



University of Wales Trinity Saint David

Becoming an occupational therapist

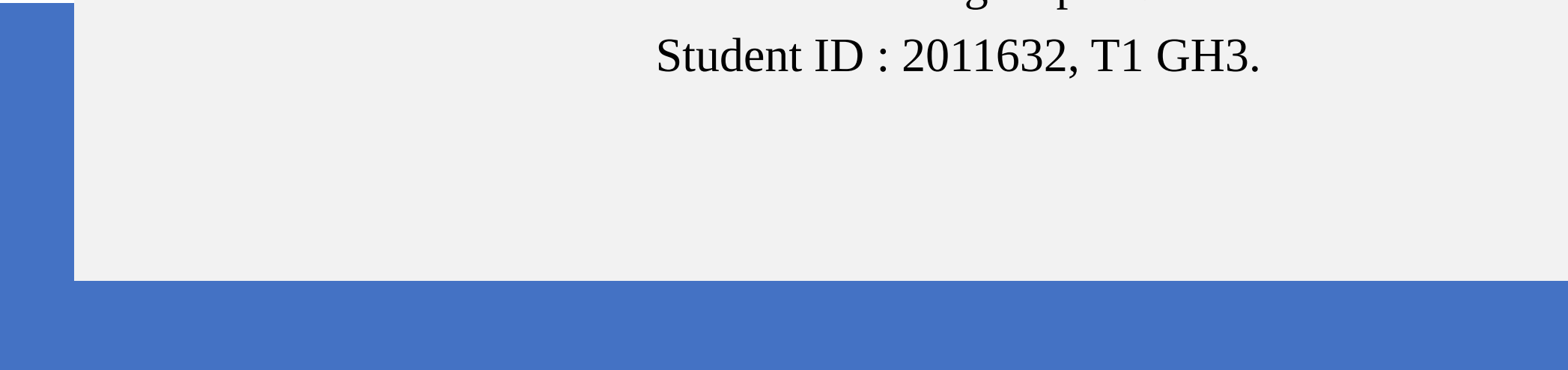


Academic and Employability skills, BMSW4001.

Lecturer : Ms. Barbara Chinyani.

Student Inga Oprea.

Student ID : 2011632, T1 GH3.



Introduction

- **What is about** : analysing the academic and employability skills based on my intended carrier.
- **Discuss** : SWOT analysis and personal development plan.
- ***My intended carrier*** - occupational therapist.
- “Occupational therapists work with people of **all ages** to find ways that will enable them to continue to do things that help to define their roles and allow them to live life the way they want”. (Occupational therapy career handbook, 2020, p.4).

Category of patient to work with:

- A physical condition.
- Age and cognitive impairments related to them.
- Mental health issues.
- Injury or disability.
- Frailty. (Royal College of Occupational therapist, 2020, p.7).

What qualifications do I need to become an occupational therapist?

Qualification required	Qualification I have
Five GCSE's at A–C, including English, Maths and often Science.	GCSE B, A Maths and Science
Consider A-level, BTEC, HNC and Baccalaureate choices. (sometimes require a Science A-level). (Royal College of Occupational therapist, 2020, p.6).	- A- Level Science - Bachelor degree in Medicine. - I am going to have a degree in Health and Social Care.
❖ Look at the requirements of each university (patience, team-work skills and good writing and communication skills can be desirable qualities). (Royal College of Occupational therapist, 2020, p.7).	❖ Good communication skills (in add I speak 4 languages: English, French, Romanian, Russian). ❖ Interpersonal skills. ❖ The ability to organise and plan my workload. ❖ A flexible approach to work. ❖ Team - work skills.
Useful experiences - volunteering, community work or experiences abroad. Other criteria: work experience to learn more about the field with a practising occupational therapist or proof that you have met an occupational therapist. (Royal College of Occupational therapist, 2020, p.6-7).	- Huge experiences from abroad (worked in a hospital 10 years). 2,5 years as a dental nurse in an NHS dental practice in the UK.

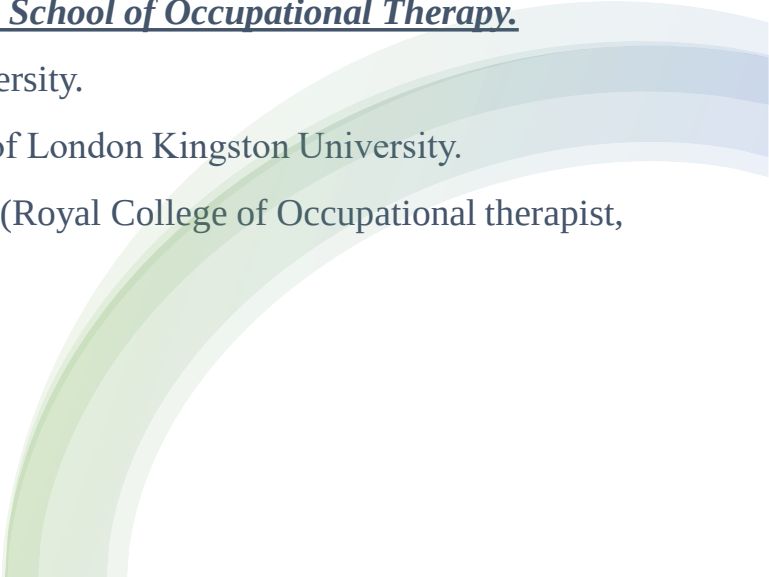


WHAT QUALIFICATIONS DO I NEED TO BECOME AN OCCUPATIONAL THERAPIST?

