weaknesses	☐	☒	☐	☐	☐	
Referenced specific items on CV	☐	☒	☐	☐	☐	
Emphasised qualifications	☒	☐	☐	☐	☐	
Asked appropriate questions of the interviewer	☐	☒	☐	☐	☐	
Spoke clearly and at a reasonable volume	☐	☒	☐	☐	☐	
Limited the use of filler words such as "um" or "like"	☐	☒	☐	☐	☐	
Did not talk negatively about previous employer(s)	☐	☒	☐	☐	☐	
OVERALL PREPARATION	☒	☐	☐	☐	☐	
POINTS AVAILABLE <u>100</u> POINTS EARNED <u>85</u> GRADE <u>—</u> %						LECTURER: PLEASE SIGN AND DATE IN THIS BOX TO CONFIRM COMPLETION OF THE INTERVIEW. M. M. M.

*Postcode/ Zip code		E12 6PS														
*Country		UNITED KINGDOM														
Home Telephone																
Mobile Telephone		07963526592														
Check this box if you wish to receive updates by text message?		☐														
Work Telephone																
Preferred telephone number		☐ Home ☒ Mobile ☐ Work														
Email Address		caramalauvasilica69@gmail.com														
*Are you a United Kingdom (UK), European Community (EC) or European Economic Area (EEA) National?																
☐ Yes ☐ No																
If you have answered 'no' above, you must answer these questions:																
Please select the category that relates to your current immigration status. This status will be subject to checking before interview.																
<table border="0"><tr><td>☐ Tier 1/HSMP</td><td>☐ Post Graduate Doctors and Dentists</td></tr><tr><td>☐ Indefinite Leave to remain/enter</td><td>☐ Tier 5 Temporary Workers</td></tr><tr><td>☐ Tier 2/HSMP</td><td>☐ Tier 5 Youth Mobility/ working holiday visa</td></tr><tr><td>☐ Dependant / Spouse visa</td><td>☐ Refugee</td></tr><tr><td>☐ Clinical visa</td><td>☐ Other, please specify below</td></tr><tr><td>☐ Tier 4 student</td><td></td></tr><tr><td>☐ Visitor</td><td></td></tr></table>			☐ Tier 1/HSMP	☐ Post Graduate Doctors and Dentists	☐ Indefinite Leave to remain/enter	☐ Tier 5 Temporary Workers	☐ Tier 2/HSMP	☐ Tier 5 Youth Mobility/ working holiday visa	☐ Dependant / Spouse visa	☐ Refugee	☐ Clinical visa	☐ Other, please specify below	☐ Tier 4 student		☐ Visitor	
☐ Tier 1/HSMP	☐ Post Graduate Doctors and Dentists															
☐ Indefinite Leave to remain/enter	☐ Tier 5 Temporary Workers															
☐ Tier 2/HSMP	☐ Tier 5 Youth Mobility/ working holiday visa															
☐ Dependant / Spouse visa	☐ Refugee															
☐ Clinical visa	☐ Other, please specify below															
☐ Tier 4 student																
☐ Visitor																
Does your visa have a condition restricting employment or occupation in the UK?																
☐ Yes ☒ No																
Please supply details of any visa currently held:																
Visa No:																
Start Date: (DD/MM/YY)																
Expiry Date: (DD/MM/YY)																
Details of any Restrictions:																
Are you an NHS professional returning to practice?																
☐ Yes ☒ No																

*Postcode/ Zip code		E12 6PS
*Country		UNITED KINGDOM
Home Telephone		
Mobile Telephone		07963526592
Check this box if you wish to receive updates by text message?		☐
Work Telephone		
Preferred telephone number		☐ Home ☒ Mobile ☐ Work
Email Address		caramalauvasilica69@gmail.com
*Are you a United Kingdom (UK), European Community (EC) or European Economic Area (EEA) National?		
☐ Yes ☐ No		
If you have answered 'no' above, you must answer these questions:		
Please select the category that relates to your current immigration status. This status will be subject to checking before interview.		
☐ Tier 1/HSMP ☐ Indefinite Leave to remain/enter ☐ Tier 2/HSMP ☐ Dependant / Spouse visa ☐ Clinical visa ☐ Tier 4 student ☐ Visitor		☐ Post Graduate Doctors and Dentists ☐ Tier 5 Temporary Workers ☐ Tier 5 Youth Mobility/ working holiday visa ☐ Refugee ☐ Other, please specify below
Does your visa have a condition restricting employment or occupation in the UK?		
☐ Yes ☒ No		
Please supply details of any visa currently held:		
Visa No: Start Date: (DD/MM/YY) Expiry Date: (DD/MM/YY) Details of any Restrictions:		
Are you an NHS professional returning to practice?		☐ Yes ☒ No

Membership of Professional Bodies

Any relevant professional registrations or memberships. If you are registered then please enter the relevant details below; this information will be subject to a satisfactory check.

Please indicate your UK Professional Registration status *

- ☐ I do not have the relevant UK professional registration status
☐ I have current UK professional registration
☐ UK professional registration required and applied for
☐ UK professional registration required but not yet applied for
☒ I am a student
☐ Not required for this post

If professional registration is not required then go to **Employment History**.

If you are registered then please enter the relevant details below:

Professional Body	Membership or Registration type	Membership/Registration Number	Expiry/Renewal Date

If you are applying for a post that requires professional registration you are required to provide the following information:

Are you currently the subject of a fitness to practise investigation or proceedings by a licensing or regulatory body in the UK or in any other country?	☐ Yes ☒ No
Have you been removed from the register or have conditions been made on your registration by a fitness to practise committee or the licensing or regulatory body in the UK or in any other country?	☐ Yes ☒ No

If applicable, please provide details of any conditions/restrictions you may have.

