

UNIVERSITY OF WALES
Trinity Saint David

LONDON

STUDENT'S NAME: GEORGE ONYEKA

STUDENT'S NUMBER: 1919241

**MODUL TITLE: PROFESSIONAL CAREER
DEVELOPMENT TERM 2**

MODUL CODE: BMSW4005

**ASSIGNMENT TITILE: PROFESSIONAL CAREER
DEVELOPMENT**

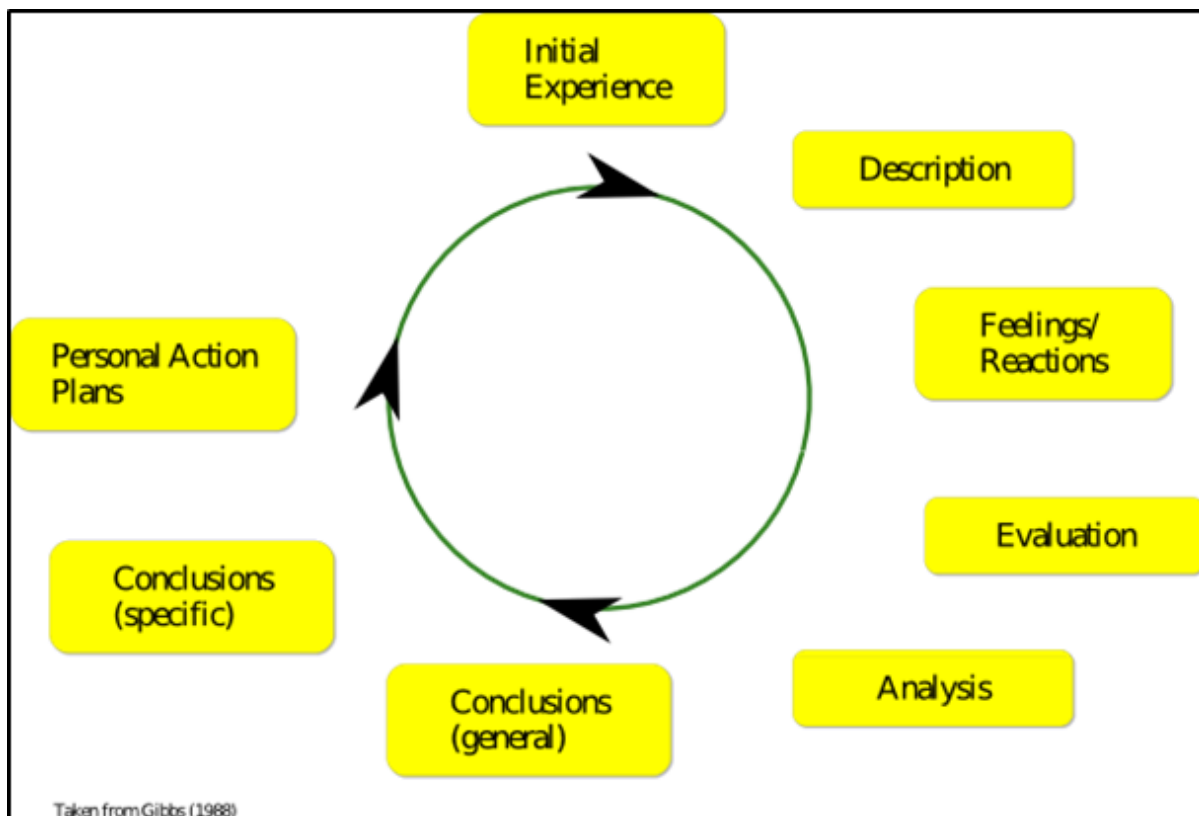
MODULE TEACHER: BARBARA CHINYANI

Introduction

This report is solely focused on me and it will be a reflection on my academic journey at the University of Wales Trinity Saint David (UWTSD) and my aspiration to become a Social Worker. I decided to return to education early this year and after many enquiries, I was able to apply to the University of Wales Trinity Saint David (UWTSD) London campus. I gained admission to study Health and Social Care from level four. The reason I chose to study Health and Social Care is to create a pathway for me to eventually pursue a career in Social work. The course is a three-year program that will lead to the award of a Bachelor of Science degree.

