

University of Wales Trinity Saint David

LCHS4001 - Academic and Employability Skills

Task 2 - Reflective Activity

Name: Ruzbi Nayel

Student ID: 2442782

Module Code: LCHS4001

Module: Academic and Employability Skills

Lecturer: Oluwadamilola Tayo

Submitted on: 11 August 2026

Task 2 - Reflective Activity

1. Research

For Task 1, I researched the job of a Youth Rehabilitation Worker. I used the GOV.UK Youth Justice Board website. I looked for information about helping young offenders, rehabilitation and stopping young people from offending again. I found the government website useful because the information was clear and trustworthy. The CRAAP test helped me check if the website was a good source. One problem I had was that there was a lot of information online, so sometimes it was difficult for me to choose the most useful information.

2. Presenting

At the beginning of my presentation, I think I presented well, but I was also worried that I might forget what I wanted to say. I prepared by practising and using small notes. I think I explained the Youth Rehabilitation Worker role clearly. Next time, I would like to make more eye contact and speak with more confidence.

3. The Challenges I Faced During My Research

My main challenge was remembering all the information while speaking. Some academic words were also difficult for me. I tried to manage this by using simple words and breaking my presentation into small parts.

4. Actions to Improve in the Future

For my next presentation, I will practise more before presenting. I will use short keywords. I also want to improve my research skills by using more reliable websites and making better notes.

5. Further Steps Needed to Prepare for Task 3

For Task 3, I need to research the Youth Rehabilitation Worker role in more detail. I will focus on three important skills: communication, empathy and problem-solving techniques. I will find reliable information about these skills and how they can be improved. This will help me plan and write my Task 3 report clearly.