

Skills & Abilities for Applicants to Vocational Health & Social Development Programs

The vulnerability of the people we support demands that vocational health & social development programs prioritize client safety & welfare. The roles can be mentally, emotionally & physically challenging. An inability to meet certain criteria may have a negative impact of your success in the program. Applicants entering vocational health & social development programs should be aware that they will need to possess the following:

- **Physical Abilities**
 - exercise effective hand-eye coordination to perform fine motor skills
 - stand & maintain balance
 - move within limited spaces & across uneven surfaces
 - push & pull
 - perform repetitive movements
 - bend, reach, lift, walk, climb, kneel, & carry objects

- **Sensory Perceptual Skills sufficient enough to tolerate exposure to:**
 - strong odours
 - infectious diseases
 - interruptions/distractions
 - noise
 - chemicals
 - unpredictable behaviour of others
 - being in close proximity to & touching other people

- **Cognitive Skills & Abilities**
 - remember & apply previously-learned information to new situations
 - problem solve, analyze & make decisions
 - exercise critical inquiry skills to develop professional judgment
 - apply arithmetic skills (add, subtract, multiply, divide) accurately
 - summarize & relay pertinent information to others in a timely manner
 - understand & follow directions
 - perform a complex series of tasks/steps
 - utilize self-reflection to modify their behaviour

- **Communication Skills & Abilities**
 - Meet the English language requirements of the program to ensure an ability to speak & understand spoken & written English well enough to avoid confusing words & meanings
 - write complete sentences & paragraphs
 - recognize nonverbal signals of self & others
 - accept feedback in a positive manner

- utilize basic computer skills
- Behavioural Skills & Abilities
 - manage their behaviour
 - create & maintain a safe environment
 - respond appropriately in situations that are stressful, unpredictable, & involve conflict
 - react appropriately to giving & receiving physical touch
 - manage time appropriately
 - practice self-care on a regular basis ensuring adequate rest, exercise, nutrition & stress relief
- Interpersonal Skills & Abilities
 - develop & maintain relationships with individuals & groups
 - set limits & boundaries in relationships
 - behave in a nonjudgmental manner
 - display compassion & empathy for others
 - develop caring relationships with others
 - enjoy working in a team-based environment
- Personal Characteristics
 - open to learning
 - able to embrace & engage in personal change
 - emotionally mature & stable, able to understand & manage own feelings
 - reliable, patient, & adaptable
 - honest & accountable - This includes disclosing mental & physical health issues that may jeopardize the safety & well-being of others
 - able to acknowledge personal limitations
 - able to seek support &/or personal counselling when needed
 - resourceful & able to problem solve
 - willing to understand others & value differences
 - able to maintain appropriate hygiene, grooming, & professional presentation

Please contact the Chair of the program you wish to enrol in if you identify any of these items that you may have trouble meeting.

Declaration. I have read & understand that an inability to demonstrate these skills & abilities may prevent my success in the program.

Student Name: _____ Student #: _____

Signature: _____ Date: _____