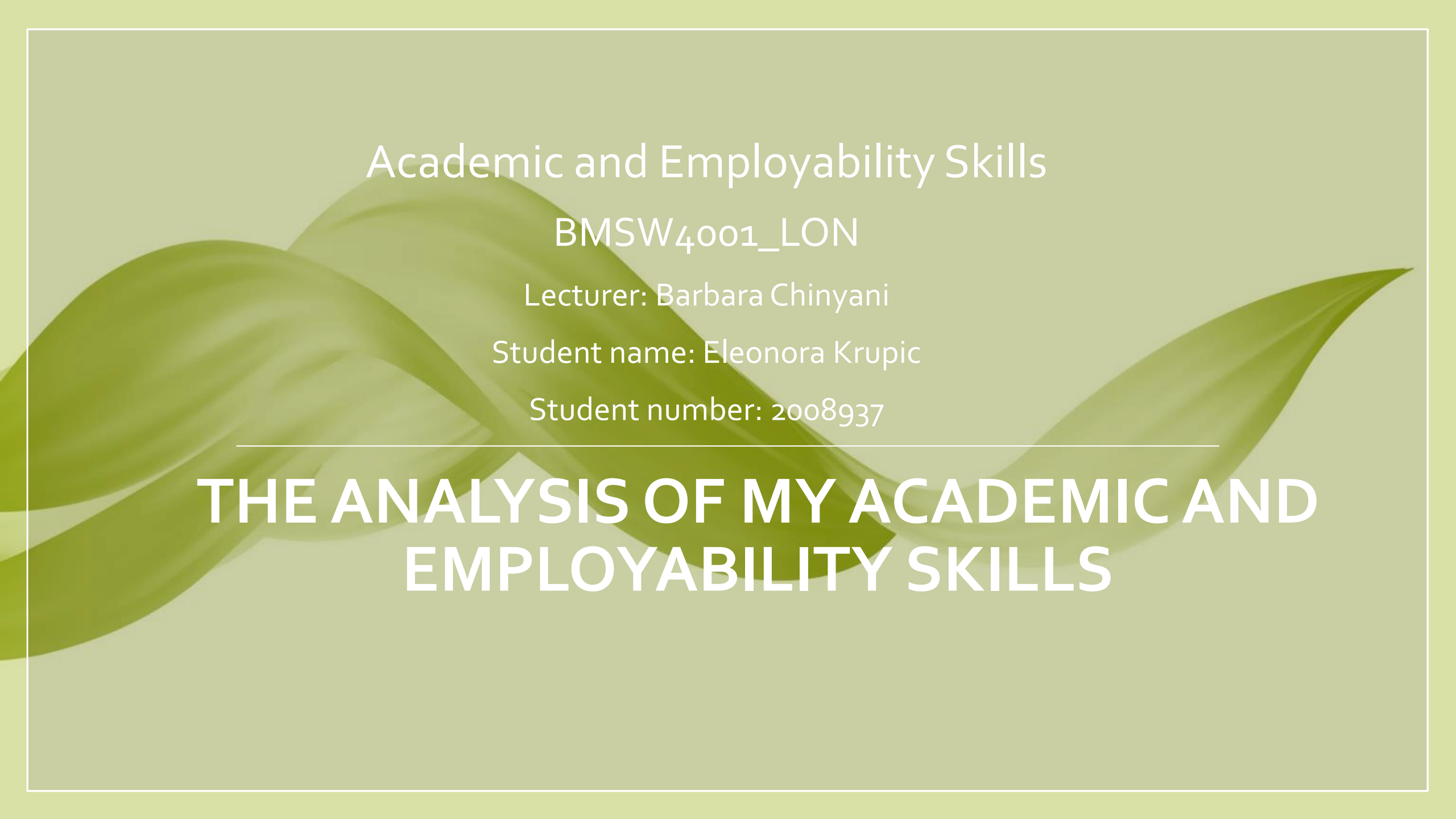




Academic and Employability Skills

BMSW4001_LON

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Student name: Eleonora Krupic

