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Section	Your response
1. Research	At the beginning of my research, I used the National Careers website in class to find information about the qualifications, skills, responsibilities, and career progression of a Cognitive Behavioural Therapist. I then found another relevant source, the British Association for Behavioural and Cognitive Psychotherapies (BABCP). Comparing these sources helped me understand the job role better. Processing detailed information for my presentation was difficult. I feel confident using the CRAAP test, as it helped me identify reliable, accurate, and trustworthy sources.
2. Presenting	To prepare for my presentation, I organised my research into key points and wrote notes in my book to refer to during the presentation. What went well was that I am passionate about the topic and hope to pursue it as a career, which helped me explain the role clearly. However, I found it difficult to summarise information and decide which points were important while staying within the time limit. Next time, I would practise in the classroom to speak confidently and rely less on my notes.
3. Challenges you faced with your presentation	One challenge I faced was explaining some of the terminology from the sources because there was a lot of information to process, and I did not want to miss any relevant points in my presentation. More practice and feedback on my presentation skills would help improve my confidence and support my development.
4. Actions to improve	Before next term, I aim to improve my research, organisation, and presentation skills. To boost my confidence, I plan to spend more time analysing sources, taking organised notes, and practising speaking in front of others.
5. Further steps needed to Prepare for Task 3	To prepare for Task 3, I will continue developing my research and presentation skills. The three areas I will focus on are evaluating sources, organising information, and improving my confidence when presenting. I will change how I search for information by using specific keywords and comparing reliable sources. I will also use the CRAAP test to ensure my sources are relevant and trustworthy. I now have a better understanding of the research process and future tasks.