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Table of contents

1.Introduction	1
2.PCD Reflection	1
3.Recruitment and Reflection.....	1
4.Conclusion.....	1
5.References	1

1.Introduction

This report aims to achieve the personal reflection on the role play and career development planning and needs to prove a point on the skills and knowledge that take part when working effectively, in this part different point of views are required such as establishing the employment goals and evolve the personal action plan. Towards the end, the personal interview is going to be analysed and set into different perspectives, so the conclusion of this matter is being ordinated regularly.

2.PCD Reflection

Personal development is a lifetime process that involves assessing one's current skills and talents and improving oneself based on that assessment, leading to the achievement of goals and a higher quality of life. To be able to evaluate yourself, you must be able to reflect on your past, which will help you

understand your attitudes and the foundation upon which you will build your life. You must also think on your current situation to see if there is potential for change, as well as your future to ensure that your goals are met.

Occasionally, completing a task takes longer than we planned. The end outcome, on the other hand, can be satisfying. At Sector-Wide Health, I've had the privilege of working with amazing, intelligent, and hardworking people for the past seven weeks. This internship gave me the opportunity to see what it's like to work in the health-care industry and to be a part of the workforce. I was able to reflect on my abilities, knowledge, and experience while interning at Sector Wide Health, allowing me to complete each duty to the best of my ability. This internship was my first genuine hands-on experience in the medical field. I was exposed to a fast-paced professional environment that demanded risky thinking and a lot of hard work. Thinking about all those things I was concerned about trying to convince myself that I should learn more about how to handle harsh situations when in need.

For instance, when we interact with others, we rely on rapport, which is a talent that we develop over time. Rapport is necessary for the continuation of a good relationship as well as the start of a new one. When we meet someone for the first time, we like to talk about things we have in common. We share information and make an effort to figure out what we have in common. We put each other to the test by discovering our commonalities, and we are better able to assess how similar our views and values are to theirs, and we quickly develop a first impression. (Holz, 2015).

A CDP is extremely useful because it allows you to: create, implement, and evaluate your strategy.

- Be more proactive in seeking and making the most of development opportunities available within and beyond your organization
- Equip you with more advanced skills, knowledge, and techniques to conduct excellent research .

It's crucial to remember that the process of career planning never stops. As you redefine yourself and your goals during your career, you may need to go back to the beginning or any phase. You may, for example, decide to change careers or must find out how to explore greater opportunities in your existing one.

According to Hargie (1999), when we speak with someone, we are also listening for a response at the same time. We assess when we listen so that we can plan our reaction. We have a tendency to procrastinate before the other person has finished speaking, and as a result, we may not be listening attentively to the next person.

Active listening is defined by Hartley (1999) as "inspiring the person to speak while demonstrating that you are giving them your entire attention." This is while you're paying attention to and absorbing the information, they're giving you (Hartley, 1999, p. 59).

Empathy and Empathic Listening, according to DeVito (2014), is the ability to try to feel what the other person is feeling and to see the issue through his or her eyes. Consider how the other person punctuated the circumstance and how it differs from your own punctuation (DeVito, 1992, p. 101).

We live in a technological age where people can be reached via video conference and the entire globe is at our fingertips. Everything from communication to our attention span has been altered by smartphones, tablets, and even Google eyewear. Despite the fact that modern Western society has made incredible advances in transportation, energy, communication, agriculture, and medicine, we have taken many of these accomplishments for granted. There is no doubt that we must progress as a culture, but we must not forget where we came from in our endeavours. Personal challenges and social problems appear to be increasingly widespread, according to psychologists, despite our technological advancement.

People become so engrossed in accomplishing their objectives that they forget that there is a significant amount of effort and dedication that is luck. By embracing change, meeting the right people at the right time, and seizing good opportunities, success is always a matter of luck. People often like to talk about the importance of embracing change of luck in achieving achievement. People that accept change and try new things in their lives are always blessed with good fortune. People must always have the confidence to try new things and accept change in order to bring luck into their lives.