Student number: 2008937

THE ANALYSIS OF MY ACADEMIC AND EMPLOYABILITY SKILLS

Content

My academic skills

Current employability skills

SWOT analysis

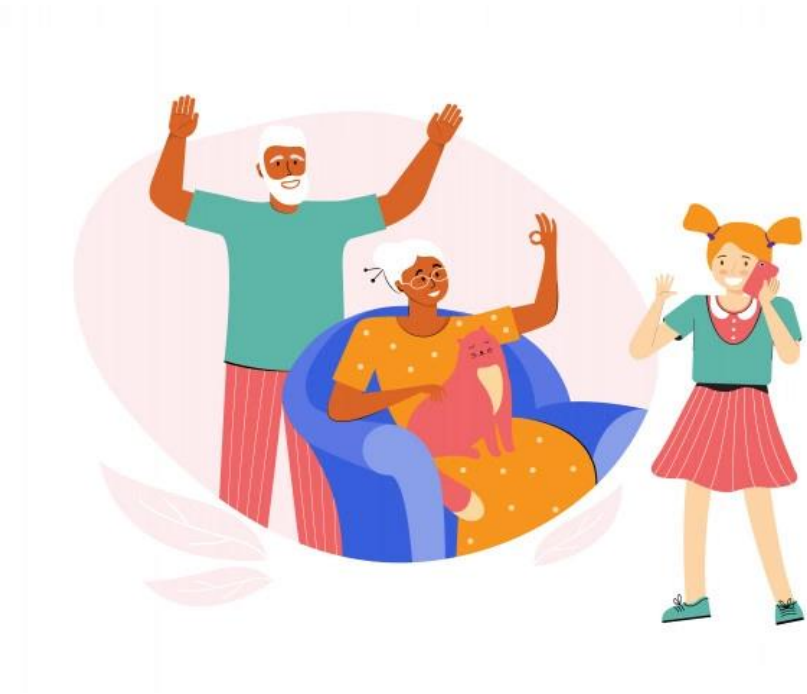
PDP analysis

What skills are required

Further education

What academic skills do I already have and will use them in my intended career?

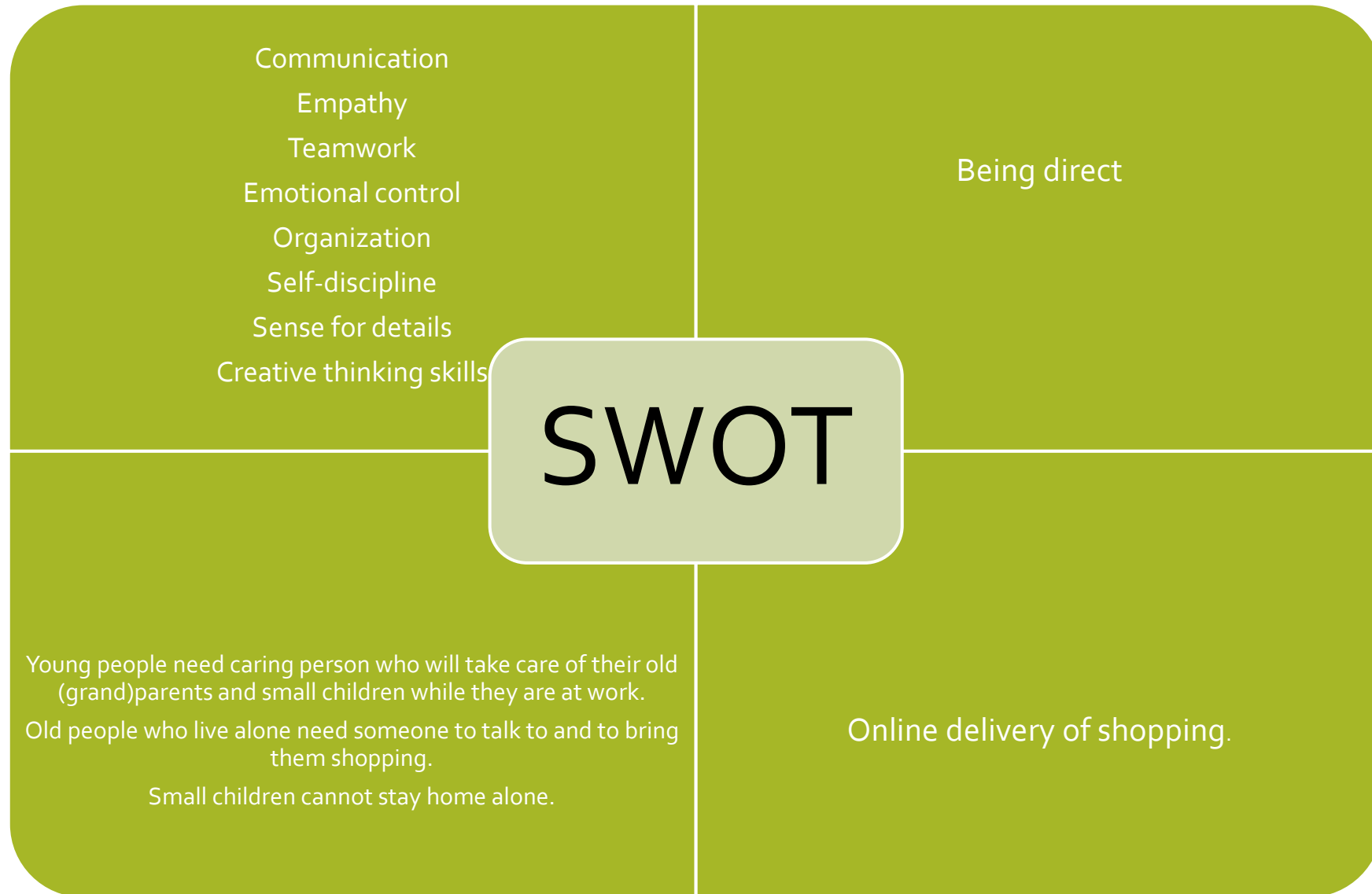
- Independent learning - Active learner
- Research – To increase available knowledge
- Conversation skills - Understand information
- Time management - Organization
- Creativity - New ideas into reality
- Conversation - Connecting with people
- Taking notes - Helps me to focus
- Attention and listening - Focusing



