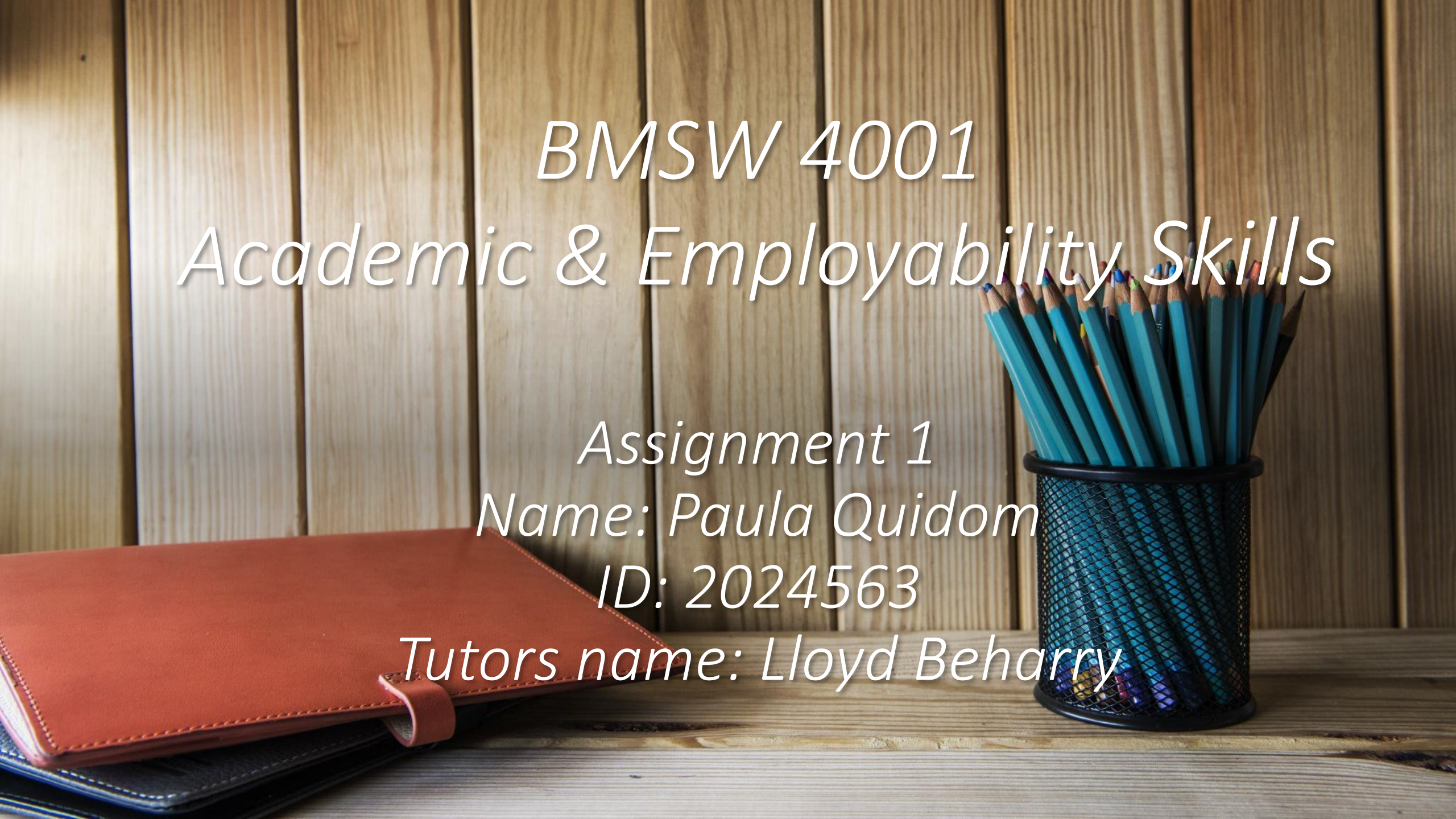


The background of the image shows a wooden desk with vertical wood grain. On the left, there is a red notebook with a leather-like texture and a small tab. On the right, there is a black mesh pencil holder filled with many blue pencils. The text is overlaid on this background.

