



PROFESSIONAL CAREER DEVELOPMENT IN HEALTH AND SOCIAL CARE (LCHS 4009)

Assignment 2

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Task 1

CV

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Personal Statement

I'm a motivated Social Worker with an interest in supporting helpless individuals, especially within the mental health environments. I want to help young people like teenagers who are facing problems and emotional challenges and then help them achieve positive outcomes. I am confident in building trustworthy relationships and working collaboratively with teams, families and service users.

Education

University of East London

2025 – Present

- Health and Social Care

University of Sevilla, España

2013 - 2018

- Technology of the Laboratory
- Technology in a tomography scanner
- Technology in Pathology

Work Experience

Ballymore

2019 – Present

- Cleaned and maintained different areas of the building to a high standard.
- Supported residents with any queries or concerns.
- Welcomed residents and visitors, helping to create a friendly and safe environment.
- Built positive relationships with residents through daily interaction.
- Stayed aware of any issues within the building and reported concerns when necessary.

Clece

2003 – 2019

- Supported elderly individuals in their needs in their own homes on day-to-day basis.
- Supported with personal care, cooking meals and keeping their homes tidy and safe.
- Gave medication safely following care plans.
- Built good relationships with service users to help them feel comfortable and supported.
- Kept an eye on their health and well-being and reported any concerns.
- Always treated individuals with respect and care.

Skills

- Communication skills: I'm able to listen, support and speak clearly with a range of people.
- Empathy & compassion: I'm understanding and supporting vulnerable individuals.
- Safeguarding awareness: I recognise and report concerns correctly.
- Teamwork: I can work alongside other professionals and support others.
- Building relationships: Able to create trustworthy relationships with service users and residents.
- Time management: Skilled in managing tasks and responsibilities across the day.
- Adaptability: Able to work with different people and situations.

Interests & Hobbies

- I like cooking and preparing meals in my spare time.
- I read to relax and to develop my knowledge.
- Interested in nature and animal documentaries, with a focus on learning and understanding behaviour.
- Swim regularly to soothe the brain and maintain well-being.

Task 2

Personal Statement

My goal in health and social care is to support vulnerable individuals and help them improve their lives. I find it interesting working with those who suffer from mental health, families facing difficulties, and young people, especially teenagers who have problems. My overall goal is to help people feel supported, understood, and able to move forward in their lives.

The reason I'm interested in the role as a Social Worker at Cygnet and Cygnet Hospital Ealing, is because of its focus on mental health, recovery and care recovery. I was attracted to this role because I'm passionate about supporting and advising people who are experiencing emotional or mental health challenges.

In my previous experience as a Care Assistant, I supported elderly individuals in their own homes with daily tasks, I supported them personal care, cooking, cleaning and medication. From this role it helped me develop strong communication skills, patience and empathy. I also learned how to build relationships, understand the importance of being respectful and safeguarding, and recognise changes in people's wellbeing. Also working at Ballymore, I cleaned and maintained the building, welcomed residents, and supported them with any concerns. This role strengthened my ability to communicate with different people, remain approachable and create a safe and positive environment. It also helped me develop responsibility, attention to detail and awareness of people's needs.

Throughout my education and personal growth, I've learned the values needed to have in social care, like equality, diversity, confidentiality, and thinking ethically. I'm also committed on learning and improving my skills, mainly in communicating, writing reports and working with multidisciplinary team. I would also consider myself as an adaptable individual, and I manage to stay calm when facing challenges, especially when needing to find solutions that will benefit everyone. I know the responsibility and importance of working as part of a team and supporting safeguarding procedures to protect service users. I'm also aware of the importance of working with families and external agencies and I make sure to support everyone and understand their needs and provide the best possible care.

I am committed to making a positive impact on people's lives, and I'm also eager to develop my career as a social worker while contributing to a supportive team that will allow me to continue to learn.