--

Employment History

Please record below the details of your current or most recent employer

Employer Name	HOUSEKEEPER.COM		
Address	105 FARRINGTON RD, FARRINGTON, LONDON		
Type of Business	CLEANING	Telephone	02071830909
Job Title	HOUSEKEEPER		
Start Date	2 nd February 2018	End Date	
Start of continuous NHS service (If applicable)			
Grade		Salary	9.5 / hour
Reporting to (job title)		Period of notice	
Reason for leaving (if applicable)			
Description of your duties and responsibilities			
I need to clean the houses, clean the dust, clean the windows.			

Previous Employer 4

Employer Name			
Address			
Job Title		Grade	
From Date		To Date	
Reason for Leaving			
Description of your duties and responsibilities			

Previous Employer 5

Employer Name			
Address			
Job Title		Grade	
From Date		To Date	
Reason for Leaving			
Description of your duties and responsibilities			

Referee 2

Type of Reference	☐ Employer	☐ Educational	☐ Personal
Title	MISS		
*Surname/Family name	SCOIPAN	First Name	ALINA
*Relationship	COLLEAGUE		
Employer name			
Job Title			
*Address	RM142QS		
*Post Code/ Zip Code			
Telephone	07709385021	*Country	UK
Email		Fax	
*Can the referee be contacted prior to interview?	☒ Yes ☐ No		

If you have applied to us within the last 3 months, are you happy for us to use the references from your earlier application?

☐ Yes ☒ No

Declarations

The information in this form is true and complete. I agree that any deliberate omission, falsification or misrepresentation in the application form will be grounds for rejecting this application or subsequent dismissal if employed by the organisation. Where applicable, I consent that the organisation can seek clarification regarding professional registration details.

I agree to the above declaration

Signature	[Signature]		
Name	URSILICK ORRIMATU	Date	

Where did you see this vacancy advertised?			
☒ NHS Website	☐ Local Newspaper	☐ Doctor	☐ Nursing Standard
☐ Search Engine	☐ British Medical Journal	☐ Therapy Weekly	☐ Other Professional Journal
☐ Other Website	☐ British Dental Journal	☐ Nursing Times	☐ Jobcentre Plus
☐ National Newspaper	☐ Health Service Journal	☐ GP	☐ Radio
		☐ Hospital Doctor	☐ Other

Equality Act 2010

The Equality Act 2010 protects people against discrimination on the grounds of their race which includes colour, nationality, ethnic or national origin.

* Please indicate your ethnic origin		
Asian or Asian British ☐ Bangladeshi ☐ Indian ☐ Pakistani ☐ Any other Asian background	Mixed ☐ White & Asian ☐ White & Black African ☐ White & Black Caribbean ☐ Any other mixed background White ☐ British ☐ Irish ☒ Any other White background	Other Ethnic Group ☐ Chinese ☐ Any other ethnic group ☐ I do not wish to disclose this

Equality Act 2010

The Equality Act 2010 protects bisexual, gay, heterosexual and lesbian people from discrimination on the grounds of their sexual orientation.

* Please indicate the option which best describes your sexual orientation	
☐ Lesbian ☐ Gay ☐ Bisexual	☒ Heterosexual ☐ I do not wish to disclose this

Equality Act 2010

The Equality Act 2010 protects people against discrimination on the grounds of their religion or belief, including a lack of any belief.

* Please indicate your religion or belief		
☐ Atheism ☐ Buddhism ☐ Christianity ☐ Hinduism	☐ Islam ☐ Jainism ☐ Judaism ☐ Sikhism	☒ Other ☐ I do not wish to disclose this

Rehabilitation of Offenders Act 1974

The Rehabilitation of Offenders Act (as amended) helps rehabilitated ex-offenders back into work by allowing them not to declare criminal convictions after the rehabilitation period set by the Court has elapsed and the convictions become 'spent'. During the rehabilitation period, convictions are referred to as 'unspent' convictions and must be declared to employers.

The NHS aims to promote equality of opportunity and is committed to treating all applicants for positions fairly and on merit regardless of race, gender, marital status, religion or belief, disability, sexual orientation and age. The NHS undertakes not to discriminate unfairly against applicants on the basis of a criminal conviction or other information declared.

If you are applying for a post involving access to persons in receipt of health services, your offer of employment may be subject to a satisfactory criminal record check. Failure to reveal information relating to any convictions could lead to withdrawal of an offer of employment.

Individuals applying for positions which involve 'regulated activity' are required to have an enhanced criminal record check and, where appropriate to the role, this check will also include any information which may be held against the barred lists for working with children and/or adults.

The full definition of 'regulated activity' is defined in the Safeguarding Vulnerable Groups Act 2006, as amended by the Protection of Freedoms Act 2012 which came into force on 10 September 2012.

Are you currently bound over, or do you have any unspent convictions issued by a Court or Court Martial in the UK or any other country?

☐ Yes ☒ No

If yes, please supply details below:

Rehabilitation of Offenders Act 1974 (Exceptions) Order 1975

To protect certain vulnerable groups within society, there are a number of posts within the NHS that are exempt from the provisions of the Rehabilitation of Offenders Act 1974 (as amended). As the post you have applied for falls within this category, it will be exempt from the provisions of the Rehabilitation of Offenders Act by virtue of the Rehabilitation of Offenders Act 1974 (Exceptions) Order 1975.

Applicants for such posts are not entitled to withhold any information about convictions or other relevant criminal record information which for other purposes are 'spent' under the provisions of the Act. If you are successful with this application, any failure to disclose such information could result in dismissal or disciplinary action. Any information provided will be confidential and will be held in relation to posts to which the Order applies.