

This essay will be based on the reflective theory of Gibbs and his sociological theory of the reflective circle. It will include six different steps or categories that will make up this theory, I will link this into the main topic of this essay which will be on the reflection of finding placement for this module.

This essay will also include how the current climate of the coronavirus has affected finding placement. It will also go into depth of the coronavirus and how it can be transmitted from person to person. This essay will discuss the options of placement and positives and negatives that influenced the module such as the University's policy and the restriction on certain placements. I will use the hierarchy of needs human motivation to reflect on what stages I am missing out upon.

Then at the end of this essay it will conclude. Which will include positive and negatives of missing out on placement and any improvements that could be made by myself or others.

The reflective circle theory was created by Graham Gibbs within nineteen eighty eight, the reflective circle give a solid foundation to reflect on one's own learning experience. This often gave a strong fixture to having an insight on your own experiences and to give the natural cycle in the fact that it allowed to learn and to plan in aspect of your own learning. The reflective circle has six prime stages in which make up this theory, they are to describe of the experience in aspect of your past experiences or learning then it is the feelings in which you will be required to give you thoughts about the experience in a first person viewpoint, the third is the evaluation of the experience what was good about it and then what was bad, the next stage is to analyse this is to make sense of the situation, the fifth is the conclusion it will involve and what you could have done differently about it

and the last stage of this theory is the action plan and its main principle of the last stage is to create a plan of how you will next deal with a similar situation that will come up in the future and what positive changes you might find appropriate to use the next time (Markkanen, Pihla, 2020).

The hierarchy of needs theory is a motivational theory that is used in a psychological context, it is made up of five different tiers that form a pyramid system. The tiers are made up of what everyone must have in their daily life to be a healthy human being. The levels that make up this theory are physiological, safety, love and belonging, esteem and then at the top of the pyramid which should be self-actualisation this is the most important places an integral individual could reach. It is stated in the hierarchy of needs theory that the basic lower levels must be met before a person can go on to the higher levels of the hierarchy of needs theory such as self-actualisation. The hierarchy of needs theory can be split into two different distinctive groups which are known as deficiency needs and the growth needs. The bottom four levels are often known as deficiency needs and then at the top of the pyramid will be known as the growth needs (Maslow, Town & Town, Stephen, 2013).

Employment

Leonard Cheshire was created on twenty second of May nineteen forty eight by a retired RAF pilot was known as Leonard Cheshire. The home is made up of people who have a mental or physical health care complication. From the care Leonard Cheshire provided twenty-four residents with care in nineteen forty-nine (Leonard Cheshire. No date).

During the time and in the most current circumstances the national health service is struggling with the overall list of people who need urgent care, from this Leonard Cheshire saw that disabled people were at the bottom of

the national health service. when it comes to the priorities of the National Health Service, disabled people were often left their own devices and to rely on others to help them get through everyday tasks.

Within nineteen fifty-five there were five care homes that were run by Leonard Cheshire within the United Kingdom and then the organisation opened projects overseas in places such as India and Mumbai. In the nineteen seventy's Leonard Cheshire open over fifty services within the United Kingdom and five in India they are also active in twenty-one other countries across the globe (Leonard Cheshire. No date)

Leonard Cheshire are aiming for disabled people to be respected, have value and to be safe. Each individual has to choose where they live and how they live in their life, and for them to take part in a society and within activities. I also want disabled people to achieve and to improve on their learning outcomes and fulfil the aspirations to become employed and have full financial control over themselves but the main one is for them to improve and have better health. Their actions are to support disabled people for their claim to have high quality care and have equality when it comes to the workforce. They will work with families and within the community, they also will show and overcome the barriers faced by the disabled community (Leonard Cheshire. No date).

I'm currently working as a support worker for the charity organisation known as Leonard Cheshire, during the most current circumstances of the coronavirus it has affected the way that I prioritise my workload. In such areas as undertaking more responsibility for the residents of the home, because the coronavirus has had a high death rate within the United Kingdom.

Due to the residents that I work with and the fact that most care homes are understaffed I undertook more shifts such as nights and long days. This was a positive and negative outcome to this because on one hand I felt guilty before leaving work and taking my required breaks. I would always be worried about the residents that I work with and my co-workers. However, on the other hand there was only so much hours I could work before making myself ill and I did not want that.

