

Reflective Activity

For task 1, I learned a lot about how to research a job properly and how to talk about it clearly. I chose the paediatrician role because I'm interested in how children develop and I also wanted to understand what the job is like. When I started researching, the first place I looked was the NHS Careers website because I know it's reliable. I also checked the Healthcare Jobs UK. I searched for things like "paediatrician job role" and "skills needed", which helped me understand the communication and empathy side of the job.

One thing I found a bit hard was using the CRAAP test. I understood some parts of it like checking if the website was up to date, but I wasn't fully sure about how to check accuracy at first. After reading through the NHS page properly, it made sense because it clearly explained the role and matched what I saw on the other websites.

Recording the video was probably the hardest part. I tried to talk naturally, but I did look down at my notes a few times because I didn't want to forget anything. I also found it difficult to stay within the time limit, so I had to cut a few things out that I wanted to say. Even though it was a bit stressful, I think it made me improve my speaking and made me realise how important it is to plan properly.

For task 3, I'm planning to spend a bit more time looking into the job, so I properly understand the training route and what paediatricians do day to day. I don't just want basic information this time, so I'm going to try and find clearer examples and maybe look at different NHS pages. I'm also going to organise my notes better because in task 1 I had information everywhere and it got confusing. Overall, I just want to make sure the report is more detailed and that I actually understand what I'm writing, not just copying facts.

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