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Module code: LCHS4001-LON
Module name: ACADEMIC AND EMPLOYABILITY SKILLS
Lecturer's name: OLU DAMILOLA TAYO



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Section	Response
1. Research	I adopted a systematic research approach to investigate this job role, using credible and reliable sources to ensure that the information gathered was accurate, relevant, and trustworthy.
2. Presenting	I prepared for my presentation by conducting thorough research using credible sources, organising the key information, and rehearsing regularly to improve my confidence and delivery.
3. Challenges you faced	I found managing my initial nervousness and sustaining confidence throughout the presentation somewhat challenging.
4. Actions to improve	Regular practice, critical evaluation of credible sources, effective organisation, and constructive feedback will enhance my research and presentation skills.
5. Further steps needed to prepare for Task 3	I will use credible sources and critically evaluate information to strengthen my research. I will also explore suitable healthcare roles aligned with my skills and career aspirations.

As part of my research, I investigated a range of healthcare roles by consulting government websites, official employment platforms, and other authoritative and reliable sources. After reviewing several career opportunities, I selected the Healthcare Assistant position with Operose Health, based at Brunswick Medical Centre in London, as the focus of my presentation. The vacancy was advertised through NHS Jobs and was posted on 22 July 2026. I considered this to be a relevant and current vacancy because it had been advertised only a few weeks before my presentation. My research enabled me to develop a clearer understanding of the responsibilities, skills, experience, and professional expectations associated with the Healthcare Assistant role. The position involves supporting patient care, assisting clinical colleagues, undertaking health observations

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and procedures, including blood pressure and BMI measurements, phlebotomy and simple wound care, as well as completing relevant administrative responsibilities. This research strengthened my understanding of the Healthcare Assistant profession and provided reliable evidence to support the information presented to my audience.

At the beginning of my presentation, I experienced a brief period of nervousness while speaking in front of the audience. However, I quickly regained my confidence and composure, which enabled me to continue effectively. As the presentation progressed, I became increasingly comfortable, enabling me to communicate my ideas more clearly and engage with the audience more confidently. Grieve (2019) suggests that “public speaking anxiety is a common experience among university students and emphasises the importance of developing confidence and effective speaking skills through practical strategies and continued experience.” Reflecting on my own performance, I recognise that further preparation and regular rehearsal would strengthen my presentation skills. To enhance my research and presentation skills, I intend to develop consistent research practices by using credible and reliable sources, critically evaluating information, and systematically organising key findings. I will rehearse my presentation several times to strengthen my confidence and become more familiar with the subject matter, reducing my reliance on written notes. I will focus on maintaining appropriate eye contact, using confident body language, improving voice projection, and regulating my speaking pace to engage the audience effectively. I will also seek constructive feedback from tutors and peers to identify areas for further development. By consistently applying these strategies, I aim to manage initial nervousness more effectively and deliver future presentations with greater confidence, clarity, and professionalism. Continuous reflection on my performance will enable me to identify areas requiring further development, strengthen my ability to communicate complex information accurately, and adapt my delivery to different audiences. This ongoing process of self-evaluation and constructive feedback will contribute to the development of stronger interpersonal, organisational, and public-speaking capabilities that are valuable within both academic and professional environments. Furthermore, my investigation of the Healthcare Assistant role has motivated me to consider a wider range of professional opportunities across the health and social care sector. Moving forward, I intend to refine my information-searching strategy by adopting a more systematic and selective approach, prioritising authoritative sources such

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as NHS Jobs, government publications, professional bodies, and established healthcare organisations. Rather than relying on general online searches, I will critically appraise the currency, relevance, accuracy, and credibility of the evidence before incorporating it into my work. I will also examine different occupations by evaluating their entry requirements, core competencies, professional responsibilities, progression opportunities, and required experience against my existing capabilities and long-term career aspirations. This more analytical approach will strengthen the quality of my research, identify potential gaps in my knowledge or training, and support evidence-informed decisions regarding the professional pathway most aligned with my future development.