On the resumption of studies, we were made to understand that we will be studying under a virtual learning environment (VLE). This created so much fear and anxiety in me because it meant I would have to work hard to improve my digital skills which were very rudimentary. I quickly sourced funds to buy a laptop in preparation to commence lectures.

In writing this reflective report, I will be applying the Gibbs' Reflective Cycle.



GIBBS' REFLECTIVE CYCLE (1988)

This reflective model is one of the most acclaimed models of reflection. It looks at reflection from six viewpoints. These are Experience, Description, Feelings, Evaluation, Analysis, Conclusion, and Personal Action Plan. This model allows us to take a good look at our experiences so that we can make a decision after weighing the positive and negative aspects of the experience. Each stage of the cycle plays a major role in one's reflection over an experience. Subsequently, one can come up with a reason for whatever must have happened. One can now make a decision as to what to do to improve or even completely change what was done previously. (Reflectors' Toolkit, 2020)

Career Ambition

It is my ambition to become a Social Worker. Social work is a field that looks at how to help families, individuals and at times groups and even communities to help improve their personal or group well-being. To progress, I need to first acquire my GCSE with Mathematics and English Language and then proceed to pursue a degree in social work (BSW) with a minimum of Second-Class lower division. I will also be expected to undergo supervised fieldwork or internship. At the end of my training in school, I will need to conform to the rules set by Social Work England.

I should possess some basic soft skills to be a successful social worker, these are, strong communication skills, both written and oral, listening and observation skills, analytical skills, adaptive skills, patience, ability to remain calm and good organisational and leadership skills. I should also have a good understanding of legal frameworks and an improved level of computer literacy.

In social work, there are some specialised areas such as child and family social works, school social work and mental health social work. The relevance of social work in the healthcare sector is reflected in hospitals where they help to clarify diagnoses for patients and arrange for necessary adjustments to the lifestyle of such patients, for example, by creating a smooth transition for patients returning home from the hospital. They also help in teaching patients how to manage their illness as well as helping the doctors and other medical professionals to understand how the illness affects the mental and emotional health of the patient. Working in hospices and specialising in geriatric social care is also an area covered by social workers.

SWOT Analysis [George Onyeka]

PURPOSE	
SOCIAL WORKER	

S	INTERNAL STRENGTHS
1	Good communication skills, verbal, writing and listening.
2	Good time management, what are you more efficient at?
3	Strong interpersonal skills coupled with the ability of a strong team worker.

W	INTERNAL WEAKNESSES
1	My deficiency in the application of digital skills is a weakness that I have to work on.
2	
3	

O EXTERNAL OPPORTUNITIES	
1	I have much experience in leadership gathered in my sixteen years experience as an administrative manager in my previous job in Nigeria.
2	My current studies at the University of Wales Trinity Saint David for a degree in Health and Social Care with the aim of becoming a social worker will equip me with the knowledge and skills needed to work as one.
3	

T EXTERNAL THREATS	
1	I still have to acquire a BSc degree in Social Work. This is the reason I am in the university now.
2	I will have to get my registration done with Social Work England.
3	I will seek a volunteering role in either an NHS trust or a local council to get the necessary experience.

ACTION ITEMS & GOALS	
1	I aim to strongly pursue my studies with the aim of getting my Bachelor of science degree in social works to enable me to achieve my dream of becoming a social worker. My administrative experience gathered over the years will also come in handy when I graduate and start working as a social worker.
2	I aim to be fully able to acquire and apply my digital skills in the course of my work life as a social worker, it will help me in keeping my records, writing my reports and creating good communication network with colleagues at work.

