



UNIVERSITY OF WALES TRINITY
SAINT DAVID
LONDON CAMPUS

ASSIGNMENT TOPIC

**A REPORT ON PERSONAL REFLECTION,
ROLE PLAY AND CAREER DEVELOPMENT PLANNING
DEMONSTRATING SKILLS AND KNOWLEDGE WHICH
CONTRIBUTE TOWARDS WORKING EFFECTIVELY THE CAREER
READINESS FOR EMPLOYEMENT SHOWING PERSONAL
STRENGTHS AND AREA OF FURTHER DEVELOPMENT.**

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INTRODUCTION

Using Gibbs Model of Reflection

This report writing will be focused on my personal career ambition and its relevance to my job role as a mental health nurse, My role play reflection which involves reflecting on the feedback from my role play as it involves my SWOT Analysis, My career readiness from myself motivational test and readiness to setup a personal development plan that covers 5years career plan.

A personal development plan is a structured and supported process used by an individual in order to reflect on their learning performance and achievement to plan for their education and career enhancement.

The primary aim and objective of the personal development plan is to improve the individual capacity, ability and skills

James Smith. (2011)

Currently as a level 4 student of health and social care UWTSD working with the NHS and aspiring to become a mental health nurse in the next two years (2023)

MY CAREER AMBITION

My future ambition is to be a mental health nurse within the next two years and after that I will further my career to become a consultant in mental health Nursing.

The Mental Health Nursing is a very important aspect of nursing that has to do with the following functions:

Assessing patients who are mentally ill and assisting them throughout the process of recovery.

Encouraging the patients to take their medications

Observing the patients to know if the medication given to them is working or effective.

Assisting patients in behaviour modification programs and encouraging them to participate in certain exercises and activities that will help them recover faster or better.

A mental health nurse helps in supporting people with mental health issues ranging from anxiety and depression to personality and eating disorder or drugs addiction.

Alcoholic addiction and other mental health problem.

Yolanda Smith (2019)

Mental health nurses' jobs are sometimes based in nursing homes that are mainly specialized in taking care of the elderly people with dementia and also support those in prisons who need mental health care or support.

For me to become a qualified mental health nurse there are certain skills required of me.

These Skills are:

Listening
Problem solving skills
Empathy
Good Judgement
Observational
Interpretational communication
Psychosocial and
Offering Advice

LISTENING

The ability to be a good listener is one of the key roles that I have developed and it is very useful to my career and future ambition.

According to Hargie (1999) Communication with someone also involves listening, when we listen, we assess in order to plan our response.

Listening effectively is very important to my career as effective listening helps to have a understanding of any situation.

EMPATHY

Another important key role to my career is Empathy and empathic listening. According to Devito (2014) empathy and empathic listening is the ability to try to feel what the other person is feeling.

Bolton (1987) Empathy means accepting the situation that subsidize emotional state trigger.

The reason why I choose to become a mental health nurse is because I realize that mental health nursing is the best career path for me.

I always have great compassion for people with mental health problems and I am always willing to assist them anytime I came across them.

People always tell me that I am going to make a good nurse especially when it comes to mental health, because I am adaptable and have resilient skills, always assisting vulnerable people, my ambition in life is to do a job that will give me the job satisfaction and also to make a difference in my society by putting smiles on people's faces.

The past seven months in 2020 have been a period of hard work for me I have learnt a lot as a student, I have developed new skills and some abilities, I have also exercised some of the old skills which is very essential for my career but the most significant thing is that , I enjoyed the hard work because I learnt so much about myself and other people, I also developed aspirations about my future, and during the last semester, I made plans to achieve and complete my aspirations that is required for my University program and nursing career and I have built up skills and abilities that include: time-management, communications, effective listening , mentoring, and peer-learning.

ROLE PLAY REFLECTION

The use of role play in Mental Health has helped me to become an active participant and a serious student working tirelessly to improve my communication to a professional standard Looking at some theories like Peolau (1952), Rogers (1970) and King (1971) they all emphasized that communication is a primary of Nursing and should be a major focus of nursing practise.

Long (1992) suggest that communication contains many components like presence, Listening, caring, disclosure, acceptance, empathy, authenticity and respect. Which can create barriers between the clients, patients and the nurses? This there became one of my major areas of concentration during my role play.

My role play was something remarkable as I was asked to interview a team member who is doing the same course with me and after that, she also interviewed me.

For my role as a mental health nurse, the interview was practically job role and Career related.

At the end of the interview I was able to discover that I need to work on my confidence because as a mental health nurse I need to be very confident in- other to perform exceptionally well to achieve my goal which is caring for the patients.