My current employment as a support worker involves me assisting residents within their day to day life such as doing personal care, which will include showering or bathing a resident. There are also other tasks that take up my job role such as helping residents with applying flushes in which is a 60-mil syringe that I will apply H₂O into the syringe and give their peg. This is an easy task but will include health complications if it is done wrong. The complications could include defects to their inside organs if the syringe is pushed in too hard or if it has not been connected or disconnected properly. There's is also repositioning that is required to prevent pressure sores from occurring on the resident's body. Another part of my job is taking orders for food and serving food to the resident and even assisting them with their feeding. The main part my employment as a support worker is to complete the appropriate documentation to the highest level, this is vital to my job because if I put the wrong information in it can have serious consequences to myself and to the home. When a resident file gets reviewed and they see that the documentation is not officially filled in this can have serious effects of the home and for the staff.

My feelings during my employment is next. I was looking forward to undertaking placement in different areas such as the emergency services or

probation services that I am interested in. due to my current role of a support worker, and the responsibility that this job role entails. The role of a support worker is a lot of responsibility and it is not a lot of reward for in the initial hard work of this critical role of employment.

I was a little bit frustrated by the fact that the University were very strict on the placement policy and the fact that that the local authorities said that it was a good idea to undertake placement in my current employment. From this information I then decided to undertake my placement in my current work. I asked my manger if it would be possible for me to undertake placement in Leonard Cheshire, she said that would be fine. She then completed the correct paperwork. She signed the paperwork before the impact of the coronavirus.

From doing this type of work I never wanted to undertake placement or planning on working in this industry after I get my degree. This particular employment as a support worker has affected the way I view Abraham Maslow hierarchy of human motivation.

The theory Maslow hierarchy of human motivation and the way it has affected my self-esteem and the fact that the role as a support worker upon my physiological level. Such as within the context of water and food in the aspect being dehydrated during my shift because of the nature of my work needs (Maslow, Town & Town, Stephen, 2013).

even though it is a legal required that staff have their break, sometimes this is not possible within the role of a support worker, because if a resident is left over the minimum hours of care it will be mistreatment of that

particular resident and then it can have legal repercussions in the sense of being suspended and even worse being prosecuted.

The role of a support worker is very fulfilling and enjoyment, such as making new relationships with people from all sorts of different backgrounds, learning new skills and making someone's day better.

It is a very gratifying employment opportunity but even though the shifts are long and the pay is low for the level of risk that is involved. It is a very rewarding employment opportunity. I feel that my documentation and my confidence has been improved by undertaking the role of a support worker, even though the level of risk that this job entails. It has also improved the way I take criticism in the aspect of if I've done something wrong. Instead of taking it as a negative but in a positive way and it is something to learn from and to use what I have learned for the future.

For the role as a support worker, it is classed as a low skilled job. Even though it is now classed as one of the most important jobs in the country, due to the outbreak of the coronavirus. This is very hypocritical thing for the government to state. Even the healthcare Minister believes that a support worker is a low skilled job. The health care minister was on the this morning and she could not give any statistics on the death that are happening in care homes because of the coronavirus.

When it comes to the evaluation within my employment within the charity known as Leonard Cheshire, I have looked at the question of what did not go so well. Within Leonard Cheshire you will tend to have a large workload in the aspect of having to provide ten or more residents with individual specifications. In the aspects of assisting with their daily life such as

dressing, showering, bathing, administering medication, talking to the residents, assisting with their meals and many more tasks that are incorporated in the role as a support worker.

For me the role of a support worker has a lot of different aspects that contribute to the role. There are small jobs to take into consideration, there is also juggling the different priorities such as when two or more residents are due for their care. There are also residents who believe that they are the only person in the building, in this situation you have to explain to them that you are with someone else at the moment and you will be with them as soon as possible. From this the residents who complain the most get the vast majority of care this has shown me that there is a growing imbalance between the residents and other residents in the aspect in the fact that some get more care than others.

What I have learned from doing the role of a support worker, is that the role of being a support worker is underpaid and under appreciated by the local authorities, residents, their family's and by the community.

This is reflected in the wages and with the abuse that support workers get from the community residents, their family's and other medical professionals. The role of a support worker has positives and negatives traits such as time management and working to a deadline, but there's also a large number of negative traits that come along with this job role, such as being overworking and underpaying the staff.

I have also learned that I can be replaced quite easily and that this is a job role for people who don't have many employment options. This is not the case for all care staff but from the ones that I work with I can see that they have been in the job for too long and they have lost their sense of care.

