



Professional Career Development BMSW4005 Assessment Part 2

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Introduction

The purpose of this report is to reflect the roleplay we performed on week 9 at class. Also, I will write about my experiences I got from this module and provide information about my chosen career path in terms of my skills, knowledges and experiences. Will give a description how this knowledge could support me for finding a better job and getting better positions in the future.

Description

Since I finished high school, I always showed an interest about the world of psychology and wanted to learn more about it. The purpose of starting this course was helping me moving forward and gave me more motivation to get the job I always dreamed about. One of my dreams currently is becoming a psychologist wellbeing practitioner and this job was the base in our roleplay I applied for. My partner was Sana Sahir and we played both the roles of interviewer and interviewee.

Career Path

At my chosen career practitioners focusing on people's common mental health condition such as depression and anxiety and giving them a support along the road of their recovery process. Because this is a patient centred career it is a base requirement having a good communication and listening skills also having the ability for managing the time very well because every day more patients must be seen and each of them has individually requirements. Always fascinated me the individuality of the human minds and being a psychologist wellbeing practitioner would be giving me the opportunity to learn more about it, also I would learn more about myself and it could improve my current knowledge and skills. (Healthcareers, 2022)

Feelings

In roleplay with Sana we asked five general questions from each other relating to the applied position. Because we did not know the questions, I felt sometimes it was hard to answer and it is giving the feeling like we would be on a real interview. I feel that I gave my answers quickly and did not let enough time for myself for building up the best answers. Also, I was a bit nervous, and I was not sure in myself very well because I got bad experiences from past interviews. However, I showed good confidence and vocation for this position, and this was the strength of the interview. The roleplay helped me point out that I need to work copying better with my negative thinking about the outcome and change it on the positive way and this would be helping me become a better candidate. If I will be working on my personal development plan it would help me find the way being better at my current skills and it could give me a guidance on which field and how to develop myself to achieve the knowledge to get this career opportunity. In personal development plan first, I need to know what I really want and then planning the steps how to reach it. (Skillsyouneed, 2022)

Evaluation

The roleplay gave me an insight about my level of the required knowledge for the position I applied for. It pointed out that there are lot of gaps I still need to fill up with further education and getting more experiences. We learned different technics at class what could give a helpline and a guidance for ourselves and using them could help me achieve successfully what I want. After roleplay I started to be using the mind-mapping technics which helping to better understanding myself with analysing and discovering the influences from my past and these could give me new ideas for the future. The mind-mapping technics is a graphical illustration and there are more points in it depend on the theme we would like to use for. (Litemind, 2022)

At class we used mind-mapping technics to make a lifeline pointing and wrote down my careers from past and where I am now. When I finished making my mind-map I realised that I got stuck in my life and turned on the different way in my career life like where I really wanted to go. The first step to develop my career is to make a personal development plan, and with this I could put realistic goals for myself in shorter or longer time periods, it is depending on my plans. Also, using the SWOT analysis technique could help me discovering my interpersonal skills also the skills I still need to improve, how to do it what could be helpful for me and what are those things could block me reaching out my goals. (Mindtools, 2022)

One of my strengths is that I have a good communication skill and with it I could meet many other people because I can easily contact others. One of my biggest weaknesses is that I do not have self-confidence and I could easily become uncertain, and it is threatening the interview will fail if I get a question which I am not so sure about. The best solution for this problem is practicing and attending on interviews also would read more about the questions what employers asking on the interviews so it would help me building up my confidence. The roleplay at class was a brilliant practice for me and for all of us because it is helped identifying where we are now and how to improve ourselves.

Analysis

When I started preparing myself on the roleplay first, I needed to find a job which would perfectly fit for me and to do this I needed to look the wished position from more different aspects. Always when I am searching for jobs firstly, I need to feel that is familiar with me and I could imagine myself being the part of it and I could be able staying here for longer time. To being able to decide about these things, I always reading after the companies to knowing them better and I checking websites where people sharing their reviews. It is important to know what the thoughts of other people are, but I do not let them to influencing me. However, to put this in the reality the workplace should be close to me or should have good approach with the transport, also I always checking how flexible working hours they could provide, is there any opportunity for development and of course what salary the company offering. (Thegraduaterecruitment, 2022)

Also, we learned at class about self-awareness which means that getting better knowing myself. To help to knowing better myself I can use the already mentioned SWOT analysis and Personal Development Plan tables also there are tests which helping to identify what are our learning styles and how we could develop ourselves more efficiently. I have good self-awareness if I could answer questions about myself such as in what I am good, what are

my strengths and these strengths in what kind of jobs could supporting me. I wrote down the skills I currently held, and all my interests and I believe that working in the field of psychologist wellbeing practitioner I could be successful, and my knowledge could grow and developing further. (Prepareforcanada, 2020)

On week two we talked about different learning styles, and we completed one test called VARK learning style test and it is based on the ways people could learn on. From this test I discovered that for me the best way for learning now and even in the past was reading lot and taking notes. I always liked to write down important information because for me it was easier to memorize. When I done my job research for the roleplay, I wrote down all requirements the position needed to and what I already held and choose the one which was closest for me current requirements and knowledges and it was a trainee position. (Verywellmind, 2019)

