

Sylwia Brylewicz

Student number: 2112267

Module code: : BMHP5015

Lecturer: Ogo Agunenyé

Assignment title: Assessment 1 Online Portfolio

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Dear Sir/Madame,

In response to the job offer posted on the indeed.com website, I would like to submit my candidacy for the position of Health and Social Care Lecturer assistant. I believe that thanks to the professional experience that I have from working as an English Tutor and my ongoing studies of Health and Social Care at University of Wales Trinity Saint David – currently completing level 5 I will be able to fulfil the duties entrusted to me.

I offer over 5 years of experience as a children's English tutor. Teaching and working with people have always interested me and over time it also turned into a profession. I have a passion for teaching, and I think this is the basis for effective teaching. A passionate educator will keep students motivated and inspired. For these reasons, I believe that I am a suitable candidate for the position of Health and Social Care Lecturer Assistant at your university.

What values and skills will I bring to your university? As a tutor, I always reliably fulfil my duties related to the educational and didactic role. Due to the fact that each student is different, I try to adapt the techniques individually to the age and knowledge of the students. This job requires from me great commitment and independence, as well as making important decisions. Through teaching materials, I try to enhance curiosity and encourage young people to continue their education. In my lessons, students often learn through creative ways, which translates into their interest in the topic I am discussing.

Empathy and patience are the qualities that, in my opinion, determine this profession. Responsibility and commitment are, in turn, the key to ensuring that young people are not discouraged from learning. Assertiveness and building authority give a sense of confidence when working with more difficult youth. Nurturing these qualities and values throughout my career to date has made me respected and liked by the students I teach.

What are my most important professional achievements? Most of my students have exceeded my expectations, they have gained confidence and knowledge. Recently, my biggest challenge was preparing 5 students for a language competition. A specially developed program resulted in 3 of them winning places in the top 5, which gave them additional points when recruiting for university.

The education system is constantly changing, which is why I am happy to participate in training. In my previous job, I worked in the admin department for a large GP surgery, during this time I completed a few additional courses, including Strive Training – Health and Social Care. I accomplished over 20 modules, including first aid, GDPR, safeguarding and CPR. My additional attributes are also great communication skills and openness. I take my duties very seriously, because I am a dedicated and hard-working person. I am also interested in my own development, which is why I am very eager to improve my qualifications by taking part in various courses and trainings.

I think that thanks to my knowledge and skills I will be able to meet all your expectations. You can be sure that I offer full commitment, as well as an interesting way of teaching. I am counting on the opportunity to meet in person during the recruitment interview to present you all the benefits that come from employing me as a Health and Social Care Lecturer Assistant at your university.

CV

CONTACT

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SKILLS

- Behaviour management
- Special education
- Student evaluations
- Homework marking
- Lesson designing
- Testing English comprehension
- Safeguarding policy knowledge
- Behaviour management
- Special education
- Student evaluations
- Homework marking
- Lesson designing
- Testing English comprehension
- Safeguarding policy knowledge

CERTIFICATIONS

- First Aid
- CPR
- Safeguarding

SUMMARY

As an experienced English tutor, I have a solid track record of success in helping students achieve their academic goals. My passion for teaching is evident in my commitment to providing positive and engaging learning experiences that inspire and motivate students. With excellent communication skills, I am able to quickly build productive relationships with students, earning their trust and respect. Additionally, I am skilled at adapting my teaching style and methods to suit the unique needs of each student, maximising their potential and supporting them in their academic journey. My creative approach to teaching ensures that students remain engaged and enthusiastic, while my exceptional organisational skills ensure that lessons are well-planned and executed to the highest standard. As a team player, I am committed to collaborating with colleagues to support student success, and my history of increasing test scores and student performance is a testament to my dedication and hard work.

EXPERIENCE

April 2016 - Current

Children's English Tutor *Self employed*, London, Greenford, Middx

- Construct and carry out lessons
- Develop resources and activities
- Give out homework and engaging exercise
- Identify children that require more attention and develop individualised programmes for them
- Test and grade
- Provide insightful criticism for student development
- Study and use more effective teaching techniques
- Plan educational English lessons such as book readings, grammar, spelling and language lessons.
- Help students build confidence within struggling topics by celebrating successes

and motivating students throughout lessons.

- Help teachers provide extra support to struggling or underachieving pupils through extracurricular activities in English.