The role play has helped me to discover my strength, my weaknesses, my opportunities and threats which is very important in evaluating my potential for a new opportunity, skills and ability.

I have examined my personal SWOT analysis to get a good understanding of my job role and requirement in the area of...

STRENGTH:

This are the things that distinguishes an individual or an organization from other competitors, the things that an individual or an organization does exceptionally well, for me it is my unique features like being tolerance to risk, growth aspirations , Sense of control, punctuality, hardworking, being approachable and resilient, active and willingness to use modern technology to improve the quality of care and well-being of the patients.

As I work towards developing more skills and learn new ideas that will help me to continually / continuously develop current skills, while developing new skills Strength helps to identify areas of excellence in health care sector.

WEAKNESS:

This maybe internal or external, like being disorganized, lack of focus while external includes constant conflict with colleagues, conducive work environment or even distraction These can prevent one from achieving a set goal or a set target which is very essential as a nurse or a health care assistance. I feel that not having enough staff can affect the patients recovering time. Other factors could be staff role not clearly stated could affect patient relationship and communication gap between the staff and the patients.

OPPORTUNITIES:

This may come in various forms it might come as a chance to work in a place where I can learn new ways of solving problems; it might come as a Promotion to work with the senior nursing practitioners. I see opportunities as a chance to work where I can learn new ways of tackling issues or ways of approaching universal problems not minding how big or small as long as it will make a positive impact in my career and academic development that will bring out the best in me so as to make a positive impact to the society.

Keith Carison, (2016)

THREATS: These are totally different from weakness. Weakness can become a threat in some cases.

I noticed that mental health nursing faces more challenges because of poor funding, shortage of staff resulting in work overload, some patients being violent and at risk of self-harm, lack of sufficient resources and support for the nurses which may lead to the Nurses feeling uneasy and stressed

CAREER READINESS

I discovered that preparation is very important for success in any endeavour, success in life or career is dependent on sufficient preparation.

Beth Smith, 2012

I have always wanted to be a nurse and when I conducted myself motivational test it show that I am compassionate, sensitive and emotionally stable, resilient, good listener who shows empathy, which is some of the good qualities required to be a mental health nurse.

The main things that motivated me to be a mental health nurse are the following

Nurses have a unique method of impacting people's health positively.

Nursing is a rewarding profession that give you the opportunities to make a difference in the lives of people.

Nursing is about the commitment and passion to serve while providing quality care to save lives and make a difference in the society.

Nursing gives jobs satisfaction and career progression opportunity.

As a result of this motivational tool I have been able to create a personal development plan which will help me to accomplish my career goal in less than 5years from now.

My Personal Development Plan

Within the next 6months, June 2021 accomplishing/ complete my career in health and social care level 4.

From September 2021 to February 2023 accomplish Post graduate qualification in Mental health Nursing.

And by March 2023 to February 2024 I became a qualified Senior Consultant in Mental health Nursing.

5 YEARS CAREER PLAN

SHORT TERM CAREER PLAN

LONG TERM CAREER PLAN

6 MONTHS JUNE 2021	2YEARS September 2021 – February 2023	3 YEARS March 2023 – February 2024	4 YEARS 2024	5 YEARS
Complete my career in Health and Social Care	Accomplish my Post Graduate in Mental Health Nursing	MSC in Mental Health Nursing	Qualified Senior Consultant in Mental Health Nursing	Already a Professional Health Practitioner
Level 4	Qualified Nurse	Master's Degree	Senior Medical Consultant	PHD

I have been able to develop a career plan that will take me less than 5 years to accomplish both the short term and long term career goals and I will complete about 85% of these goals will be achieved within the next 3 years which includes;

SHORT TERM

Gain New Skills
Boost my experience
Gain new skills

LONG TERM PLAN

Earn a degree or Certificate
Make a career switch
Become an Expert or Senior Consultant
Attain leadership position after completing my PHD

CONCLUSION

This reflective report writing has helped me to review my career readiness, skills, knowledge, experiences and the understanding of my future career which is to be a mental health nurse, I have been able to reflect on my personal development plan and how I could achieve it before the next 5 years bearing in mind my area of Strength, Weakness, Opportunities and Threats (SWOT Analysis)

I also learnt how to work on my Confidence which is very important to my job roles presently and in the near future.

Based on my performance at interview, I realised that being courageous enough to express myself and able to speak about my skills and experience's to convince the interviewer's that I am the right candidate for the job is very important.

This reflective report writing has brought out the key areas of development that I need to start working on that will make me stand out in any job interview and any work environment.

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