

Reflect on the following aspects. 1. as you have developed through level 4 have e...

[Sociology](#), [Communication](#)



Reflection and self-awareness

Part 1: As you have developed through level 4 have your views of the professional's role altered and why is this?

My views of the professional's role have with no doubt altered with time. I have come to understand that professionalism is not all about academic qualifications but the ethics, conduct and integrity of a professional. I have come to realize that there are indeed set standards by given professional bodies. A professional cannot just act based on their own feelings but must pursue to carry out their obligations to the very best that they can. The professional's role is not just to the patient, for instance in the health sector (Ficarrotta, 2001). They also have a role in maintaining the standards of a given institution and professional associations. A professional, therefore, has a major role in demonstrating competence in their career.

There are minimal standards set by professional bodies that guide the role of a professional. An example of such a body is American Nursing Association (ANA). These bodies also state the role of an employer who is also a professional a providing a good working environment. It takes various stakeholders to have competence assured and to define a professional role: This include, employers, professional bodies, the professional, certification bodies and regulatory entities (Rungapadiachy, 2008). Overall, I have come to realize that it all comes down to the conduct of a professional both in communication and indeed. One must also realize their personality in order to realize others.

This is crucial to both the social and health professionals. The reason my views of the professional's role have been altered is due to the various

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interactions I have had. I have interacted with various professionals all along the four levels. I have also interacted with my lecturers as well as my fellow students and have acquired knowledge on professional's role. I have also read much on professionals, and this has altered my stand.

Part 2: Consider the skills you need to develop such as communication and self-awareness, to be able to move forward your understanding of yours, other professionals and the service user's journey.

One of the major skills I need to develop is communication. This is because professional life is all about interactions. Interactions exist among professionals and with clients or the people to whom a professional has an obligation. Communication is thus the key in ensuring that I become a good team player. It takes teamwork for an institution to progress and for professionalism to function at its best. Key to note is that I must not only aim at developing verbal communication but also non-verbal communication skills.

Good communication skills will ensure that I am able to express myself effectively and with much ease. Communication skills also influence my choice of words. From this perspective, a professional develops etiquette (DeVito, 2009). One in turn realizes that the listening is part of the communication models. There can never be communication if all parties involved are talking and not listening to the other. Developing communication skills will thus enable me understand myself based on how I interact with others and their constant views on me. It will also enable me understand other professional's strengths and weaknesses and how to cope with them.

Another major skill I need to develop is self-awareness. Self-awareness refers to the ability to know oneself and recognize that one is a being separate from other individuals and the surrounding. It is through self-awareness that one can know their weaknesses and their strengths and thus cope effectively (DeVito, 2009). One is thus able to know their personality. The personality of an individual may not change but can help them know where to thrive most and how to deal with personality threats. Our personal values are another area of awareness that one needs our focus. It is true that first things come first and, therefore, knowing our values will ensure that the values do not conflict with our work mostly in terms of working hours.

For instance if my family is my priority, much value may be dedicated towards the success and stability of my family, and I must, therefore, ensure that it does not conflict with the dedication I give to my profession (Rungapadiachy, 2008). Our habits too are another area of self-awareness. I must thus work towards building on habits that are not in line with my professional conduct such as failure to consult others. Need is another area of specialization as explained by Maslow. There are people who need affection while others need power. Some need achievement and others need just to belong. Failure to achieve these needs may lead to stress and low performance while the needs may also be a motivating factor to many. Realization of our needs leads to self-awareness, as one can cope (DeVito, 2009). The emotional aspect is the other major factor to consider in self-awareness. One must have control of their emotions to perform effectively and to exhibit professionalism.

Part 3: How will you use this learning to inform your future development?

I will use this learning to enable me develop first by knowing my weaknesses and strengths. I will then work towards building on my strengths while working on my weaknesses. I will also ensure that I improve my communication skills both verbal and non-verbal to enable me be a key team player. These two aspects will in turn ensure that I play my professional role right and exhibit professionalism in my career.

References

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