January 2019 - December 2021

Receptionist in GP Surgery *GP Direct*, London, Harrow, Middx

- Called customers to provide test results, communicating compassionately and empathetically.
- Resolved new patient enquiries, offering advice on registrations and appointment booking processes.
- Received medical deliveries, ensuring safe storage in line with practice guidelines.
- Organised and stored hardcopy files.
- Greeted visitors and appropriately directed to designated areas.
- Protected patients' rights by maintaining confidentiality of medical, personal and financial information on Emis.
- Maintained accurate patient accounts by obtaining, recording and updating personal information.

EDUCATION

2022

Certificate of Higher Education Health and Social Care

University of Wales Trinity Saint David, London
Health and Social Care Level 4

BSC Health and Social Care

University of Wales Trinity Saint David, London
Level 5 in progress

Elevated Pitch

Hi everyone, I am very pleased to see so many of you here today. I am from the organisation Get moving, Start living. We run fitness classes all over London, with a wide range of fitness programmes, I'm sure you'll find something that suits you! Yes, I'm sure you have guessed it, I am here to talk about your journey to a better health, by keeping active. My passion for this cause comes from my interest in healthy living and wellness. I just need a few minutes of your time today to share my knowledge about the benefits of regular exercise.

Do you promise yourself that you will finally start moving, but you lack motivation? You're not alone, we promise ourselves that we will start moving more, that we will start running or join a gym. From tomorrow, from Monday, from the new year. Sometimes we even manage to start, but after a few trainings we usually lose motivation. Only a few manage to lead an active lifestyle permanently. The benefits of physical activity are countless, but it's not easy to stay motivated. That's why, I recommend joining Get Moving, Start Living, a fitness group to keep you motivated and active permanently. Our statistics show that over 75% of people who join, stay with us!

We are most often motivated by changing the appearance of the figure – we want to lose weight or build muscle mass. However, there are many other reasons to introduce regular activity into your life. The first reason that should motivate us to a more active lifestyle is, of course, health. Doctors agree on this – at least half an hour of movement each day is crucial for maintaining the fitness of the body and the proper functioning of the body. (www.medicalnewstoday.com, 2018) What other benefits can we count on?

Physical activity improves mood, it increases the production of the so-called happiness hormones – endorphins. They are formed in the pituitary gland. (NHS, 2021) They are responsible for the joy and wide smile that can be seen on the faces of athletes even after exhausting competitions or trainings. Thanks to regular exercise, you will also gain energy for other activities, not only for physical effort. People who exercise regularly are usually bursting with energy. (Gil-Beltrán et al., 2020) Staying active raises self-esteem.

The impact of sports on self-esteem is not only related to the improvement of the appearance of the figure. Thanks to it, faith in one's own abilities increases, mood and well-being improve, thus we look at ourselves with a more favourable eye. (Cleveland Clinic, 2020)

The obvious result of physical inactivity for the body is the appearance of extra pounds. However, did you know that this is not the only consequence? Movement or lack of it takes a toll on the health in many ways. Did you know lack of physical activity has clearly been shown to be a risk factor for many diseases, such as, cardiovascular disease, type two diabetes and high blood pressure. (John Hopkins Medicine, 2019) Lack of exercise is a confirmed risk factor for premature death. In fact, inactivity and a sedentary lifestyle cause more deaths worldwide than smoking cigarettes or diabetes. (Csatari, 2020) Physical activity can significantly reduce the risk of developing lifestyle related diseases and it can also help reduce anxiety and stress. (NHS, 2021) This is because, exercise is not only beneficial for your body, but also for your mental health and this can improve the quality of your life.

You already know why you should be physically active. Now just start moving. Do not wait for tomorrow, a new week or another year. Join our group exercise sessions and let's keep fit together. With over 12 different exercise programmes and 10 locations around London, I'm sure you'll find something that suits you. Here at Get Moving, Start Living there's all the help and guidance you need to succeed in the process. From online webinars, step-by-step plans, one-to-one check-ins with health professionals and your very own calorie counting tracker. You can also include your friends and family in the process, whether you want to keep active together or if you just need them along for moral support.

If you would like more information about our approach and services, be sure to look online at getmoving.co.uk. I've also given each of you a leaflet where you can find all the relevant information about everything, I've spoken about with you today. Thank you for listening.

References

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NHS (2021). Benefits of Exercise. [online] NHS. Available at: <https://www.nhs.uk/live-well/exercise/exercise-health-benefits/>

Cleveland Clinic (2020). 7 Benefits of Exercise (Other Than Weight Loss). [online] Health Essentials from Cleveland Clinic. Available at: <https://health.clevelandclinic.org/benefits-of-exercise-other-than-weight-loss/>.

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