

- Module Title: ***Professional Career Development within H&SC***
- Module Number: ***LCHS 4009 (LON)***
- Assignment No: ***ASSIGNMENT 1***
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Acknowledge use of AI

I only used AI (co-pilot) to proof-read and help me understand concepts I had issues with.

Overview

- Introduction
- What is a SWOT analysis and why is it important in personal and professional development?
- SWOT analysis for future career
- Using strengths to overcome weaknesses and minimise threats
- Available opportunities and how I will utilise them with my strengths
- Conclusion
- References

Introduction

- My name is Ionela Maria Mihai.
- I am studying Health and Social Care because my dream is to become a nurse.
- As a mother of three children, I often take care of them when they are sick, which has taught me how to be patient, caring, and responsible.
- This presentation shows my self-awareness using a personal SWOT analysis.

What is a SWOT Analysis and why is it important to your personal and professional development?

- A SWOT analysis helps to understand:
- Strengths - what I am good at
- Weaknesses - what I need to improve
- Opportunities - chances to learn and grow
- Threats - things that might make progress harder
- It helps me plan my personal and professional development.

Describe your own Strengths, Weaknesses, Opportunities, and Threats

STRENGTHS

- Patient and kind
- Caring and organised
- Good listener and understanding

WEAKNESSES

- English is not my first language
- I don't have much professional care experience yet

OPPORTUNITIES

- Health and Social Care course and placements
- Support from teachers and classmates
- English classes and practice

THREATS

- Balancing study and family life
- Competition for nursing training places

Using examples: Explain how you could leverage your strengths to overcome your weaknesses and minimise threats

- My caring and patient nature helps me support others calmly and kindly.
- The experience I have from caring for my children gives me basic care skills and empathy.
- I can use my motivation to improve my English and communicate better in healthcare settings.

What opportunities are available to you, and how do you utilise them with your strengths?

- I will use my course and placements to build real nursing experience.
- I will keep improving my English through classes and everyday practice.
- My goal is to qualify as a nurse and help people with respect and compassion.

Conclusion

- The SWOT analysis helps me understand my strengths and what I can improve.
- I will use my caring attitude and motivation to reach my goal.
- With hard work, I believe I can become a confident and successful nurse.

References List

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