**An assessment of my values and beliefs, knowledge, skills, practice and career aspirations.**

**Introduction**

For my final piece of work, I will be explaining and showing how I reviewed my own values, beliefs, knowledge, skills, practice and career aspirations. When I saw most of these words I didn’t know what some of them meant such as my values or practices. I will give you the meaning of these words so it helps you to understand what I am talking about.

**Values –** beliefs about what is important to you as an individual, and what you believe about what is morally right and wrong. Values are usually learned from your parents/carers and tend to change throughout your life.

**Beliefs -** Assumptions and convictions that are held to be true, by an individual or a group, regarding concepts, events, people, and things.

**Knowledge -** Human faculty resulting from interpreted information; understanding that germinates from [combination](http://www.businessdictionary.com/definition/combination.html) of [data](http://www.businessdictionary.com/definition/data.html), [information](http://www.businessdictionary.com/definition/information.html), [experience](http://www.businessdictionary.com/definition/experience.html), and [individual](http://www.businessdictionary.com/definition/individual.html) interpretation.

**Skills -** A skill is a type of work or activity which requires special training and [knowledge](https://www.collinsdictionary.com/dictionary/english/knowledge).

**Practice -** Practice means doing something regularly in order to be able to do it [better](https://www.collinsdictionary.com/dictionary/english/better). A practice is one of these periods of doing something.

**Career aspirations -** A career aspiration is a path that you want your career to follow. For example, a big career aspiration for a lot of people is to become part of a management team. Being part of a management team is a big step up because it invests you with more power and greater responsibility.

**Values and beliefs**

I didn’t understand what my values and beliefs were until I understood the meanings. I sometimes think that I am wrong about things that you can’t be wrong about. I always worry that people will judge me for thinking things or saying the wrongs things because they don’t make sense. I believe that you should say whatever you want because it may help you if you let your opinions out. Whenever I would tell people that I wanted to do midwifery they would always pull an odd face and question me on why I would want to do that job and that it is pointless. As more and more people would be negative towards me wanting to do midwifery it would make me really upset and annoyed to the point that I would always try an avoid being asked or if someone would ask me I would say ‘nursing’ or ‘I’m not too sure’. No one has ever thrown me off the thought of doing midwifery because as much as I hate people opinions when it comes to it, I’ve never wanted to be anything else and the thought of delivering babies into the world and having that experience makes me happy that I know what I want to do in life. Many people used to make fun of me because I used to play the oboe. Not many people knew what that instrument was but because it reminded them of the word ‘hobo’ they would always call me that. I used to get upset about it a lot because I didn’t like being called names but I thought to myself that I have that skill of playing that instrument that they don’t and probably never will. I value a lot like the chance I have been given in Carmel college to study these courses which will help me get closer to my goal. I believe that you should always try your best and work your hardest because you have every right to take every opportunity as you can. My mum used to be a nurse and a midwife so I believe that I should follow in her footsteps and do my family proud by achieving in life. This is will help me with my job in the future because it shows that I am determined to do things and complete things to the best of my ability to make others proud.

I believe that I have great attitude in life. I have never been negative about having to work because I try my best to enjoy what I am doing. I know that I can take on big challenges and complete them to the best that I can. I know that I am calm when it comes to emergencies because I know that if you keep calm it will keep the other person calm. I look after my grandma who suffers with Alzheimer’s, it takes a lot of patience and time to be able to sit there with her but I enjoy it a lot and I could do it all day. i know that I will have the patience to sit there when someone is in pain during labour and calm them down and try lighten the mood. In health and social care my communication and team working skills have been challenged and I have become better at being able to communicate to others without being shy or nervous. I know how to use the right tone of voice when I am talking to someone so the information is given off correctly. When I meet someone with different values and beliefs I don’t judge them or make fun of them I treat them exactly the same and listen to their beliefs and values.

**Exploring my knowledge.**

Since starting Carmel my knowledge has improved a lot. I know that I have improved my understanding on people who aren’t capable of doing things. My grandma and grandad are quite frail. My grandma needs a lot of care due to her Alzheimer’s. Seeing my grandma and her development on her disease it really made me understand how important life is and how important it is to care for one another. Looking after my grandma has given me the experience to show how I am eligible to care for people at that age. It has given me the opportunity to be able to develop on my knowledge of disease and how quickly it can travel. I hope that when I do my volunteering my knowledge will go further and I will be able to see what it is like for a carer on a day to day basis. Helping my grandad out has given me the chance the be able to improve my skill on working with others. I know that my grandad isn’t capable of doing many things such as cleaning his house so I go to his house every month and do a massive clean because I understand that it needs doing and being his granddaughter I want to help him.