Setting goals is a sensible way to achieve what people desire in their lives. Goals give us a plan and a desire, and they motivate us to achieve them. Goals are significant because they demonstrate to others that nothing is truly impossible, and that if you want to achieve a particular goal, you should go for

it. Goals motivate people to achieve goals they previously believed were impossible to achieve. It was simple to figure out what I wanted to do. The difficult thing is actually achieving them. Setting a goal and actually attempting to achieve it takes a lot of effort. I've devised a strategy for achieving my objectives. It's not easy to achieve goals; it's a process of trial and error.

The term "career management" refers to a company's professional staff behaviour guidelines for its personnel. Career management is concerned with increasing the efficiency of employees' careers in order to ensure the organization's long-term success. Career management, which includes plans, instructions, and control for employee professions, necessitates the appropriate organic integration of organisational views personal growth (Gerald, 2009).

After analysing the role play I will briefly dive into my career that will follow in the near future:

Short termly I would like to become a nurse in my local area. Hospital nurses provide direct care and bedside nursing to patients in hospitals, as well as consulting with physicians and other members of the health care team to develop an appropriate treatment plan. In order to achieve this, I would take extra training and day to day supervision by experts so that I can thrive in no time.

In the future I would prefer a more remarkable job such as a psychotherapist as I have a lot of interest in mental health issues and people who suffer from different kind of mental disorders.

A mental health counsellor is a practitioner who assists people who are experiencing psychological distress using a variety of psychotherapy approaches and techniques. In the United States, almost one out of every four persons is suffering from mental illness at any given moment, and studies show that over half of all adults will have at least one mental disorder during their lifetime. 1 The high frequency of mental health concerns emphasises the requirement for competent experts to diagnose, treat, and prevent mental health problems.

3. Recruitment and Selection Appentix

In class we have attempted an one to one interview and the following questions and answers were made:

Q: Lets start by asking ,what can you tell me about yourself

A: First of all, my name is Alexandra Grigaciu, I am nineteen years old, and I am currently working as an office administrator in the education sector, although in the future I am planning to change my work in something I am more interested in such as orientating myself in the health and social care sector.

Q: Why did you choose to apply to work withus?

A: To begin with, your company have exhibited some very interested articles with the description of the workplaces you offer and one of them was for nurses with no experience queries so that information triggered me even more as I do not have experience in the field yet and I would like to start working as a nurse and eventually in the future take care of the people with mental awareness as well.

Q: What are your short-term objectives inside of the company?

A: My short-term objectives are to start working as soon as possible at your copany and in the meantime practice my abilities as an assistant so I can become an experienced and skilled nurse in the future in order to meet all my expectations to become successful at my work.

Q: What are your long-term objectives inside of the company?

A: At first, my long-term objectives are to become a qualified psychotherapist that will meet all the standards and overcome every difficulty comes on the way and be capable to get rid of the pain that suffocates most people especially nowadays living in such stressful situations.

Q: What do you think are your strengths and weaknesses?

A: I will begin talking about my strengths, my unique and most remarkable advantage I think is my positiveness that is always transferrable to the others around me, and I think that's a pro, also my communication skills and my compassion and empathy for others that made want to end up starting this kind of job, on the other hand the least thing I can say is weakness of mine, is my time management where sometimes I must push myself a bit more

because of my working schedule and my everyday routine combining studies, work and personal life might be quite tricky from time to time.

Q: What are your expectations from this job?

A: I am highly indulged to try out and see how this field will suit me and my personality I think I will be very pleased to see results very soon and to learn from my mistakes if any though continuing trying and making everyone happy with my services. Also, from my previous experiences at workplaces where not all things have gone perfectly, I would like to receive the respect and treatment I deserve so that everyone is treated fairly and equally.

Thank you for your time, to sum up I would like to know what is your company biggest advantage?

4.Conclusion

When you are certain of what you want in life and have a strong sense of purpose, you are usually unaffected by disappointments or setbacks. Your power stems from your understanding of yourself and what you want to do in order to attain your goals. But keep in mind that what you've done so far is merely the beginning, and it could be just the beginning of a long road to success. So, in the future, periodic self-assessments and review conferences with a helpful person will help you retain and achieve the personal effectiveness and career advancement you desire. After doing additional research into this profession, I am even more persuaded that this is the work for me. I believe I am prepared and willing to devote the time and effort required to achieve this goal.

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