



PCD - Personal reflection on the role play and career development planning

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Reflection on role play

I will be writing a reflective report on role play by me during our assessment. We were asked to pick a company to talk about in an interview. I and my colleague played the role of interviewer and interviewee as support worker. Although, I have attended so many interviews but still feel scared about it. The role play was done on- line as covid-19 stop us from attending the traditional face-face class.

Upon arriving we met the teacher and introduce ourselves. She asked us if we have any question for her before step aside to watch us and if we need her help or finish with the roles, we should inform her. I started the role as an interviewee, my colleague starts by asking me some questions like what are my expecting from the job? Do I think I can face all the challenges on the job? Are my able to keep all my personal problems out of the work and give the expected assistant to patient when needed. I answered all the questions to the best of my knowledge. I go further to tell the interviewer that there is a legislature relating to health and safety which is Health and Social Care Act 1974, skill for standard 13 which set out how employer , employee, and the self-employed must work in a safe way. The client should be given a day-to-day duty like personal care, administering of medications, household chores, meal preparation, and shopping if needed. I also give explanation on the skill needed as support worker that the worker must have interest on the clients, be committed to help, be able to communicate effectively and listen very well, able to work independently without supervision and high level of patience. The support worker must a well keep all personal problem away from the client. After these questions we swap positions and I became the interviewer. We complete the roles and the lecturer give her views on it.

The most important aspect of this role play is that it increases our knowledge and has made us to know more about the legislature act for health and social care.

My feelings on this role play is that I got to know more about the different Act. To mention few like Health and Social Care Act 2012, who is to work together to deliver statutory duty that is set out and to deliver common purpose to improve outcomes for patients, The Employment Rights Act 1996 which deal with the rights that most employees can get when they work, and Trade Union and Labour Relations (consolidation) Act 1974 which regulate the UK labour law (Commission, 2020).

I believe we could have done better if we had done more practice between ourselves. My colleague illness made us not to have enough practice, but I think we will do more for next time.

REPORT ON PERSONAL REFLECTION

At the beginning of the class I felt very happy that I am working towards achieving my aim of becoming a support worker. In the first week of my lesson in the professional career for development class (PCD), I was confused because it was my first time in the university. But with the help of my daughters, they encourage me to continue that I will understand the course later. We were told the aims of the lessons, how important the attendance is, the resource available to us on Moodle, the success at the completion of our Moodle, role play and assessment at the end of the terms. After the completion of first term, I start to write some reflective essay about what have learnt and some things that I need to work on to achieve my goals. Reflective writing is when you reflect on your past, present, and future position you want to achieve or reflecting on experience. There are several ways of reflection that are available such as the smart goals, Johari window and swot analysis. When we reflect, we can know our experience and our faults. Reflection makes it easy to know the strength, weakness, opportunity, and threat (SWOT) in our learning or business. It is a chance to connect better, an opportunity to challenge my thinking and an ability to career development plan. A career development plan is when anyone wants to make a progress in their learning or chosen career, It takes a while to get skills needed depending on the individual and reasons such as where you are currently, what you want to learn, what knowledge do you want to gain, what promotion do you want to attain, how actions can be measured and how quickly are you to learn. If anyone is unable to achieve the necessary skill needed either in the learning course or in the world of management that means their execution will fail probably. Improving the skills needed in study or in employability is very important in development plan. Having been out of education for a very long time, it is going to take me time and lot of readings to gain the needed university degree. I have got a vision to be a support worker but due to some personal reasons I was unable to put in for the course before this time. This subject (professional career development) has been a sort of help to me. It has really opened my learning skill to know about career planning. Meanwhile, I went to Lambeth college to study catering and hotel management, pending when it will be suitable for me to attend the university to achieve my goals (Maund, 2017) (Morgan, 2017).

I know it is not easy to work on the development skills required but I am making use of the opportunities available to me now to develop my study skills, such as time management :I make use of anytime available to me wisely, reading skills : I read any articles or journals that is of benefits to me and that can increase my personal skill, work independently without supervision from no one and make researches to look for sources that can assist me, participate in group work very well and carried out research jointly, improve on my IT skills by typing out my works and sometimes assist my daughter to type. I am now using a personal swot analysis to target my goals in the university (Morgan, 2017, p. 22).

STRENGTH	WEAKNESSES	OPPORTUNITIES	THREATS
Certificates in culinary L1&2	Need to improve learning skills.	Hoping to have better degree	Lack of time
Gained university admission	Be more focus	Better job	Face to face learning difficulties
Assignment done on time.	Poor English	Good wages	Government changing law
Good listener.	Tiredness		Assessment writings

STRENGTH

I was back in education in 2016/2017 and I got a certificate in culinary for L1 and 2. Currently I am now at the university to study health and social care. As earlier mentioned above that I have the strength to attend the classes regulars because I learnt by what I hear or see. I attend classes regularly, by this we share ideas between each other in class, the lecturers can teach us as expected, and there is room for discussion between the lecturer and students, attending classes regular also opens door for progress because during class the brain discover connection for the subject. Another strength of mine is that I do my assignment on time, I do not allow anything to delay it. Out of my tight schedule I make sure to do it to the best of my knowledge and ability, I do not like to be behind in class or at workplace. Being a good listener, I understand more and gain a new point of views whenever I attend the classes. We must be able to work around our strength and be consistent. I am happy in what I am doing because I can see that am progressing.

WEAKNESSES

My weaknesses are that I need more time on my learning, I do not have enough time for learnings. It is not easy to combine work and study together. I work five days a week and it is a permanent night shift, so I usually struggle between the time to rest, to go for lectures, make research and to write a bit of reflection report on my learnings. Also, I need to be more focus so that I can achieve my goals better. My English language is poor, I need to improve my pronunciations and my way of writing sentences. I get tired quickly especially if I do not understand the topic or if I do not get enough rest. I know my weaknesses I am trying very hard to work it, by reducing the hours I work per day and reading books, newspapers, and journal to improve my English being the second language.

OPPORTUNITIES

On completion of my study, I hope to have a better university grades which will allow me to get a good job of my dream. I will continue to further my education by going into level 5 and gaining more information about the health and social sector. My course would allow me to use my skills and what I have learnt to get into the health sector. I am very passionate about using what I have learnt to get better opportunities in the future. Opportunities to me means that I can now work for a wide range of positions in the health sector in other to gain more skills and knowledge. My wages would be better and higher because of knowledge gained from my learning. I will be able to carter for more of my needs with higher wages. Overall, lot of opportunity would be open for me on completion of the course to the best of ability.

THREATS

The threats that I face would be that I am still working full time while doing the course, so I only have limited time to study and coursework. This is a threat because I lose focus and get tired that I only do what I can to the best of my knowledge and understanding. I have been trying to balance up between my job and learning by making sure to have enough rest that would allow me to be focus. Another threat is the fact that we cannot have face to face lecture so it makes it difficult for me to ask questions during the online lecture as I sometimes need the topics to be explained to me in depth. The face to face class also make it easy to get more information and to help each other with coursework's and assignments given to us. Another threat for me would be if the government change some laws that might affect me getting the job I want. They might decide to create a new qualification which might prevent me from getting the job I want. I would need to apply and complete a new qualification and it would be time consuming. Assessment has to be submitted through online and students have moved to online learning because of COVID-19, the lecturers give more assistance with the practical on our assessments in face to face learning but now we do not have enough like in the traditional classroom. Positively, we learn more on the constant use of the computer and the software.

CONCLUSION

Reflective report in this learning has made me to understand what we need to focus on in our learning, what experience we have added to the previous ones, and what is expected of us at the end of our learning.

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