Having three older sisters to grow up with helped with my knowledge on learning not to do their mistake. They helped me to try not make the same mistakes that they did because they didn’t want me to fail or worry or no be able to achieve what I want. When it came to GCSE’s my sisters made sure is studied hard because they didn’t want me to fail. I understood what they would tell me about how being negative gets you nowhere and it’s only a few months of studying then I get a break. What they said stood out to me. Growing up I have had family members who have not succeeded in things they wanted to and I saw how that affected them. With that I was able to not make those mistakes they made and try my hardest throughout life and school to achieve my goals. From being in secondary school my knowledge has improved a lot because I have got new knowledge on what Health and Social Care is which I didn’t have a clue what it was about before I started college.

I watched TV programs such as Call the Midwife and One born every minute which gave me better knowledge on how time has change and how people now cope with having children. Watching these shows really intrigued me into wanting to do midwifery because the shows were very interesting and because the one born every minute programme wasn’t acting it was real life it helped me to see how hard and challenging and scary being a midwife can be. My mum has some nursing and midwifery books that I sometimes sit and read because I find it very interesting and would like to start reading about it more. The more I read up on it now the better I will be at my knowledge when I come to do it.

**Skills**

Communication skills

I believe that I have great communication skills. I feel optimistic about my communication skills because I know I am a great communicator when it comes to talking to someone, giving advice for telling someone some news. I am a very quiet person when it comes to starting something new but as I get introduced to people and start seeing them all the time and have a laugh with them I start to feel really comfortable around them and then the shyness and awkwardness because it feels like I’ve known them forever. However, there are some bad points when it comes to my communication skills for example I’m not great at group work. I don’t like to talk in groups because I’m worried that I might say something stupid and everyone won’t like me. I’m not good at doing presentations because I don’t like standing up in front of a big audience, especially if I’ve only just met them. Although, being in such a big college full of lots of people I have started to get used to people being around and smiling at you and being friendly so I have started at adapt to it.

Working with others

I have positive and negatives when it comes to working with others. I am confident that I am good with working with others because I know I will get the work done and share some ideas but when it comes to me having to share my ideas out loud or in front of someone I feel nervous and shy. I work with others well because I want to help everyone out and do the best I can. I like working in a team in some ways because if I don’t understand something, my team will help me and explain it so we can work together but I also like working independently because that way I don’t have to worry about having to read my ideas out and being afraid that I might have something wrong and if I do have anything wrong it will be between me and my teacher. It is good to be able to work with others because your job may need you to be able to interact with other people and assist them or reach them.

Technical skills

I am very good at using new technology in a work place and college. In Carmel all my courses require me to use a computer to type up my work. I have started to use excel more than I have ever used and I am now very good at making sure I use capital letter and punctuation instead of just letting the computer do it for me. I feel like using a computer to do my work is much better than writing because it is quicker and when we have to hand out work in we just submit it online instead of having to give in loads of paper which have possibilities of getting lost or ruined. It is much easier to find information and be able to reference peoples work. I find that I get my work done in a much better standard as it is easier to read rather than my handwriting.

Research skills

When I have to research things I find it easier to use the internet because you have more of a variety of sources to look at rather than in a book you only have a section of information what could not be as up to date as it would be on the internet. I find it hard to find some exact sources that I need because a lot of things come up so that’s when I would rather use a book for example in health and social care it is easier to look up Kolb’s theory in a text book rather than on the internet because in a book it is more broken down plus the information will be up to date because it’s only a theory. I feel confident in my research skills because I use the internet most the time to google things. However, I have had times when I have researched things but nothing about that thing has come up because there’s too many different options so then I struggle to know what to do.

Personal organisation

I would consider myself as being an organised person when I need to be which is most of the time. If something isn’t organised then I get very confused and mixed up then attempting to organise it becomes a challenge. Since being in Carmel I have progressively become much more organised as I have had to buy folders and new stationary in order to keep everything neat and in the right order to make my college work easier. I have had to make sure I am organised in the morning so I have everything such as my ID badge and my work. Throughout my life I have always been told that being organised saves a lot of stress and trouble so I have tried my best to stick by that. Being organised will help me for my future job because it will show that I am very prepared and it shows commitment towards my learning. I have recently been given a scenario that is you don’t have the right equipment to do the job then the job can’t get done. I now follow this because if I don’t have my school work then my classwork can’t get done.

