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1. Researching the topic

For Task 1, I researched the role of a Community Support Worker to develop a better understanding of the responsibilities, skills, and values required in the role. I used reliable sources, including NHS Careers, the Care Quality Commission (CQC), Mind, and Age UK, to ensure that the information I presented was accurate and up to date.

During my research, I learned that Community Support Workers provide person-centred care, promote independence, protect vulnerable people, and work closely with other professionals to meet individuals' needs. Initially, I found a large amount of information, so I had to identify the most relevant points for a short presentation. I also kept a record of the sources I used to ensure they could be referenced correctly.

2. Presenting

When preparing my presentation, I organised the information into a logical order, so it was easy for my audience to follow. Rather than reading from a script, I used brief notes to help me speak naturally and confidently. I explained the main duties of a Community Support Worker, the essential skills required, and why I am interested in working in this role.

Before recording my presentation, I practised several times to improve my confidence, pronunciation, and timing. This helped me deliver the information more clearly.

3. Challenges I faced

One of the biggest challenges was reducing my research into a presentation of the required length. There was a lot of useful information available and deciding what to include was difficult.

I also felt nervous when recording my presentation. At times, I struggled to pronounce professional terms such as safeguarding and empowerment, and I occasionally lost my place in my notes. As a result, I had to record the presentation several times before I was satisfied with the final version.

4. Actions to improve

This activity helped me identify areas where I can improve. For future presentations, I will:

- Plan my research before I begin.

- Practise speaking aloud more regularly to improve confidence.

- Improve my knowledge of professional terminology.

- Complete practice presentations earlier to avoid rushing.

- Continue developing my presentation and communication skills.

5. Further steps needed to prepare for Task 3

To prepare for my 1,200-word report, I intend to carry out more detailed research into the role of a Community Support Worker. I will explore relevant legislation, professional responsibilities, qualifications, current challenges within community care, and future developments in the sector.

I will use a wider range of academic books, journal articles, and official guidance to strengthen my work. I also plan to produce a clear report structure before writing, use Harvard referencing consistently throughout, and carefully check my work against the assessment criteria before submitting it.

Conclusion

Completing this reflective activity has helped me recognise both my strengths and the areas I need to improve. I have developed my research and presentation skills and gained a better understanding of the Community Support Worker role. I will apply the feedback and lessons learned from this task to improve the quality of my future academic work.