Personal Development Plan

	Short-Term Time Frame What do I want to accomplish in the next three to six months?	Mid-Term Time Frame What do I want to accomplish in the next six months to one years?	Long-Term Time Frame What do I want to accomplish in the next two to three years?
Section 1 - My Goals What are my overall goals that I want to accomplish in this time period? <i>Example: become a Nurse, Social Worker, Midwife</i>	It is my aim to pass my level 4 exams in Health and Social Care by the end of this academic session, which is April 2021.	My aim in the next six months is, to begin my year 5 in Health and Social Care in the University of Wales Trinity saint David.	In the next two to three years, I am aiming to graduate with a Bachelor's degree in Health and Social Care with the aim of becoming a Social Worker thereafter.
Section 2 - Skills and Knowledge to be Learned What specifically do I need to learn? What project do I need to work on? <i>Example: Recognised qualification, Communication skills, leadership, experience.</i>	Within this period, I am aiming to pass the various modules earmarked for this level four. These include, Digital Skills and Research management, Professional Career Development, Academic and Employability skills and Effective Team Working and Communication.	Within this period, I need to improve my digital skills, to be able to catch up with the lectures which are being conducted through virtual learning environment (VLE). I also need to work on my interpersonal relationship, in order to improve my relationship with colleagues.	All the courses being taught in this level 4 are all aimed at equipping me with the necessary skills to transit to social works when I finally qualify after my three years of training.
Section 3 - Next Steps How am I going to acquire the skills and knowledge? <i>Example: Study and qualify; get experience, volunteer</i>	At this point I need to get acquainted with the introductory aspects of various courses, so as to grasp what is being taught.	To move on in this course I have to excel in the second term exams to get into the final term before progression to level five. I have to attend lectures regularly and promptly too.	At this stage I have to read very intensively and extensively to attain the right grades for graduation before venturing into volunteering to get the prerequisite experience to practice as a social worker.

	Short-Term Time Frame What do I want to accomplish in the next three to six months?	Mid-Term Time Frame What do I want to accomplish in the next six months to two years?	Long-Term Time Frame What do I want to accomplish in the next two to three years?
Section 4 - Resources What resources do I need? <i>Example: free time; funding</i>	I have to allocate time and raise money to foot the fees for the programme.	I Still need to create enough time to be able to attend lectures. The fees for my programme had already been paid by students finance England, so I have to devote much time to study to pass well.	Creating enough time is a task that I have to imbue in order to achieve my ambition of getting very good grades to actualise my dream of becoming a social worker.
Section 5 - Time Schedule What is my time schedule?	June to December 2020	October to March 2021	October 2020 to March 2023.
When will I start?	June 2020		
When do I expect to finish?			March 2023
Section 6 - Completion When have I completed each step?	☐ August 2020 Date	☐ December 2020 Date	☐ March 2023 Date

A reflection from the role-play activity

Description: The role-play gave me first-hand knowledge of what an interview setting would look like if I were to go for a social work interview. The first thing that struck me was the fact that I need to work on my composure before any interview in the future.

Feelings: I found out that I was quite tense before the session started. However, once the session started, I was able to compose myself and carried it out boldly.

Evaluation: Before now, I always felt being asked to talk about myself was an opportunity for me to just introduce myself by mentioning my name and a little more information about myself, but with my preparation for the role-play task I now know I need to mention my experience from my previous jobs, that is the transferable skills such as good communication skills, leadership, team player etc that I have gained. These are skills employers look out for and you can apply these skills wherever you go.

The question on conflict management in the workplace allowed me to apply the Thomas Kilmann's conflict management theory in resolving such conflict. I chose to apply the assertiveness and cooperative approaches to resolving the conflict between a colleague and me at the workplace. On the last question which dealt with the reason why they should employ me, I had to highlight the job description for the role and mentioned that I have all the skills to handle the role, so I am ideally qualified for the job.

Analysis: The role-play activity opened my eyes to the fact that interviews are not mere conversations but rather they are more technical and are aimed at really getting the best candidates that suit the job being advertised.

Conclusion: Before the role-play activity, I used to take job adverts for granted, I did not know I needed to apply the SWOT analysis to find out how well suited I was for the job. This finding has given me more confidence when applying for any job, believing in myself that I can get the job once my SWOT analysis has given me a positive outcome. SWOT analysis is a system used to find out strength, weaknesses, opportunities and threats.

Career readiness: My score of 48, (see appendix 1) from the self-motivation quiz states that I strive to remain self-motivated and I get things done and never allow obstacles to stop me. I like spending time and energy setting goals. I also work hard to achieve any such goals that I set for myself. This trait of success attracts and inspires people around me. It finally advises me to treasure this and be aware that many people are not as self-motivated as I am.

The above description fits my person and how I think and go about my activities when facing tasks or jobs.

