

# **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:**

The Artist's Way at Work Mark Bryan, Julia Cameron, Catherine A. Allen First Basic Books  
ISBN-13: 9780688166359

Women's Way of Knowing: The Development of Self, Voice and Mind Mary Field Belenky, Blythe Mcvicker Clinchy, Nancy Rule Goldberger, Jill Mattuck Tarule Basic Books  
ISBN-13: 9780465090990

**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 - Regular Semester (Evening Class):**

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

\*The information listed is subject to review and change.