Time management

I have my good days and bad days when it comes to things being on time. I know that if I went home and carried on doing my work or stayed behind after school and finished it I would get it done but sometimes I let my laziness get away with me and tell myself that I will have a little rest after college then do my work which doesn’t happen. However, I like to make sure that I don’t miss any deadlines. I try my best to use every bit of time to try and get my work done so I have the stress or worry of it being late or not to the best of my ability. I think that I have improved with my time management since starting Carmel because it’s a serious time of my life that I will only get one chance of and I don’t want to mess it up. To make sure I manage my time now I like to keep a yearly planner on me that I use to write down important information so I don’t forget.

Personal presentation.

I believe that wearing the right uniform for the right occasion shows that you are prepared and have enthusiasm for the occasion. For example, if I have to go to a meeting or a job interview I try my best to look as smart and presentable as I can so I look professional to make a good first impression. I think it is important to dress in whatever makes you feel comfortable because no one will judge you on what you wear but I make sure to look smart for things that are more serious than college. Personal presentation is very good to have because it shows that you are ready which will help you in your job in the future.

Creative and craft skills

I believe that I have a few skills of being creative because I spent most of my childhood creating cards and art with my grandma. I love getting the chance to let my mind be creative and being able to draw things out or express things with colour to make it stand out. Being creative with art and colours in a hospital or the maternity ward can make people feel more relaxed and calm because bright colours lighten moods. Having paintings of children’s things in a maternity ward could make the parents happy and more excited for their child. I would love to craft people cards because sometimes when things are made personally it means a lot more.

Literacy and numeracy

I feel like my literacy and numeracy skills are very good because I know that I can write due to always being read to as a child. I don’t have a very strong love to books but the more I get taught I remember words which broadens my vocabulary which will help me in the future when I have to write documents. I am confidents that I am good with number and simple maths because I studied the higher maths in secondary school. It was a challenge but it has helped a lot with my future because I know I can do calculations easily. I have developed my skills throughout the years mainly because of having sisters who have told me to read and have helped me with my maths and English. I know that I need to work on a few skills that I will need for my future career such as my communication and essay skills because I will need to be able to write and communicate with others when helping them through labour. My skills have developed because I have made mistakes and leant from them which has made me better.

**My experience of practice**

I enjoy helping out a lot. During secondary school I joined CAFOD club which was a club that was held at lunch time where we would all come together in a room and plan fundraising event to help out a school in Africa who wasn’t as fortunate as us. Helping this school made me feel really happy because the more we fundraised the better resources we could provide them and eventually their school had a roof. helping these people made me see how lucky I am and now it makes me want to not take anything for granted and always help people who are in need. I love the feeling I get inside me when I help someone for example me and my mum were driving and saw this lady fall over. We pulled over and got out because she was elderly and she looked hurt. As she told us she had MS my heart sunk and I felt sorry for her. We had our massive dog and my dad in the car so there was no room to drive her back home plus she had her dog so me and my mum walked this lady home and she got there safely. This lady was very thankful and I feel extremely happy that we helped her.

I am currently about to take part I work experience where I will be helping elderly in a car home. I’m excited to start because I love seeing people happy after they have been helped. I think it is important that you should help others or ask someone if they need help because sometimes people don’t ask or show it. Knowing that I have the skills and determination to help people has made me decide that I want to do midwifery because it is helping people when they are going through pain and its helping to deliver babies to the world. Helping others improves my communication skills. It helps me to talk to people who I’ve never met and not feel awkward.

**My career aspirations**

I have two career paths that I am looking towards doing which are midwifery or nursing. I love the thought of nursing because I like to make people better. I like learning about how treatment works and caring for others. My mum used to be a nurse and she always tells me about how good of an experience it is being able to look after people and watch them walk out al better knowing you helped them. Doing work experience in a care home helps me to develop my skills and love for helping others and all different ages. I love working with people who are in need of help and support because I love the idea of making someone else’s life better and making a difference. For me to be able to do this job I need to go to university after I have finished college and study there for four years.

My second career path is being a midwife. I feel stronger about this than nursing because I love being around children and being able to be the first to see the baby born sounds like an amazing experience. I love the thought of having the opportunity of delivering a baby and looking after the mum after she has given birth then one day being able to have a child myself. My mum used to also be a midwife and she has inspired me to become one because she knows that is an amazing experience. I know that I have the right skills to be able to be supportive to the parents if anything goes wrong. I know that I can be calm and ready to expect anything which is good to have in that type of job.

Bibliography

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Websites: (<http://www.businessdictionary.com/definition/values.html>)

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