

Intro

In the second term in the university of Wales Trinity Saint Davids Swansea, we were lucky enough to have guest speakers Micheal O'Brian, he was wrongfully convicted of murder, 1987 in Cardiff.

I will also be using Gibbs reflective cycle as a structure and a reflection as it is clear and will benefit me in the future Adeani, S. Ikin et al (2020).

Feelings

Before the guest speaker came I felt nervous to ask some of the questions because they were about his personal experiences in prison. During I felt more confident due to Michael being so open about his experiences. Kilgus A et al (2023) although describes confidence in the area of sports it also applies to this instance, 'self confidence' is a belief that an individual can perform the actions needed to overcome a difficult scenario.

After the situation I had a better understanding of prisons and how people are treated in the criminal justice system.

I believe others felt the same as me, excited, nervous and shocked.

Evaluation

I asked him about his experiences in prison and does the media represent prisons accurately, he said no the media does not represent prisons accurately. Patrik K (2012) explains that experiences although can be experienced by multiple people at the same time they can objectively carry the same experience differently.

I felt like I gained better knowledge on the criminal justice system, as at the time I did not know what prisons were like back then and through his speech I gained a better understanding about the criminal justice system Mercedez C (2022) found that individuals with tripartate of needs like autism, ADHD and race. Through Mercedez C

(2022) findings and Micheal O'Brians speech in class I now understand how the criminal justice system works.

- I did research on Michael O'Brian after his guest speaker and feel like i have more information to carry into further studies, and has facilitated my love to understand the miscarriage of justice and how people can bounce back, it also made me want to understand how the criminal justice system operates and how it is presented on the media.

Things that were bad:

- I wanted to ask more questions but did not because I felt like i would have took others opportunities to ask them, if i did ask more questions I would have asked "do you think others should study the law in prisons if they have been treated wrongfully or wrongfully convicted".
- I was a few minutues late becuase i could not find the room we were in, although i had not missed anything in those few mintues, i could have missed a lot next time i will be more punctual and take in consideration traffic and look what room number it was held in.

How did you or other contribute? - I asked a quuestion about the medias potrayal of prisons from when he was incarcerated and how the media portrais prisons now, others asked what he had done in prison, how he is doing now and has he been involved in the criminal justice system since he was released.

Analysis

I would say the only thing that did not go well was that I did not ask as many questions as I wanted but I feel like things went really well not just because Micheal O'Brian was very open about his experiences and was very approachable as an individual, the main thing that went well was that you could tell that majority of the class was captivated by his story and how he bounced back from being wrongfully incarcerated.

To gain further knowledge Micheal O'Brian's book or watch his interviews/podcasts to gain more of an insight into how he handled life after prison, how he withstood life in prison while being falsely accused of murder and how he has bounced back to help others by telling his story. I could have also gained knowledge from the UWTSD library to familiarise myself with his background and find a less biased view of the outcome before he came to our university for the guest speaker session, for example Barton A, BrownView A (2015) refuse to 'dark prisons', which are now tourist phenomenon as 'dark prisons' are prisons which have violence, tragedy and disaster.

Conclusion

I learnt that the media does not represent the prisons accurately and Micheal O'Brian's speech was powerful.

To make it a better experience more people should have asked more questions.

Next time I would be more selfish and ask more questions to further my knowledge, and the skills needed to do this is more confidence.

To ensure i act differently next time I will take on board what I have learnt and be more confident in asking questions and be more selfish to benefit myself.

Adeani,S.Ikin , Febriani,B.R , Syafradin, Syafradin (2020) 'using GIBBS Reflective Cycle In Making Reflections of Librery Analysis', *Indonesian EFL Journal*, vol (6) no(2)p.139-148. Available at:<https://doaj.org/article/0fa42bc4d0764ec2893c4b5dfaaa3a4d>

Personal experiences of drinking and alcohol-related risk perceptions: The importance of the subjective dimension

Personal experiences of drinking and alcohol-related risk perceptions: The importance of the subjective dimension

Karlsson, Patrik. **Nordic Studies on Alcohol and Drugs**; Helsingfors [Vol. 29, Iss. 4](#), (2012): n/a. DOI:10.2478/v10199-012-0036-5

Individuals with this tripartite of needs are likely to experience high levels of stigma (Jansen-van Vuuren and Aldersey, 2020), discrimination (Wallace *et al.*, 2016), mistrust in the criminal justice system (Centre for Justice Innovation, 2017), trauma (Morris *et al.*, 2018) and challenges with community reintegration (Cubellis *et al.*, 2018).

Reflections on systemic barriers for ethnic minorities in accessing community-based forensic services for people with intellectual disabilities and autism

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Coleman, Mercedes. **Journal of Intellectual Disabilities and Offending Behaviour**; Lewes [Vol. 13, Iss. 1](#), (2022): 12-19. DOI:10.1108/JIDOB-08-2021-0012

<https://research-ebsco-com.uwtsd.idm.oclc.org/c/onvpsy/viewer/pdf/3t4skgegov?route=details> - confidence.

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