

Academic and Employability Skills

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Task 2: Reflective Activity

Gibbs Reflective Cycle

For this task, Gibbs Reflective Cycle (1988) (as cited in Li et al., 2020) was implemented and it is important to be noted in this reflective activity.

Description

In Task 1, I had to capture a five-minute video presentation where I presented my selected role, explained how I conducted my research, and said how I planned on doing the report. I was asked to read verbally without any script and analyse a source with the help of CRAAP test.

Feelings

Before the presentation, I experienced nervousness. The thought of making a speech in front of a camera without a written set of the speech terrified me, as well as I was afraid that I could leave out essential details or stutter. However, after I started, I started becoming somewhat more relaxed, knowing that I had made my notes and still had a good idea of the subject matter. Another feeling I had was a relief on completion.

Evaluation

My strengths in the presentation were that I had well prepared myself and was able to address all the content required. Furthermore, I managed to evaluate the journal article using the CRAAP test and explain this evaluation in a clear language. Nevertheless, I noticed that I had at times been hasty in delivering especially when talking about the more complicated elements of the test. The use of filler words like um, like, and others was also observed at some points, which made me seem less confident.

Analysis

What I've learned about myself, is that I have much to learn about the theory and understanding of health and social care. However, I have experience working in the

field practically. I believe this help me to be able to understand it fully in due time. I also feel I need further training with speaking publicly. The nervousness that I felt, I believe negatively contributed to my pacing and fluency. I will also have to train on content but also on delivery style. My competence in research evidenced using CRAAP test and the need to present all that academic knowledge to a reader required the simplification of the concept, a lack of which was demonstrated by my inability to effectively describe specialist terms.

Conclusion

I have come to understand that despite research being a very vital skill, it is more crucial that the research is communicated effectively. When making future presentations, I should focus on the speed and articulation. I also make a conclusion that practising my presentation several times with a friend or recording myself will contribute to gaining more confidence and minimise the usage of filler words.

Action Plan

To improve in my presentation skills going forward, I have devised a plan:

- I will schedule time to practice so I can prepare my next presentation by presenting it a few times to be able to get into the flow of things and be able to overcome my nerves to present.
- I will record and review myself and ask a third party their opinion. This will enable me to do practice runs on my phone and then analyse it to ensure I'm making progress with my ability to present.
- To proceed to Task 3, the next steps I plan to undertake include creating a clear outline of my report, gather the rest of the necessary sources, and start writing the first draft, while keeping in mind to use Harvard reference.