

SWK565 Professional and Personal Development and Resilience

Level: 5

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JULY

Synopsis:

Professional and Personal Development and Resilience used a series of exercises and activities to stimulate creativity in the individual as well as allow for self discovery. Personal strengths and challenging qualities are discovered and worked at to bring about growth and development as well as build up resiliency. The demanding nature of social work and the often accompanying emotional aftermath of working with clients frequently lead to early burn-out by social workers. Equipping the social workers with the skills of personal development and resiliency ensures some degree of sustenance for the job.

Topics:

- Sources of stress
- Signs of stress and burn-out
- Stress management
- Resilience theories, research and social work practice
- Strengths, adaptation, healing and self-efficacy health and wellness
- Formulating problem-solving strategies
- Personal and professional identity and values
- Resilience and personal development
- Creativity and self-discovery
- Identifying personal strengths and support
- Professional social worker's resources
- Exercises for personal and professional growth and development

Textbooks:

Belenky, Mary Field; Clinchy, Blythe McVicker; Goldberger, Nancy Rule and Tarule, Jill Mattock (1997: *Women's Way of Knowing: The Development of Self, Voice and Mind* ISBN-13: 9780465090990

Bryan, Mark; Cameron, Julia and Allen, Catherine (1997: *The Artist's Way at Work* New York: First Basic Books ISBN-13: 9780688166359

Learning Outcome:

- Analyse the signs of stress and burn out by social workers.
- Discuss the resilience theory and research, problem solving and healing.
- Propose strategies to manage burn out by social workers.
- Develop resilience and skills at personal development.
- Apply creativity and self discovery.
- Assess personal strengths and bring about personal and professional growth and development.

Assessment Strategies (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	50
Overall Examinable Components	Written Exam	50
Total		100