WHAT I HAVE TO DO:

- Full time BSc (Hons) degree programme: 3 years.
- **Post graduate programme (PgDip or MSc): 2 years.**
- Degree level apprenticeships: 4 years. (Royal College of Occupational therapist, 2020, p.7).

WHERE CAN I STUDY OCCUPATIONAL THERAPY?

- **London/Uxbridge Brunel University London School of Occupational Therapy.**
 - London/Southwark London South Bank University.
 - London/Wandsworth St George's University of London Kingston University.
 - London - London University of East London. (Royal College of Occupational therapist, 2020, p.9).
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SKILLS

Required skills	Skills I have
➤ Well developed oral and verbal communicational skills. ➤ Interpersonal skills. ➤ Compassion and empathy. ➤ Observation skills. ➤ Decision making skills. ➤ Assessment and report writing skills. ➤ Problem solving skills: • <i>Creativity (intuition).</i> • <i>Research skills.</i> • <i>Team working.</i> • <i>Emotional intelligence.</i> • <i>Risk management.</i> ➤ IT literate. ➤ Enthusiasm, sensitivity and patience.(Prospect : Job Profile - Occupational therapist).	❖ Good communication skills (additionally I speak 4 languages: English, French, Romanian, Russian). ❖ Interpersonal skills. ❖ The ability to organise and plan my workload. ❖ Attention to details. ❖ A flexible approach to work. ❖ Team - work skills. ❖ Enthusiastic and hard-working. ❖ IT literate.
	Skills I need
	☐ Decision making skills. ☐ Assessment and report writing skills. ☐ Problem solving skills : research skills, risk management skills.

SWOT analysis

STRENGTHS

- ❖ Medical degree from back home.
- ❖ 10 years in a hospital abroad.
- ❖ 2.5 years dental nurse UK.
- ❖ Responsible, organised and reliable.
- ❖ Good communicational skills and interpersonal skills.
- ❖ Team – working skills.
- ❖ Speak 4 languages and love to communicate with people with different background.

WEAKNESSES

- ❖ Decision making skills.
- ❖ Problem solving skills : research skills, risk management skills.
- ❖ Assessment and report writing skills.
- ❖ Insufficient self-confidence.
- ❖ Lack of confidence when talking in front of people.

OPPORTUNITIES

- Degree.
- Do a voluntary job in a hospital.
- Radiography course.
- Work in a hospital in my area.

THREATS

Full time BSc (Hons) degree programme: 3 years.

Personal development plan

Goals	How	When
Degree	Study at University.	2021 - 2024
Assessment and report writing skills	UWTSD Health and Social Care.	2020 -2021
Problem solving and decision-making skills : - research skills, - risk - management skills.	UWTSD Health and Social Care. ▪ Identify the problem – analyse - possible solutions – decide – implement – monitor- feedback. ▪ Research about a problem. ▪ Ask for help from more experienced. ▪ Recognise my emotions and emotions of others. ▪ The risk needs to be weighted up. (Skills you need).	2020 -2021. As and when.
Lack of confidence when talking in front of people.	▪ Power Point presentations as part of my assessments. ▪ Build - up confidence, positive attitude and motivation.	2020 -2021 Daily.
Insufficient self-confidence.	▪ Concentrate on doing my job well. ▪ Treat any feedback I receive as a valuable clue about. ▪ How to improve and prepare for the next time when I make a mistake. ▪ Having errors and learning from them is perfect. ▪ Try to write down one thing each morning that I am excited about. (My Word Of Work).	Daily.



Conclusion

Skills can be developed:

- At school, college or university.
- Via extracurricular events: clubs, teams you are part of.

We can also grow them with :

- work experience,
- volunteering internships.

Our parents or friends can also teach them at home.(My Word Of Work).

We need to have or build the knowledge and skills required for our job choices.

- **A good attitude is crucial**- you are willing to put effort into your workplace a positive presence.
- Add real value to the company if you will appear engaged, enthusiastic and optimistic every day .
(My Word Of Work).

References

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5. <https://www.rcot.co.uk/>. Royal College of Occupational therapist. *Occupational therapy career handbook*, 2020, p.1-17.
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