



ACADEMIC AND EMPLOYABILITY SKILLS. BMSW4001 2020/2021.

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INTRODUCTION: MENTAL HEALTH NURSING

- Mental health is defined in so many ways, but I will prefer to use this definition as ' an adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness. In this work, I will show how I am preparing in becoming a mental health nurse. As a mental health nurse, your primary duties to the clients/service users are to Assess and Support a person's recovery.
- Administrations of Medications
- Helping them to live independent life.
- Assisting with physical care in some circumstances.



Skills required for employment

- Resilience – capacity to recover quickly from difficulties/toughness.
- Listening
- Verbal and Writing communication
- Problem solving.
- Empathising. (understand and share the feelings of others)
- Social conscience. (A sense of responsibility or concern)
- Developing a plan.
- Making decisions.
- Taking responsibility.

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Specific/must
have skills.

- Assess each person and their situation
 - Listen to them sympathetically and non-judgementally
 - Support your patient and encourage them to follow treatment plans
 - Encourage them to take part in role play, art, drama and discussion as therapies
 - Provide physical care, if a person is too old or ill to look after themselves
 - Give medication
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STRENGTHS • Management skills. • Ability to improve. • Experiences and training • Taking responsibilities • Decision making. • Developing a plan. • Working as a team.	WEAKNESS (Area of opportunities for growth) • Disorganised. • Speaking Infront of groups. • Poor listener. • Little or no relevant work experience on mental health nursing. • Poor at dealing with conflicts.
OPPORTUNITIES • Able to attend open-university and finish BA degree. • Can take a speech class or a program to upgrade myself. • Have been offered bursary which will enable me to attain my highs In mental health nursing.	THREATS • Other candidates have university degree, whereas I have a certificate. • Some applicants can speak fluent English whilst I sometimes struggle. • Higher levels of stress.

My skills

- Problem solving.
- Making decisions
- Taking responsibility
- Writing and verbal communication.
- Compassionate, sensible and emotionally strong.



PERSONAL DEVELOPMENT PLAN

What do I need to achieve?	What do I have to do?	Whose help and support will I need?	Obstacles to cross	When would I complete my progress?
I would like to achieve a career in mental health nursing.	- Study In higher level in health and social care. - Save money	- Help from the government for funding. - Bank - Friends	- Pressure from work. - Loosing focus. - Too much bills. - Sickness	Within 3-4 years of higher education from now.



Conclusion

- Mental illness is every where and even on the increase.
- Healthy person can become mentally ill due to addiction, stress, and even accidents
- One in four people will develop one mental or behavior disorders sometimes due to age.
- Stigma of mental illness.
- Consequently people with depressive disorders remain under detected and this is raising awareness and skills of providers and people in the community about depressive symptoms and that they are treatable and also managed effectively.

References.

- Menninger (1974).
- Kathleen, mental Health and illness Continuum 5th ed.

