

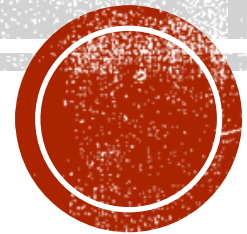
ACADEMIC AND EMPLOYABILITY SKILLS

Scarleth Salome Vera Zambrano

2010790

BMSW4001

Joanna Walsh



CHILDREN'S NURSE



You'll need to be intuitive and be able to reassure distressed children, their family or carers. Verbal and non-verbal communication skills are important as well as the ability to play sensitively with a child. It's likely that you'll need to advise or teach the child's parents/carers what they'll need to do to treat the child at home. Respect, sensitivity and empathy are also important characteristics for a child nurse.

A good nurse is also highly observant, able to assess patients and take responsibility for determining the best course of action. On a daily basis you'll need to use a broad range of skills, including:

- listening and communication
- problem solving
- good judgement
- offering advice



WHAT SKILLS I HAVE?



HOW I REALIZE I HAVE THIS SKILLS?

	HELPFUL	HARMFUL
INTERNAL	S STRENGTHS	W WEAKNESSES
EXTERNAL	O OPPORTUNITIES	T THREATS

STRENGTHS

1. What do I do exceptionally well?
 2. What advantages do I have?
 3. What valuable assets and resources do I have?
 4. What other people identify as my strengths?
1. I know to put myself in the place of others
 2. I have facilities that can help me to achieve my target
 3. Inner power → makes me push myself
 4. Empathy, ambitious, tenacious

WEAKNESSES

1. What could I do better?
 2. What am I criticized or receive complaints about?
 3. Where am I vulnerable?
1. I could organize better myself
 2. I find it hard to admit my mistakes
 3. I lose focus easily. Vulnerable in decision making and self-confidence.

OPPORTUNITIES

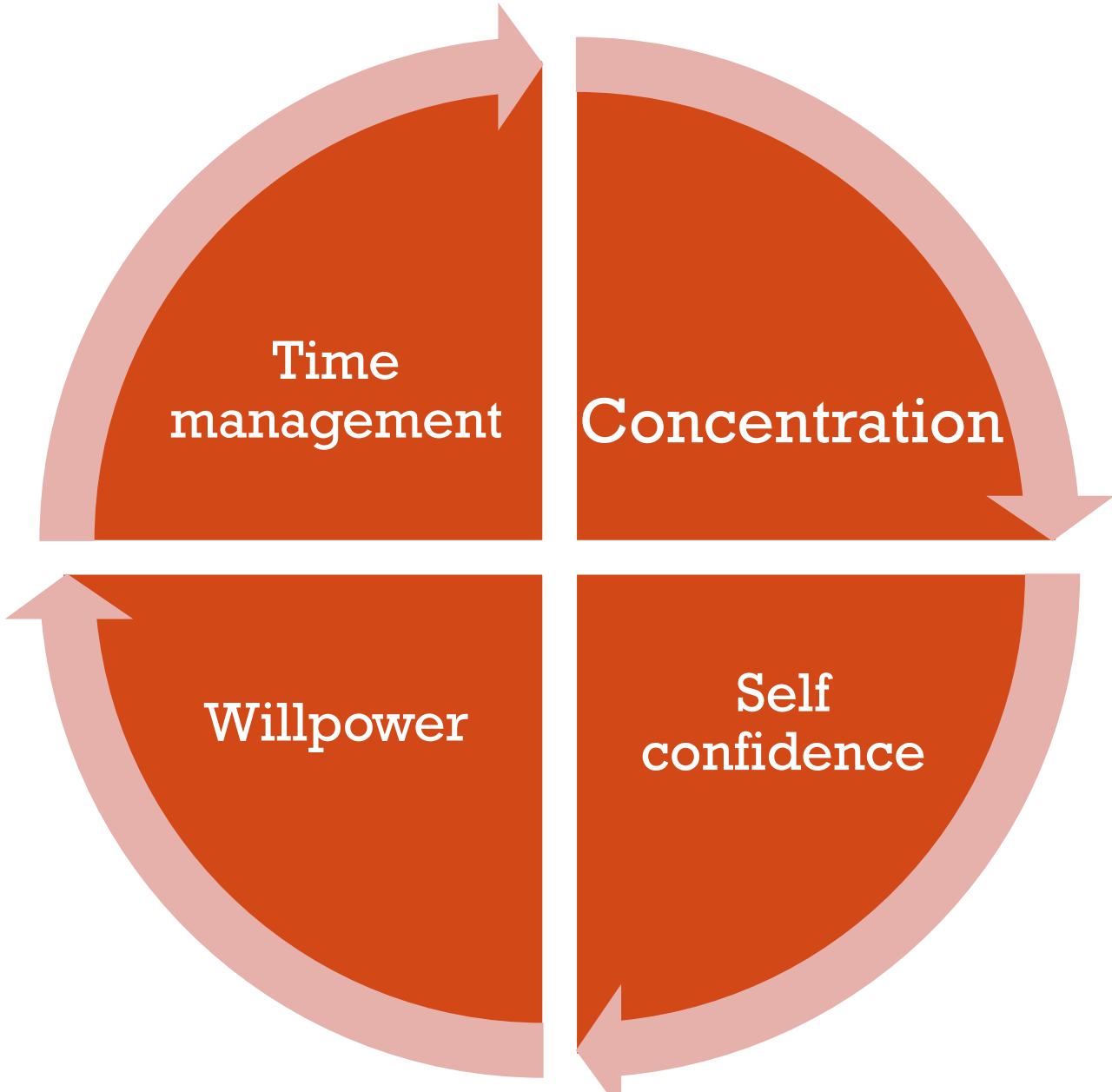
1. What opportunities do I know but have not addressed?
 2. Are there sources from where I can get advantage?
- * OPPORTUNITIES TO MAKE ME GROW OR MAKE MY CAREER GROW *
- Volunteering in kings college hospital → will help me a little bit to understand what is to work in a hospital environment.