BMSW 4001

Academic & Employability Skills

Assignment 1

Name: Paula Quidom

ID: 2024563

Tutors name: Lloyd Beharry

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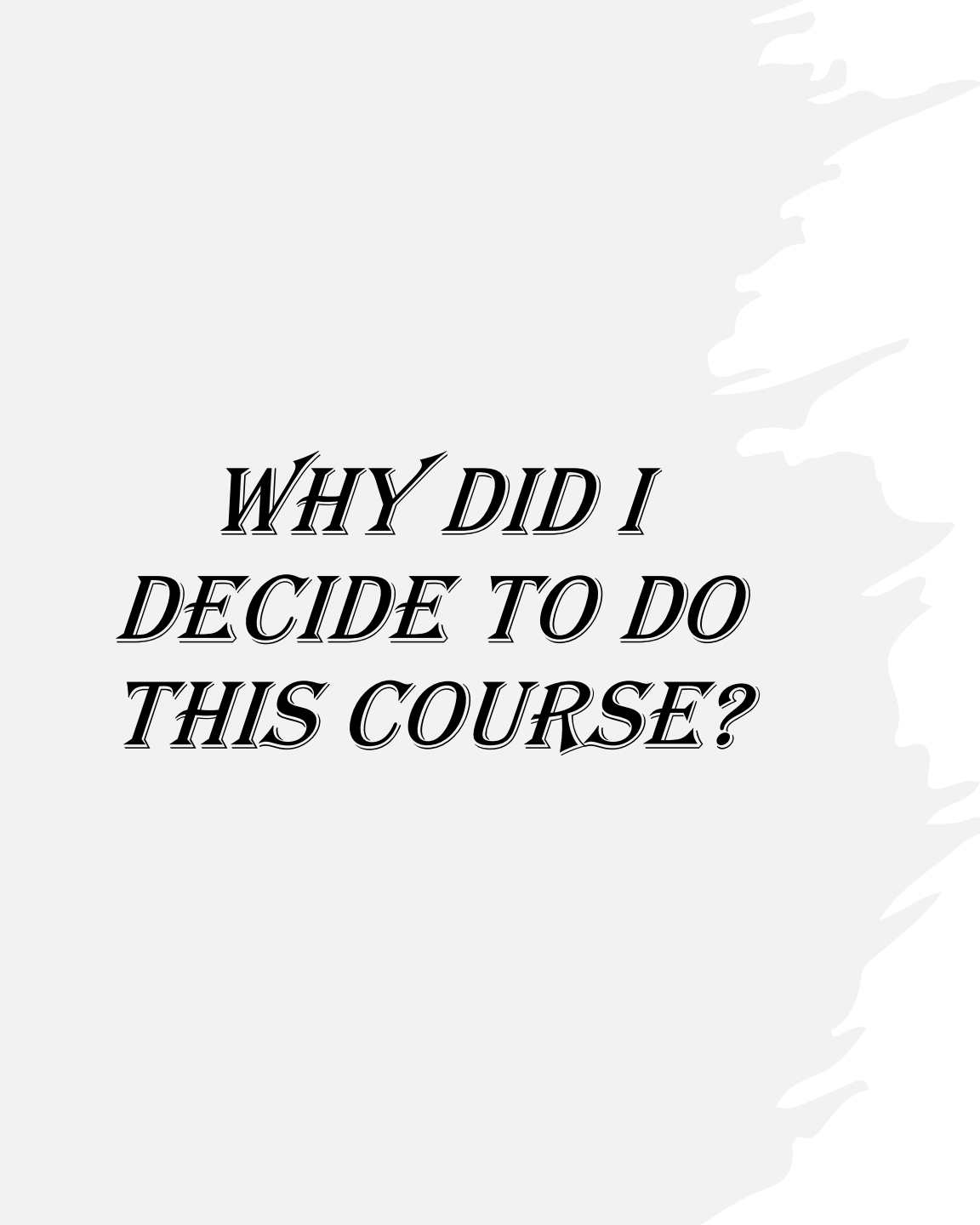
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INTRO/ BACKGROUND

My name is Paula Quidom, 19 years of age. I am Portuguese (born and raised in Portugal) although my parents are African originally from Guine-Bissau.

I live in Peterborough where I started studying at a school called Nene Park Academy for 6 years and then moved into Peterborough Regional College.



WHY DID I DECIDE TO DO THIS COURSE?

Health and Social care is a course which helps people develop both communication and thinking skills. As a teenager, I believe this course will help me with my plans after I finish this year. The reason why I decided to do this course was because as I have done it before in school and received a good grade, I also enjoyed it a lot as it helped me with my knowledge.

HOW DID I THINK IT WAS GOING TO HELP ME?

I believe this will help me a lot because the main reason I decided to choose this course was because I have been wanting to do criminology since I first left school but never had a chance to, as no schools in my city had this course. Health and Social care will help me with the qualification I need so next year I will be able to do study Criminology.