In conclusion, Professional Career Development (PCD) has helped in making me understand how important it is for one to be focused and have goals set in one's professional life. This can be buttressed concisely from my SWOT analysis and PDP that I am fully focused on becoming a social worker in the next five years. My self-motivation test also shed light on my preparedness to attain my set goals in the time I have planned to do that.

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References

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Appendices

Appendix 1

12 Statements to Answer	Not at All	Rarely	Sometimes	Often	Very Often
1 I'm unsure of my ability to achieve the goals I set for myself.	☒	☐	☐	☐	☐
2 When working on my goals, I put in maximum effort and work even harder if I've suffered a setback.	☐	☐	☐	☐	☒
3 I regularly set goals and objectives to achieve my vision for my life.	☐	☐	☐	☐	☒
4 I think positively about setting goals and making sure my needs are met.	☐	☐	☐	☐	☒
5 I use rewards (and consequences) to keep myself focused. For example, if I finish my report on time, I allow myself to take a coffee break.	☐	☐	☐	☐	☒
6 I believe that if I work hard and apply my abilities and talents, I will be successful.	☐	☐	☐	☐	☒
7 I worry about deadlines and getting things done, which causes stress and anxiety.	☐	☐	☐	☐	☒
8 When an unexpected event threatens or jeopardizes my goal, I tend to walk away, set a different goal, and move in a new direction.	☐	☐	☐	☒	☐
9 When I come up with a really good idea, I am surprised by my creativity. I figure it is my lucky day, and caution myself not to get used to the feeling.	☐	☐	☐	☐	☒
10 I tend to do the minimum amount of work necessary to keep my boss and my team satisfied.	☐	☒	☐	☐	☐
11 I tend to worry about why I won't reach my goals, and I often focus on why something	☐	☐	☒	☐	☐

Appendix 2

12 Statements to Answer	Not at All	Rarely	Sometimes	Often	Very Often
probably won't work.					
12 I create a vivid and powerful vision of my future success before embarking on a new goal.	☐	☐	☐	☐	☒

Calculate My Total

Total = 52

Score Interpretation

Score	Comment
12-27	You allow your personal doubts and fears to keep you from succeeding. You've probably had a few incomplete goals in the past, so you may have convinced yourself that you aren't self-motivated - and then you've made that come true. Break this harmful pattern now, and start believing in yourself again. The tools and tips below will help you get back your motivation.
28-43	You're doing OK on self-motivation. You're certainly not failing - however, you could achieve much more. To achieve what you want, try to increase the motivation factors in all areas of your life. Read the relevant sections below , and work on them to strengthen your self-motivation.
44-60	Wonderful! You get things done, and you don't let anything stand in your way. You make a conscious effort to stay self-motivated, and you spend significant time and effort on setting goals and acting to achieve those goals. You attract and inspire others with your success. Treasure this - and be aware that not everyone is as self-motivated as you are! (Read below for more.)

Appendix 3

GEORGE ONYEKA 1919241 TERM 2

PROFESSIONAL CAREER DEVELOPMENT (PCD) BMSW4005

Social Worker - Adults Community - Hampshire - £32 per hour

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We are recruiting for an experienced social worker to work in an [adults](#) community team in Hampshire.

The main aim of this role as a social worker is to provide professional social work support and undertake assessments of adult members of the community in accordance with good professional practice and organisational policy and procedures. You will also undertake needs led Community Care Assessments of service users and carers.

Benefits as an Adults Community Social Worker:

- Working autonomously
- Supportive team
- Flexible working

Duties as an Adults Community Social Worker:

- To carry and prioritise a workload in accordance with the requirements of the organisation at any given time
- To provide emotional and practical support to service users, [carers](#) and their families in accordance with good professional social work practice and the organisation's policies and principles
- To maintain up to date records of work undertaken and produce statistics in accordance with the organisation's requirements
- To convene and/or attend case reviews/discussions/conferences
- To produce written reports when required by your line manager or other agencies

Requirements:

- Social Work England registration
- Eligible to work in the UK
- Full UK licence holder
- Qualified as a social worker

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Personnel, L., 2021. *Social Worker - Adults [Community](#) - Another Job On . Social Work Jobs / Social Work Agency / Health [And](#) Social Care Jobs*. [online] Liquid Personnel. Available at: <<https://www.liquidpersonnel.com/jobs/9816628/social-worker-adults-community.asp>> [Accessed 1 January 2021].