Picture available from: https://www.freepik.com/premium-vector/teenage-girl-is-talking-phone-with-her-grandparents-old-people-communicate-with-their-granddaughter-elderly-couple-spend-time-home-telephone-conversation-social-distance-communication_8520587.htm

What employability skills do I already have and will use them in my intended career?

- **Home skills** - Manage daily household needs
- **Communication skills** - Naturally relate to others, good building relationships with people
- **Motivation** – Motivate and support people for new idea
- **Leadership** - Guide people in new decisions
- **Teamwork** - Collaborate with more people
- **Patience** - Patience for myself and others
- **Emotional control** - Deal with feelings



PDP

Competences

Teamwork,
communication
skills

Limitation

Lower competitiveness

Interests and abilities

Basketball, travelling,
walks, modelling

Education

Architect technical
project drawing
and modelling

Past employment

Auto-cad operation

Short-term goals

To successfully
finish the first
semester of
academical year

To improve
Microsoft Office
skills

Mid-term goals

To gain knowledge
and certificate from
college

Visiting leisure
centre to do yoga

Long-term goals

To find a job
applying new skills
as a carer

Travelling to the
sea side – any
country with warm
weather

Skills required

Problem solving

Action plan Keep applying creative thinking, new module next semester about problem solving

What skills are required

A carer needs to possess certain fundamental skills. Here are some carer must-have skills:

- Communication
- Interpersonal skills
- Patience
- Organisational skills
- Problem solving
- Teamworker
- Customer service

By our example, can-do attitude and sharing knowledge, we can contribute to communities as we can help others (parent carers) to gain confidence.

Vicky has been a parent carer for her son Paul, who has cerebral palsy, for 31 years and for her 24-year-old son Daniel, who has severe ADHD with related social, emotional and behavioural problems.

I got in touch with my local carers centre 10 years ago to ask for a room to start a support group and the staff really helped. The SAFE support group is still going strong today. Being involved with the carers centre helped me to recognise and value myself as a carer. They helped me to see the important role I play in society; they gave me confidence to not only be my son's carer, but to be a person in my own right.

In the 10 years I have been involved with the centre, I have been a service user, a volunteer and facilitator of the parent/carers support group, a Trustee & Vice Chair on the Management Committee.

How much physical activity should children and young people aged 5 to 18 do to keep healthy?

Children and young people need to do 2 types of physical activity each week:

- aerobic exercise
- exercises to strengthen their muscles and bones

Children and young people aged 5 to 18 should:

- aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer

Basketball career helped me to develop sport skills which I can apply for my future career as I know how to stretch properly, what exercises are healthy,...

NHS Search

Health A-Z Live Well Care and support Health news Services near you

Coronavirus (COVID-19)
[Get the latest advice about coronavirus](#)

[Home](#) > [Live Well](#)

Exercise

[How much exercise?](#) + [Couch to 5K](#) + [Exercise tips](#) + [Fitness guides](#) +

Physical activity guidelines for adults aged 19 to 64

Adults should do some type of physical activity every day. Any type of activity is good for you. The more you do the better.

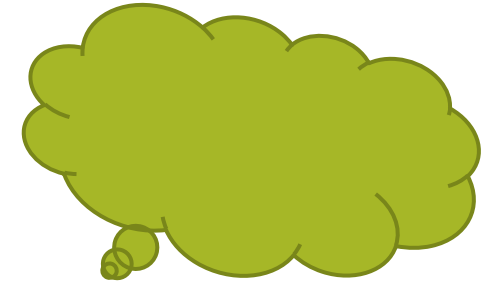
Adults should:

- aim to be physically active every day. Any activity is better than none, and more is better still

NHS. 2019. *Physical Activity Guidelines For Children And Young People*. [online] Available at: <<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>> [Accessed 29 November 2020].

NHS. 2019. *Exercise*. [online] Available at: <<https://www.nhs.uk/live-well/exercise/>> [Accessed 29 November 2020].

My further education – getting to know more



- **Problem solving** – defining problems, discipline of thinking, ways of possible solutions, analysis of a choice of action
- **Being open** - Openness of mind has led me to new opportunities to get to know myself and apply knowledge
- **Keeping with creative thinking skill** – in order to keep with development

Thank you for your attention.
Eleonora Krupic 2008937