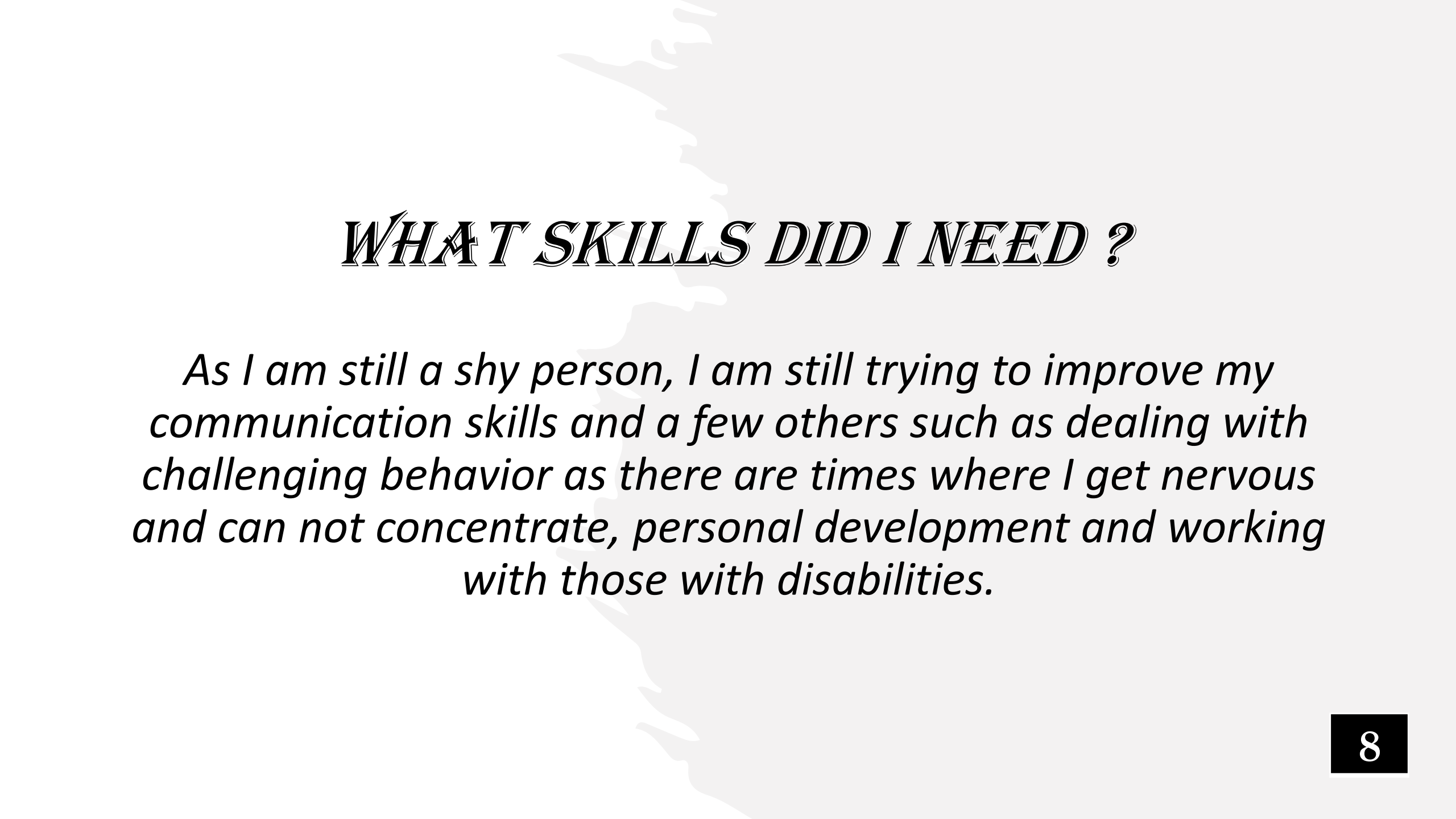
***WAS IT GOING
TO TEACH ME
NEW SKILLS SO
THAT I CAN
BECOME MORE
EMPLOYABLE?***

This course can be beneficial in many different industries as this helps developing skills for many different jobs, and it will open doors to different jobs such as a care worker, rehab worker, a therapist, counsellor and many more.

WHAT SKILLS DID I HAVE?

When starting this course, I did have a few skills that I managed to develop through my school years which are the following:

- 1. Communication skills***
- 2. Understanding skills (Problem solving)***
- 3. Active listening***



WHAT SKILLS DID I NEED ?

As I am still a shy person, I am still trying to improve my communication skills and a few others such as dealing with challenging behavior as there are times where I get nervous and can not concentrate, personal development and working with those with disabilities.

SWOT ANALYSIS

Strengths

- *Communication skills*
 - *Thinking skills*

Opportunities

- *I am able to turn bad situations in to good ones (work wise)*

Weaknesses

- *Public speaking*
- *Difficulty taking criticism*

Threats

- *Not being able to concentrate when being around of loads of people*
- *Difficulty in doing work when I am alone*

PDP

<i>Job:</i>	<i>How:</i>	<i>Time it will take:</i>	<i>Obstacles/ Threats</i>
<i>Care Worker</i>	<i>For this job not as much is needed, although it is important to have first aid skills and some experience in health and social care</i>	<i>3-6 months</i>	<u>Obstacles:</u> • <i>Shifts may take longer than expected if any incidents occur</i> • <i>Might feel a bit emotional at times when seeing patients who are not doing so well</i> <u>Threats:</u> • <i>Patients might become violent when things don't go their way</i>
<i>Crime scene investigator</i>	<i>A few GCSE'S will be needed from criminology and psychology.</i>	<i>2-4 years</i>	<u>Threats:</u> • <i>There will be times where I could be in danger</i> • <i>Will be very stressed at times</i>