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1. Research	For Task 1, I looked into the job of a Registered Nurse in the health and social care sector. The websites I used to get information were the NHS Careers site, the Nursing and Midwifery Council (NMC), and Health Careers. From my research, I found that a registered nurse's jobs are looking after patients, checking their health, handling medicines, and giving physical and emotional support. They also work closely with other care staff to make sure patients get good quality help. I learnt how to find sources I can trust and use the CRAAP test to check information, and I now understand why it's so important to use proper, reliable information for assignments.
2. Presenting	When I was making and giving my presentation, I spoke about why I want to be a Registered Nurse, and shared what I'd

	found out from my research. I explained my points clearly and showed I understood what the job involves. Doing the presentation really helped me feel more confident speaking in front of people, and gave me good practice at putting my ideas in order so they make sense and look professional.
3. Challenges you faced	I had a few problems: first, I felt really nervous while speaking, which knocked my confidence. Then I found it hard to work out which skills matter most for nurses, because different sources said different things. I also struggled to keep to time, and make sure I covered everything I needed to. I managed to sort these out by planning carefully, writing clear notes, and sticking to sources I knew were right.
4. Actions to improve	Next time, I'll use cue cards to plan out my main points, and do more presentations to get better at it. I'll also practise looking at the audience, speaking at a steady speed, and feeling more sure of myself. I'll make shorter, clearer notes too,

	and check information from more than one place so my research is better.
5. Further steps needed to prepare for task 3	For Task 3, I'll need to look more deeply into what Registered Nurses do, especially around communication, working in a team, and making clinical decisions. I'll find more sources, use Harvard Referencing correctly to list them properly, and look into how you can build these skills with real examples to show how it works.