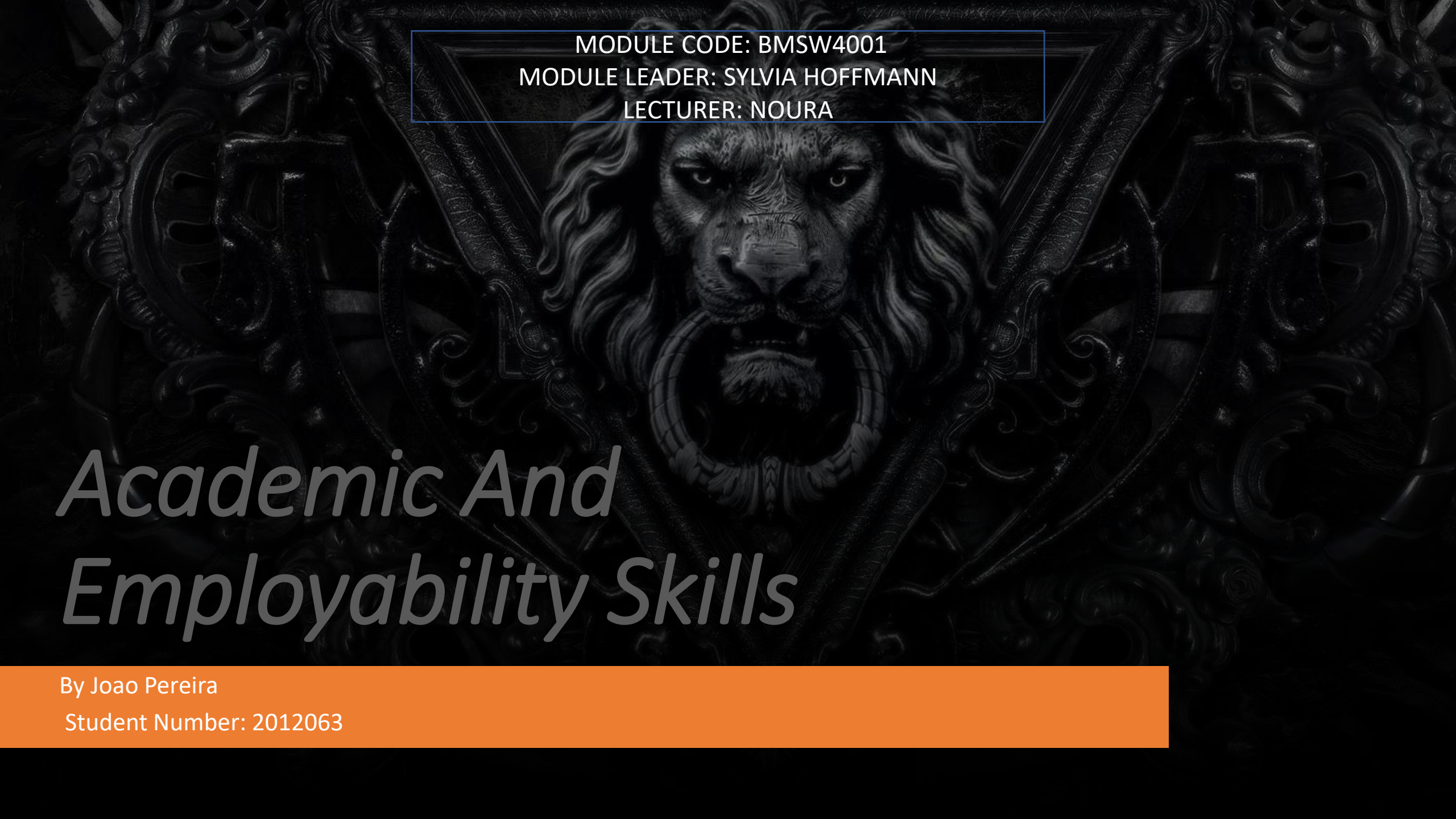




MODULE CODE: BMSW4001
MODULE LEADER: SYLVIA HOFFMANN
LECTURER: NOURA

Academic And Employability Skills

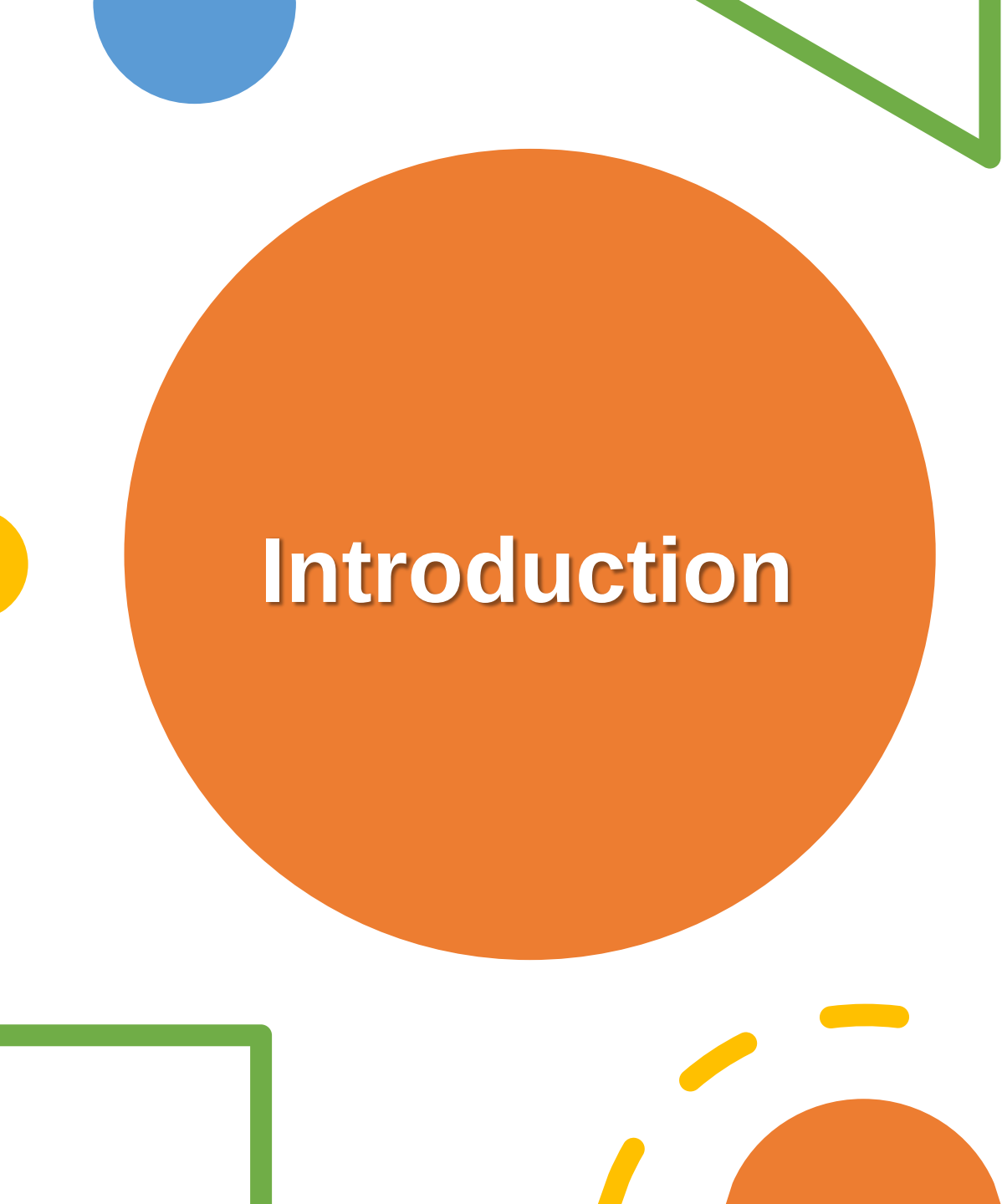
By Joao Pereira

Student Number: 2012063

Presentation context

- Introduction
- SWOT Analysis of my academic and employability skills
- Time management tools I use
- Gibbs Reflection cycle 1988 work example evaluation
- Physiotherapy – word of work research
- Conclusion





Introduction

- Hello I am Joao, nice to meet you all
 - I am from Portugal
 - I am Fluent in 4 languages
 - I am a student
 - I work
 - I am a dad
- 



Time management

Allocating time to study	• 20 hours each week for independent study outside of lectures • Time to research 10hours. • Weekly reviews update with tutor to keep up with progress. •
Effective listening	• Note take. • Observation • Recording lectures • Ask questions
Balanced wellbeing as well as mental wellbeing	• 7hours of sleep • 1 hour of music meditation • Seek for help and support if needed not living for the last minute

SWOT Analysis of my academic and employability skills

Strengths

- Good organisation
- Time managing and planning.
- Work/ focusing under pressure.
- Ability to work independently.
- Prioritise work/task.
- Transferable skills
- Work in group
- Positive attitude to help others.
- Social networking

Weaknesses

- Limited technical knowledge
- Time taking to adapt to learning.
- Inpatient to get feedback.
- Public spiking
- Lack of technical words
- Lack of anatomy understanding on correct state.