Task 3 – A

SWOT analysis

Strengths	Weaknesses
• One of my main strengths is my ability to show empathy and compassion when working with vulnerable individuals. • It's helped me build trust and positive relationships with service users, which is important in mental health environments. • I have communication skills, that allows me to respond in a supportive way. • I think creatively and solve problems. • Carl Rogers, mentions that empathy and understanding is important to help effectively in relationships (Wikipedia Contributors, 2025).	• A weakness of mine is that I am still developing my professional experience in mental health environments, such as working with eating disorders or personality disorders. • I also need to continue improving my report writing, which is important for communicating with different teams. • Donald Schön, mentions that professionals must reflect on their practice to improve and develop their skills over time (Schön, 1992).
Opportunities	Threats
• This role offers the opportunity to work within a multidisciplinary team, learn from other professionals and gain new skills such as safeguarding, report writing and working with external agencies. • There are opportunities for career progression, including moving into specialist or leadership roles. • Working in different areas such as community support, addictions or rehabilitation can help me develop and gain more experience. • This links to Robert K. Merton, who explains how social structures create opportunities and challenges, which is important when supporting individuals facing social and mental health difficulties (Nickerson, 2023).	• A main threat in this role is emotional stress and burnout. • Working with vulnerable individuals can be demanding and there's also risks due to unpredictable situations. • Sarah Banks (2016), highlights the importance of professional boundaries and ethical decision-making in social work.

Task 3 – B

Personal Development Plan (PDP)

Goal 1: Improve my knowledge of mental health and specialist practice

To be successful in this role, I need to have a solid understanding of mental health surroundings, such as personality disorders and eating disorders.

How will I develop this:

- I will attend training courses and workshops that are related to mental health.
- I will also read articles, research papers and case studies.
- I will try to learn and volunteer with professionals within a multidisciplinary team and volunteer.

Timeframe: Throughout the 2 years.

Monitoring progress:

- I will reflect on what I have learned through writing down my experience.
- I will apply my knowledge on real world scenarios and ask for feedback from supervisors.
- I will take tests to examine my knowledge.

Goal 2: Develop my report writing and professional communication skills

Report writing is an important part of this role, especially when working with other professionals and agencies.

How will I develop this:

- I will practice writing reports.
- I will ask my colleagues or supervisors for feedback.
- I will observe how experienced social workers write and present information.

Timeframe: Around 6–12 months for improvement, with continued development

Monitoring progress:

- I will compare my reports over time to see how I have improved.
- I will also use the feedback that I've been given to make changes and improve.

Goal 3: Build confidence in safeguarding and working with vulnerable individuals

Safeguarding is a key responsibility in social work, especially when supporting people at risk.

How will I develop this:

- I will complete monthly safeguarding training.
- I'll learn the different policies and procedures needed and that are important for the role.

Timeframe: Within the first year, with continuous learning.

Monitoring progress:

- I'll reflect on real situations and how I handled them.
- I'll ask supervisors for feedback on performance.
- I would ensure I understand when and how to report concerns.

Task 4

Reflection

During my journey in social care, I have realised that this role is not just about helping people and solving problems, but about it's about respecting. When I first started, I felt a responsibility to fix their problems, which sometimes made me feel stressed and frustrated. However, over time learned how to manage these feelings better and now understand that my role is to support and guide individuals and to help them make their own positive changes.

In terms of my performance, I believe one of my strengths is my ability to listen carefully and understand people's needs. I stay calm under pressure and conduct assessments while still treating people. This is important because in a mental health environment, the patients may be going through very challenging circumstances. I also feel that I am resilient, meaning I can stay focused and professional even when situations become difficult or emotional. However, I know that certain areas I am still learning and improving, for example, I'm learning how to separate my emotions from work, so that I do not become overwhelmed or experience burnout. Another area I'm improving is my confidence with digital systems and recording information, which is important when writing reports or sharing information with colleagues.

When I join this role, I aim to continue to develop in these areas and I plan on doing this by learning from colleagues, taking part in trainings and reflecting on my knowledge and practice. I want to contribute positively to the team by sharing ideas, working collaboratively and helping improve the support given to service users. My goal is to help create a supportive environment where individuals feel heard, respected and encouraged to recover. To support my development, I will use Gibbs Reflective Cycle, this model helps me think about my experiences step by step, including what happened, how I felt, what went well, what could be improved and what I will do differently next time. Graham Gibbs emphasises that reflecting on continuous learning and development is important and it's method that I know will help me learn from certain situations and improve over time (McLeod, 2025).

I know the importance of working closely with families and service users, and other professionals to support recovery, they require strong communication, teamwork and an understanding of safeguarding and professional responsibilities. I am continuing to develop my ability to work within a team and to share information clearly through reports and discussions. I also understand the importance of promoting service users rights and ensuring they are fully involved in decisions about their care.

And from my experience and knowledge, I'm starting to become more confident in handling responsibility tasks and making professional decisions. I know that being a social worker is challenging but that is what makes me motivated to keep improving and developing my skills further. I want to continue to learn from others and provide better support to teams and people that I will one day care for. And I am confident that if I carry on reflecting, learning and developing my skills I will grow into a confident social worker.

References

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