THREATS

- How TO RESPOND TO THREATS TO MY CAREER
1. Are my weaknesses likely to make me vulnerable?
 2. What external factors can block my progress?
1. sometimes my bad organization and lack of concentration can delay me a lot
 2. External factors:
 - lack of training → job
 - lack of information → study



WHAT SKILLS I NEED TO IMPROVE?



HOW AM I IMPROVING THEM?

Schedule: free times

Setting up achievable short-term goals

Rewarding myself



Goals

WEEK MONTH 1 YEAR 5 YEARS ...

- Complete at least 50% of my timetables
- Go to work everyday
- Work out
- Get uni work ahead
- Eat healthier
- Complete at least 75% of my timetables
- Go to work everyday
- Work out
- Finish modules term 1
- Eat healthier
- Lose 2 kg
- Volunteer in a hospital
- Be more organized
- Improve my self confidence
- Finish Cert HE Health & Social Care.
- Work out
- Eat Healthier
- Lose 7 kg
- Driving license
- Being a children's nurse
- Own a car
- Have a stable economy and salary
- Mature relationship with my boyfriend
- Have a dog

WEEK 1: 22 Feb - 28 Feb

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	Work		Work	Work	Work		
8:00	Work	CLASS	Work	Work	Work		
9:00	Work	CLASS	Work	Work	Work		
10:00	Work	CLASS	Work	Work	Work		
11:00	Free time	CLASS	Free time	Free time	Free time		
12:00	Work out	CLASS	Free time	Free time	Free time		
13:00	Free time	CLASS	Work out	Work out	Free time		
14:00	STUDY	Free time	Free time	Work out	CLASS		
15:00	STUDY	Work	Cooking	Free time	CLASS		
16:00	Cooking	Work	Cooking	Free time	CLASS		
17:00	Cooking	Work	STUDY	Free time	CLASS		
18:00	Free time	Free time	STUDY	Cooking	CLASS		
19:00	STUDY	Free time	Free time	Cooking	Free time		
20:00	STUDY	Cooking	Dinner	Dinner	Free time		
21:00	Dinner	Dinner	Free time	Free time	Free time		
22:00	SLEEP	SLEEP	SLEEP	SLEEP			

GOALS

- BEGINNING OF THE WEEK:
- GO EVERYDAY TO WORK
 - GO EVERYDAY TO CLASS
 - WORK OUT AT LEAST 2 DAYS
 - EAT HEALTHIER
 - TIME FOR ME & BOYFRIEND ♥
- END OF WEEK:
- WORK OUT AT LEAST 2 DAYS
 - EAT HEALTHIER
 - TIME FOR ME & BOYFRIEND ♥