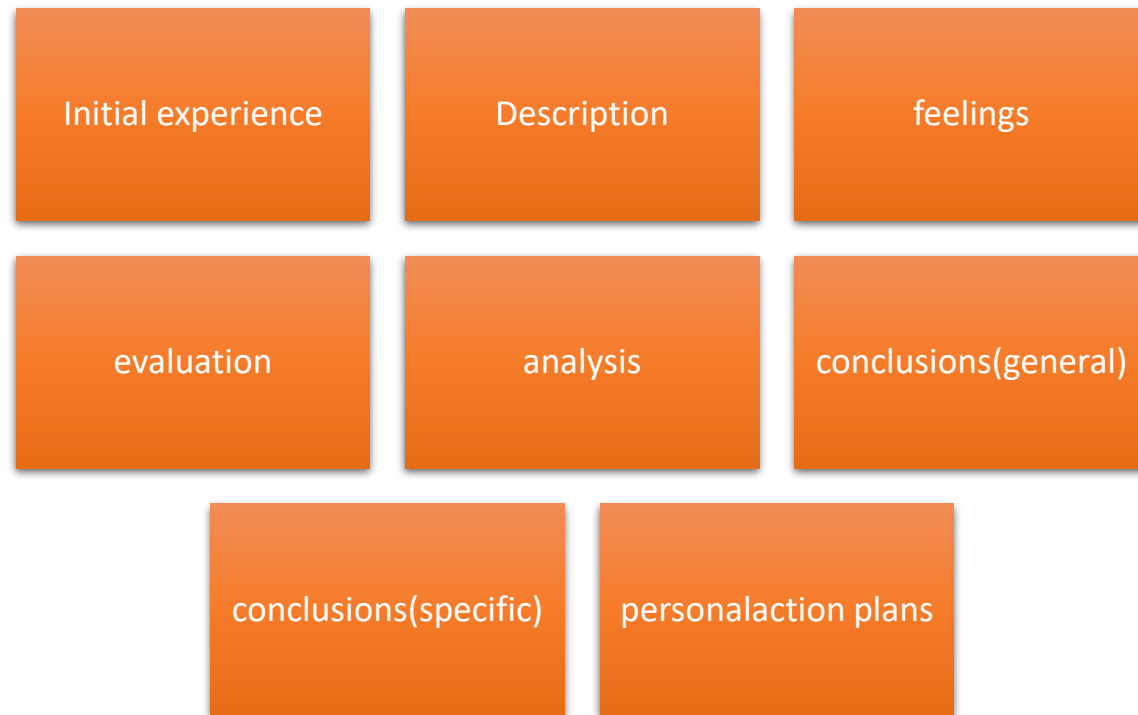
Treats

- Losing opportunities
- Lack of information
- Over thinking situations
- Time consuming in commuting.
- Lost my motivation buy distractions.

Opportunities

- Opportunity on getting university degree.
- Develop confidence.
- Develop career as physiotherapist.
- Optimist about opening my physiotherapy centre.

Gibbs Reflective cycle model 1988



A white computer keyboard is positioned in the upper right corner of the frame. A black stethoscope is draped across the center and right side of the image, with its chest piece resting near the word 'Physiotherapy'. The background is a plain, light-colored surface.

Physiotherapy

According to most medical websites and dictionary, “Physiotherapy is a science-based profession and takes approach to health and wellbeing, which includes the patient's general lifestyle. Helping restore movement and function when someone is affected by injury, illness or disability, education and advice.”

Physiotherapy sector

- Paediatric physiotherapy
- The reason I believe this is the best option for me is based on my world of work research and that I am a dad. I will feel comfortable to provide a professional support as well as engage with patients.



Reference

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- Academic and employability skills identifying skills(University of Wales trinity saint David)

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