After I finished with my application form, I needed to prepare the five questions for Sana as an interviewer. To do this, we swapped our application forms because we needed to know the positions to creating the best answers which is related to it. Every interview has an own structure and must build it up accurately. It must be kept in the right timeframe and focus on the position they applied for. Must let enough time for the questions may the interviewee would like to ask from the employer and on the top of the questions must provide more information about the position. The purpose of the questions is to getting better understanding about the applicant and this is the tool for employers with they could choose the best candidate on the job. (Personio, 2022)

As an interviewee I done research online for general questions employers asking on the interview and take notes about my answers with also using my personal development plan and SWOT analysis table. The interview conducted at class in face-to-face, we were sitting front of each other, and we got 20 minutes together with my partner. Unfortunately, I feel that maybe finished too early because our answers were not long enough, and we did not let enough time ourselves for thinking through the answers. Anyway, the interview could be processed in many other different ways such as through phone, video call on the internet and it could happen in more parts as well it is depend from the companies. (Thebalancecareers, 2021)

On week four we learned about the recruitment process and about the legislations. It is very important to know what we can expecting not just in but after the interview and what legislations the company held. Some employers running more interviewers before they deciding to who to choose and some employers giving straight the answer. (TopEchelon, 2017)

Also, before signing any contracts both the employer and the employee need to know their responsibilities and right and need to decide whatever if it is good for them or not. There are many different regulars such as about health and safety, working hours, holidays and disciplinaries and important to know each of them. (Croner, 2019)

Conclusion

From this roleplay and from this module I got more knowledges about myself, and it is giving me a direction on which parts should I improve myself and how to do that. The roleplay could have been gone better if we would better prepare ourselves and would practicing more time also, I need to work on my confidence to getting it stronger.

Action Plan

When I will get my Level 4 certificate, I will start applying for the position I went for on the roleplay and I would like to try finding some volunteer job where I could improve my interpersonal skills and my self-awareness as well. Also, I would like to carry on learning at this university and with the education the university providing me I could find more different positions with higher level knowledge I currently hold.

Conclusion of the report

I am very happy with the knowledge I earned from this module, and I am sure all these information will be helpful for me when I will be applying for a new job or for a new position. It is giving me a guidance about myself with the different tools our lecturer introduced to us and I will definitely using them in the future.

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Appendix

Job application form

Application for [job title] – Psychological Wellbeing Practitioner (PWP)
Trainee, Alliance, Stock-on-tees

Your details

Name: Tunde Bodi

Education and training

Please give details:

2013 – GCSE Level 2 English course, London

2016 – Level 3 First Aid training at work, Purfleet

2018 – Level 4 Higher Education in Skills for Health and Social Care Certificate, London

2019 – Mental Health Awareness training, London

2020 – Mental Health Awareness certificate, London

2020 – (Bsc) (Hons) Health and Social Care, London

2021 - Low Intensity Psychological Therapies PG Certificate, Newcastle

Qualifications

Please give details:

Level 2 English language

TQUK Level 3 Award in First Aid at Work

Level 4 Higher Education in Skills for the Workplace Health and Social Care

Mental Health awareness certificate

Bachelor's degree from Health and Social Care

Psychological wellbeing practitioners' certificate

UKCP Membership since 2021

Employment history

Your current or most recent employer

Name of employer: Southend on Sea City Council

Job title: Mental Health Social Worker

Length of time with employer: since April of 2018

Reason for leaving is changing career path and looking for career growth and improving my knowledge on the field of psychology.

Duties:

Travelled to clients and helped them in their daily duties, supported them to living their lives free from harm, recording in the database their medicines and every sign in their mood changes and physical conditions. Worked in team with collaboration with other social workers and agencies. Keeping good time management as I needed to plan my days ahead. I completed risk and other assessments on individuals in time frames to making sure getting enough time for punctual and effective work and done referrals when I felt it was necessary. Kept everyone confidently of course and always provided ethical and professional support for them. During the time with my current employer, I got different trainings which could make me more confident and professional at my job.

Previous employers

Please tell us about other jobs you have done and about the skills you used or learned in those jobs.

Previously I worked for BS Social Care agency as a Mental Health Support worker and my duty was supporting individuals with mental health diagnosis's such as learning disabilities and disorders such as depression, anxiety. I needed to be flexible because worked together with more clients every day.

The reason was for leaving is that this agency didn't provide a permanent contract, also I wanted to get more experiences with trying other company.

Supporting statement

Please tell us why you applied for this job and why you think you are the best person for the job.

I always had a passion for helping other people and always enjoyed getting new knowledges what they would help me going further and reaching the job I dreamed about. Now I feel it is a time that I want to move on since I get my qualification as psychologist wellbeing practitioner and with the confidence, I gained there I would like to start my journey as an official psychotherapist. Also, in the past years I get lots of experiences with working adults and older people, experience of safeguarding, and experience of undertaking Mental Capacity Act assessments.

Right to work in the UK

Do you need a work permit to work in the UK? Yes / No

References

Please give the names and contact details of 2 people who we can ask to give you a reference. We may ask them before an employment offer is made. We will not ask your current employer until we get your permission.

Declaration

I confirm that to the best of my knowledge the information I have provided on this form is correct and I accept that providing deliberately false information could result in my dismissal.

Name: Tunde Bodi

Signature: Tunde Bodi

Date: 30.07.2022