

Name: Zobia Ashfaq

Student ID: 2524669

Module Code : LCHS4001

Module: Academic and employability Skills

Lecture: Daniel Jenkin Smith

Submission Date: 13.03.2026

Reflective Report: Professional Research and Practice

1. Research

Researching the statutory obligations of a Family Support Worker was initially overwhelming demounted vast volume of available online data. However, applying the CRAAP Test provided a vital sense of security. It gave me the preconference to prioritise guidance from the NHS and NSPCC over unverified sources, ensuring practice remains professional and safe.

2. Presenting

I felt confident and empowered while creating a hierarchy, as the CRAAP framework acted as a "safety net" for my data. However, the actual process of simplifying legislative language was deeply stressful. I felt anxious and drained trying to strip away technical "legalese" without losing legal nuance. I struggled with the fear that over simplification might lead to misinformation, making the drafting process feel slow and mentally taxing. While the logical flow went well, I felt frustrated that dry statutes didn't fully capture the human impact. Next time, I will use visual aids and case studies to move from cold data to the "why" behind family outcomes.

3. Challenges You Faced

Maintaining "Currency" in a fast-changing legislative environment remains a constant source of pressure. Balancing technical rigor with the emotional needs of resistant families is my greatest hurdle. I believe peer supervision is essential to bridge the

gap between technical compliance and frontline support.

4. Actions to Improve

As reports become more complex, I will focus on triangulating data from multiple authoritative sources. I aim to develop a disciplined habit of cross-referencing local authority protocols with GOV.UK updates to ensure my reports are robust and evidence based.

5. Further Steps for Task 3

I will develop a Source Log to track DWP updates, refine my verbal communication to explain safeguarding policies without jargon, and practice "Purpose" evaluations to maintain ethical standards during crisis interventions.