They have often told me not to stay around after this degree because of the nature of the work and the fact that do not get rewarded. In the case of my colleague who has been in Leonard Cheshire for 30 years she got one extra day off that same year, but after that year past. She had it taken back from her. She then got her normal annual leave back. This is just to show that you will not be rewarded for the longer you are with Leonard Cheshire. Within this industry you will be disposed of once you are no longer fit for the job.

To conclude that the role of a support worker is vital in the most current circumstances of the coronavirus, therefore I realise that my job role is not what I would like to do in my future employment. I do not want to do the role of a support worker because of the low pay and the fact that it is classed as a low skilled job. From doing this job I have witnessed the positive and negative traits that I have developed from doing this such as my confidence has been boosted but also I have witnessed the abuse in power and how this job role in the current economic class get mistreated. When it comes to the negative traits of the job I have realised that in low-paid work you are disposable and can be replaced very.

For the benefit of the future for myself and in the aspects of the action plan, I will be aiming to gain a better level of employment once I finish this academic course. From undertaking the reflective theory module, I realise my worth when it comes to employment and with my academics. I will try and benefit from taking further training from my employment within the last year of my academic course. For the meantime whilst I am in this employment opportunity I will try to benefit from the negatives and

positives in the form of creating new paperwork for myself to complete and new goals and achievements to obtain.

From doing this module I have realized that the vast majority of my colleges are not using the reflective way of thinking about their actions. They might do this unknowing or by choice.

When it comes to my employment and the link into the hierarchy of human motivation because of the fast-paced environment and because the vast majority of the care sector is understaffed. This has had an impact on the physiological level of the hierarchy of human motivation theory. Such as staying hydrated and missing out on breaks. There is also very little progression within the organisation in the terms of progression, this has had an impact on the self-actualisation.

There also, the motivation to fulfil such needs will become stronger the longer the duration they are denied. For example, the longer a person goes without food, the hungrier they will become.

During this phase of the module we had to undertake placement in any employment that was relevant to our course but with certain restrictions such as with high risk environments. We then had to arrange this with the companies and then fill out the correct paperwork and give it back to K. Dicks our university lecturer.

Once we had completed the correct paperwork, we then had to arrange placement. we then needed to fill out a personal record of what is happening on placement, then at the end of each day we had placement we were then required to have the manager fill out the paper work, to show evidence that we was in our placement. Our placement had to be thirty hours minimum.

Before my personal placement was to be undertaken the coronavirus had affected the whole of the world. Which led to me not being able to do placement due to most employers being closed or being in lockdown.

The coronavirus is a virus that can be transmitted from human to human, the virus started in China and then transmitted to other countries. This virus can be harmful but in worst cases can become deadly to anyone from elderly to infant. The most people who are at risk of coronavirus is everyone, but the national health service stated that people with underlying health condition are more at risk. They have been required to stay at home. For the people who I work with have been restricted to staying in the residential home. From this I had to change my attention to work rather than my academic learning (The guardian.2020).

The coronavirus can be transmitted from person to person, the coronavirus has transmitted to countries around the world. In the United Kingdom went into lockdown on twenty third of March and is still ongoing. This pandemic is still ongoing the University has followed the government's guidelines and they have shut down the University, this has had an impact on undertaken placement. Because the university has had to shut down for health and safety any placement after March the twenty third twenty twenty. The university had decided to cancel any placement (The guardian.2020).

my feelings during finding placement was very conflicted, this was because I found it very difficult to pick a particular organisation or employer to go with. Because of the University's policy on restricting your placement because of health and safety, in certain placements, such as the emergency, probation office and local authorities.

The feelings I had developed for undertaken placement was a mixture, I had different ideas on how I would choose the correct organisation, how would I contact them and how would I deal with the rejection from different organizations in a positive and a negative manner.

When it came to looking at different organisations and employment opportunities for my placement I decided to look at employment roles that I was interested in pursuing after this degree. It gave me a mixture of feelings on how my abilities have developed in certain aspects within different career roles.

I had to reflect on my weaknesses, and I decided what I needed to improve on and I pushed myself to improve on them. Once I reflected on my strengths and weaknesses I found out that I needed to improve on basic skills such as my grammar, maths and confidence this was quite difficult for me to differentiate my positives and my negatives feelings in the sense of thinking about how would I overcome them. From doing the reflection module it gave me the feeling of confidence in pursuing higher employment within different organisations.

