



Coursework Title: Reflective Activity on

Module Name: Academic and Employability Skills

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I have had the opportunity to reflect on my mental health presentation and the learning I gained from this task.

Research:

To prepare for my presentation, I used online sources and materials from medical organisations and the school library. I made sure my information was correct by checking different sources and using the CRAAP test that I had learned about in class. This helped me choose reliable and up-to-date information. I also learned more about the role of a mental health support worker that showed me how important it is to have person centered care available.

Presenting:

I prepared my presentation by organising my work into clear sections and having my daughter help me practice what I was going to say and making sure I didn't go over the allotted time. This was very helpful because I understood my topic and was able to explain it clearly. I also felt more confident because I had prepared in advance.

Challenges:

I faced some challenges while preparing and presenting. I found it difficult to use the laptop and Microsoft Office at first. I also had some difficulty finding information in the school library and referencing my sources correctly. During the presentation, I was a bit nervous and wasn't as confident as I would have liked. If I could do it again, I would practise more and improve my confidence when speaking.

Actions to Improve:

To improve in the future:

- I will practise my presentation skills more
- Manage my time better by creating a schedule
- I will also improve my IT skills and learn more about referencing.

This will help me feel more confident and deliver better presentations.

Further Steps for Task 3:

- Plan and structure my essay clearly (introduction, main body, conclusion)

- Use reliable sources and reference them correctly
- Organise references in alphabetical order
- Proofread my work or ask someone to check it

Overall, this experience has helped me improve my knowledge, confidence, and academic skills.