



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Name: Carbelis Mayela Carrillo Guevara

Student ID: 251636

Module Code: LCHS4001

Module: Academy and Employability Skills

Lecturer: Inderjit Grewal

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Complete the template below (use the prompts in the Task 2 information document to help)

- Take your time, there is no limit – you have until Friday of Week 8 to submit
- Use any notes you have already made to help
- The boxes will expand when you type

Section	Your response (Use your own words!)
1. Research	For this task, I used the NHS website, Linkelin and indeed. I also have a chat we my college about them task, and them advice me to found my Research. I focused on understanding the topic properly, because I wanna feel confident about my investigation. I also checked different sources because I wanted to be sure everything was accurate and presented in a simple way.
2. Presenting	When I presented, I did my best to speak calmly even though I was nervous inside. I try to don't speak fast , organised my ideas to keep everything clear and easy to follow. I tried to sound confident and professional. Even though my mind has been under stress, I pushed myself to stay focused, keep eye contact, and explain each point step by step, with out mental distractions
3. Challenges you faced	One of my biggest challenges was dealing with my memorie, I have ADHD and sometimes is hard for me to focus and sometimes can't follow what i said, really hard concentrate at times. I was scared of forgetting what I wanted to say or speaking too fast. I also struggled a little with turning all my research into short, simple points because I always want to give my best and sometimes I overthink, The moment about the question I just loose myself and completely forgot how respond also 5 min before exactly this question i was looking in my Research.

4. Actions to improve	I want to practise more before the next presentation so I feel more relaxed and prepared. I also want to make my slicer clear, using clearer bullet points instead of long sentences. Another improvement is managing my time better so I don't feel rushed or overwhelmed. Taking small breaks, and said myself i can do it, maybe this can help me stay focused.
5. Further steps needed to Prepare for Task 3	Reading full description with attention and try firts to understand step by step, for focus and don't losse time, I will back to my notes about the task 1 and 2 and follow the feeback to improve my task 3, with better preparation and organisation.