The place I found to undertake placement was at my current place of employment known as Leonard Cheshire. I was not happy about undertaken my placement at my current place of work because I wanted to try my hands on something else and gain some experience ready for the next step in my career. When I contacted the local authorities, they said if I undertake my placement at Leonard Cheshire it would be a very good place, because they have residents who are at a high level of risk. After talking to the local authorities, I decided to do my placement at Leonard Cheshire.

The positive outcome about trying to undertake placement was that I was able to contact different organisations to find out what placement I could undertake. There was also the positive thing such as realising what potential job roles I would like to undertake after this degree and the prospect of social work, emergency services and the probation service.

I decided to do a lot of research into different potential job roles such as a housing officer or working with the local authorities in different apartments such as the environmental officer. Then I decided to research different job roles to understand the different skills I may need to develop or improve for the future.

The negative thing about researching placement opportunities was that it was quite difficult to make a decision on what I would like to do. Even though I have done research on different opportunities within different organisations. One of the main obstacles that came up was the University's policy on health and safety this did restrict some of my options because of the high risk that some jobs do involve.

This was quite frustrating because we are all classes as mature students, in theoretical terms, we should know the risks that we are allowed to undertake because we take risk everyday life. For myself this did make me feel like I was back in school because of the fact that the university was determining what was acceptable in the terms of our own future employment opportunities and not being able to give us an idea of what future employment opportunities. This was the same for some of the organizations that had a high level of risk such as social work, emergency services and the probation service.

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The things that did not go well was my timing to undertake placement, because the time I decided to start my place meant was around the time that the coronavirus had started to effect the way the world has worked, I could have started my placement well before the world went into lockdown. The other thing I could have done differently was improving my contact with my lecture K.dicks. I should have talk to K.Dicks more about placement instead of not talking to him. The main thing that did not go well was my attendance in my academic lecture because I did not attend the vast majority of the lectures, this did affect the way I worked in the aspect of my work and planning my placement .

I learned that trying to find placement was very difficult because of different factors that was involved. I also learned about different organizations that I could have a future career in. I also learned how I feel about my current employment in the aspect of not wanting to have a career in the felid of employment after university. I made this decision because some staff had to go on furlough due to the virus and their health conditions. With staff off on leave this meant that the work load was doubled for the staff still in work and I must admit that I found it quite difficult at times because I got very tired and had a short concentration span towards the end of the week.

If I am in the same situation again, I will undertake placement much sooner than normal, I will also attend my university lectures much more rather than not attending as much, which could lead to me understanding each module better and I will not struggle as much to each assignment. I will also have much better contact my university lecture in the context of my

assignments. I will also develop my academic writing and my communication with people, but the main skill I will need to develop is my confidence, grammar and maths.

If you look at the situation and link it to the hierarchy of human motivation theory, you can see that I was missing two stages. The stages that I will be missing is the esteem which is freedom in the aspect of choosing placement where I have an interest in. Then the last stage I will be missing is self-actualisation in which is becoming the most that one can be. This was very hard for me to reach because this I could not complete placement.

To conclude that I have a lot of improving to do in my academic work and in my personal life such as my attendance which was very poor in this module. I will try to overcome this barrier by attending more frequently and to contact my university lecturer on my assignments. I have identified some of the barriers that I have faced on my academic text above and I will try and over come these. Due to the current global crisis known as coronavirus has affected everyday life especially when it came to undertaking placement. Which I had difficulty finding placement in all the different careers I was interested in such as the emergency services and probation service. Even though I did not attend placement, I did attend work in a care home throughout this pandemic and I was still learning new skills each day and it gave me the opportunity to understand the carers field and appreciate all the other staff. I did also decide that being a carer in a care home may not be the full-time career for myself because of the work load and the unsociable hours. I will also remember to plan everything a lot sooner and in more detail. However, I really enjoyed the experience of researching different job opportunities because it made me more

determined to finish university at the best of my ability to get a good career path after I finish my course work. Between now and then I do realise I have a lot of skills to improve on and even develop to become a certain standard where I would be accepted in the employment field. Due to having this opportunity I have set myself goals and I do feel like I can really achieve these personal goals I have set myself because of the placement experience I have had the opportunity to do this year it had made me understand that I need to write plans and look forward but also focus on the present time and not put myself behind on my academic work.

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