WEEK 2: 4 March - 7 March

GOALS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	Work		Work	Work	Work		
8:00	Work	CLASS	Work	Work	Work		
9:00	Work	CLASS	Work	Work	Work		
10:00	Work	CLASS	Work	Work	Work		
11:00	Work	CLASS	Free time	Free time	Free time	STUDY	STUDY
12:00	Work	CLASS	Free time	Free time	Free time	STUDY	STUDY
13:00	Free time	CLASS	Work out	Work out	CLASS	Work out	Work out
14:00	Free time	Free time	Work out	Work out	CLASS		
15:00	Free time	Work	Free time	Free time	CLASS		
16:00	Work out	Work	Free time	Free time	CLASS		
17:00	Work out	Work	STUDY	STUDY	CLASS		
18:00	Free time	Free time	STUDY	STUDY	Free time		
19:00	Cooking	Free time	Cooking	Cooking	Free time		
20:00	Cooking	Cooking	Cooking	Cooking	Free time		
21:00	Dinner	Dinner	Dinner	Dinner	Free time		
22:00	SLEEP	SLEEP	SLEEP	SLEEP			

- BEGINNING OF THE WEEK:
- GO EVERYDAY TO WORK
 - GO EVERYDAY TO CLASS
 - WORK OUT AT LEAST 3 DAYS
 - EAT HEALTHIER
 - TIME FOR ME & BOYFRIEND ♥
- END OF WEEK:
- GO WORK EVERYDAY
 - GO TO CLASS EVERYDAY
 - WORK OUT 4 days
 - EAT HEALTHIER
 - TIME FOR ME & BOYFRIEND ♥

WEEK 3: 8 March - 14 March

GOALS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	Work		Work	Work	Work		
8:00	Work		Work	Work	Work		
9:00	Work	CLASS	Work	Work	Work		
10:00	Work	CLASS	Work	Work	Free time		
11:00	Work	CLASS	Free time	Free time	Work out		
12:00	Work	CLASS	Work out	Work out	Work out		
13:00	Free time	CLASS	Work out	Work out	Free time		
14:00	Free time	Free time	Work	Work	CLASS		
15:00	Work out	Work	Work	Work	CLASS		
16:00	Work out	Work	Work	Work	CLASS		STUDY
17:00	Free time	Work	Work	Work	CLASS	Work out	STUDY
18:00	Cooking	Work	Work	Work	Free time	Work out	STUDY
19:00	Cooking	Free time	Free time	Free time	Free time	STUDY	STUDY
20:00	Dinner	Free time	Cooking	Cooking	Free time	Free time	Work out
21:00	Free time	Cooking	Dinner	Dinner	Free time		Work out
22:00	SLEEP	SLEEP	SLEEP	SLEEP			

- BEGINNING OF THE WEEK:
- GO WORK & CLASS EVERYDAY
 - WORK OUT AT LEAST 4 DAYS
 - EAT HEALTHIER
 - TIME FOR ME & BOYFRIEND ♥
- END OF WEEK:
- GO WORK & CLASS EVERYDAY
 - WORK OUT 5 DAYS
 - EAT HEALTHIER
 - TIME FOR ME & BOYFRIEND ♥

🟢 DONE 🟡 NOT DONE

OWN EXPERIENCE



QUESTIONS



2010790@student.uwtsd.ac.uk



REFERENCES:

- National Health Service, *Health careers*. Available at: <https://www.healthcareers.nhs.uk/explore-roles/nursing/roles-nursing/childrens-nurse/personal-characteristics-and-skills-required-child-nursing> (Accessed: 6 March 2021)
- Tutor care (2017) *Personal skills – what do health care professionals need?*. Available at: <http://www.tutorcare.co.uk/traininghub/personal-skills-health-care-professionals> (Accessed 8 March 2021)
- SmartDraw (2019) *SWOT Analysis - What is SWOT? Definition, Examples and How to Do a SWOT Analysis* [video] Available at: <https://www.youtube.com/watch?v=JXXHqM6RzZQ&t=151s> (Accessed 8 March 2021)
- The University of Edinburgh (2020) *Gibbs' Reflective Cycle*. Available at: <https://www.ed.ac.uk/reflection/reflectors-toolkit/reflecting-on-experience/gibbs-reflective-cycle> (Accessed 11 March 2021)

TOOLS USED AND LEARNT AT CLASS:

- SWOT ANALYSIS
- TIME MANAGEMENT SCHEDULES
- GIBBS CYCLE
- REFERENCING

