

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:

- Stress and burn out
- Resilience
- Identity and coping
- Exercises for personal and professional growth

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

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-AA

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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:

Continuous Assessment Component	Weightage (%)
TUTOR-MARKED ASSIGNMENT	50
Sub-Total	50

Examinable Component	Weightage (%)
Written Exam	50
Sub-Total	50

Weightage Total **100**