

Professional career Development

BMSW4005

Introduction

In this assignment, I will write a report that includes a personal reflection on the role play as well as my career development plans, using a reflective cycle such as Kolb or Gibbs.

The aim of the report is to demonstrate an understanding of the skills and knowledge that contribute to effective working, as well as my understanding of my own strengths and weaknesses.

-role play

When the interview began I started as the interviewer which means i was interviewing Rohar. At that time everything was fine as I was just asking questions, so I was calm and composed.

When we switched the roles with me becoming the interviewee and Rohar the interviewer, my fingers started to sweat and i was anxious as well but then i immediately remembered the book i read to prepare me for the role play interview questions "Mario Zenonos,2021" this book takes a progressive motion learning approach to interview preparation, containing tasks and guidelines set out along the way so that it will assist you to provide your best self and will also prepare you for all interview situations. So through analyzing this book it helped me to calm my nervous due to the fact the interview hint's i've found out which is to analyse about the organisation im interviewing for and recognise their criteria, research about the common questions they may possibly ask and constantly ask questions at the end of the interview. But even though I already knew the company and the questions Rohar was going to ask me, I was nevertheless quite frightened.

As the interview started out i felt myself getting calmer as the first two questions were easy so i was capable of answering them confidently and by smiling at the interview that i was at ease and confident. The closing three questions were tough for me because when we exchanged our questions we decided to go through them in order so it makes it easier for us to know the the next question before but during the interview rohar my interviewer changed the question and that put a lot of pressure on me as i was not ready for those questions but then i remembered the star method by "Laila Larson,2020" which stands for situation, task, action and result. The usage of this method is particularly helpful in reaction to competency-targeted questions, which typically start out with phrases which include, "describe a time when" or share an example of a situation in which" i was able to express to the interview completely engaged in our conversation by way of intentionally implementing a variety of mirrored image strategies. Certainly one of my goals going into the interview was to great a positive environment where i can turn the interview into a conversation and to do i had to make my interview think i'm comfortable so by sitting ahead in on the chair and maintaining an attentive posture, i communicated real interest and complete engagement in the course of the conversation. Moreover I made appropriate use of minimal responses by

means of maintaining eye contact without staring, nodding my head to confirm understanding at the same time as the usage of reflection that indicated I was paying close attention. Through this experience, I found out that the use of attentive body language goes a long way in a life feeling at ease at some point of the interaction, resulting in easy communication leading to quick bonds and contributing to free flowing conversation.

In conclusion, I learned a lot from the role play. It gave me a new insight in my life and opened my eyes to different sides of reality. I also learned that you should always approach life positively and not give up and face the challenges with bravery, and I was really happy to have participated in the role play.

What Motivates you

The person who encourages me all my life is my mom. She has impacted my life greatly and has assisted me become the person I'm today. She always says the right things to get me where I need to be and get done what I need done. She inspires me to be a greater person, make greater choices, she possesses excellent qualities that I try to obtain, and she pushes me along towards my goals. During my time at school in my country, she was putting interests in my heart and always was supporting me financially, morally and physically any step of the way. She has been my teacher, a counselor, and a role model. Her advice, teachings, and positive character have remained with me all over my life. It's due to her that I now possess the calm, kindly personality that everyone connects me with, it's due to her that I have the determination to maintain the vast majority of out of my education, and it's due to her that I'm hopeful in order to get my coming days goals. She has positively motivated me in many different ways, and I am glad to have a mother such as her. She has not only been my mother and helped me stay on the right path, but she has also been the best friend I have always counted upon. Even though I was troubled and awkward during my first years in the UK as I couldn't speak the language, she was the person who motivated me to go back to school and study, because she believed that I have a bright future ahead of me. When I got my first job, she motivated me to buy a car, to go to work quicker and to be safe at night

when I was coming from work. My mother always motivates me to make choices, to be the boss of myself. She tells me to write down the advantages and the disadvantages of each choice on paper, and then consider the pros and cons carefully to make a final decision. However, after making a decision, she reminds me that I should be ready to face the consequences that my choice might bring forth. In other words, she wants me to be prepared to face the worst case scenario. She never forces me to do anything and I think this is why I am such an independent and self-managing person today.

Learning Style VAK

My Visual Auditory Kinesthetic (VAK) learning style is visual learning. My multiple intelligences are self, nature and language. The strengths of being a visual learner are, learning by seeing and being able to remember information in diverse environments. The disadvantage of being a visual learner is that it 's hard to retain information when there is nothing visible available. The strengths of multiple intelligences such as self, nature, and language are, being able to connect with myself, taking inspiration from nature, and the ability to use language to express myself. The weaknesses of having multiple intelligences are, having a hard time connecting to others, feeling trapped indoors, and not being good with numbers. My internal motivators are to push myself mentally, have better self-discipline and have more focus and less stress in my life. My external motivators are, getting good at practical work and also improving on my kinesthetic.

Reference

[Visual, Auditory, and Kinesthetic Learning Styles \(VAK\) \(nwlink.com\)](https://www.nwlink.com/~nyc12345/learning_styles/vak.html)

Appendix 1

Employment history

Your current or most recent employer

Name of employer: *Papa John's*

Job title: *Shift Manager*

Length of time with employer: *1 year*

Reason for leaving: *Far from my accommodation*

Duties:

- *Open the Restaurant.*
- *Handling food orders.*
- *Dispatching the delivery.*
- *Ordering food managing the Reception customers. Food safety and quality.*

Previous employers

Please tell us about other jobs you have done and about the skills you used or learned in those jobs.

work in Pizz hut as Shift manager.
work in Bed and Breakfast Hotel
I learn many things about customers
front line help. online booking and
managing the orders and Room. Some internet

Job application form

Application for [job title] - Manager paper Johns

Your details

Name:

Manuel Sando

Education and training

Please give details:

GCS or
Intermediate and
CERTIFICATE of Higher Education and
work place.

Qualifications

Please give details:

INTER Mediate
Certificate of Higher Education and work
Place -
Certificate of Health and food safety.

Appendix 2

Questions

1-Tell me about yourself?

2- Why do you want to work for us?

3-What experience do you have relevant to this position/

4-What are your strengths and weaknesses?

5- Why do you want to leave your current job?