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
  o manage their behaviour
  o create & maintain a safe environment
  o respond appropriately in situations that are stressful, unpredictable, & involve conflict
  o react appropriately to giving & receiving physical touch
  o manage time appropriately
  o practice self-care on a regular basis ensuring adequate rest, exercise, nutrition & stress relief

• Interpersonal Skills & Abilities
  o develop & maintain relationships with individuals & groups
  o set limits & boundaries in relationships
  o behave in a nonjudgmental manner
  o display compassion & empathy for others
  o develop caring relationships with others
  o enjoy working in a team-based environment

• Personal Characteristics
  o open to learning
  o able to embrace & engage in personal change
  o emotionally mature & stable, able to understand & manage own feelings
  o reliable, patient, & adaptable
  o honest & accountable - This includes disclosing mental & physical health issues that may jeopardize the safety & well-being of others
  o able to acknowledge personal limitations
  o able to seek support &/or personal counselling when needed
  o resourceful & able to problem solve
  o willing to understand others & value differences
  o 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: ____________________________