

Chloe Thomas.

1809882.

E-Portfolio.

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Chloe Thomas/Roberts 1809882 - Video critique counselling session.

In this assignment communication and counselling will be identified, within a counsellor and a client in a simulated counselling session. The theory of Carl Rogers will be applied throughout, this will also include a discussion and a reflection on a video critique. The discussion will include the implements and value of effective communication within a healthcare setting.

Effective Communication is sending or receiving messages between two or more people, body language plays a big part in effective communication too which includes facial expressions and positions of arms and legs (Brown, 2018). Empathy plays a big part within the role of a counsellor. Rogers, (2016) states that empathy is the main core condition for a successful counsellor. Carl Rogers was a humanistic psychologist, Rogers agreed with Abraham Maslow; that Maslow was one was an influential psychologist within the twentieth century (Britanntia, 2016). For a person to expand their needs and progress within a counselling session they must encounter acceptance, empathy and genuineness, to allow the counsellor to understand the client (McLeod, 2014). Carl Rogers emphasis about the 6Cs and how they are a significant part of person centred therapy, these are; congruence which means when a client's feeling, thoughts and behaviour all work together to achieve the goal in question (Services, 2018), also care, communication, commitment, competence and courage are part of the 6Cs.

At the start of the session the counsellor introduced themselves to the client and reassured the client that this session was strictly confidential and would not be shared with anyone unless herself or anyone was in danger, whilst making the client feel as comfortable as possible. The client was very nervous and did not want to open up to the counsellor, the counsellor asked the client why they decided to come to a counselling session. The client was slouched in the chair fiddling with her hands, was very quiet and was rather anxious. The counsellor observed that the client was quiet and was slouched in the chair, the counsellor didn't say anything or make the client aware. After some time, the counsellor could see that the client became relaxed and more at ease and looked more comfortable when talking to the counsellor. The counsellor was using open and closed questions to help the client to become more relaxed and to be able to build up trust with the counsellor. A closed question is when something is asked and an answer of yes or no is replied. An open question is when a question is asked, and a varied answer is replied (Corp, 2018), for example one of the questions asked was, 'how are you getting on with planning the wedding?' the reply to the counsellor was 'we are getting there, it's very stressful but slowly getting there, thank you' which the counsellor observed as the client became more relaxed but still nervous.

The client started to discuss more openly about why she came to see the counsellor whilst still being very anxious about talking to a stranger. Even after the client started to talk more, eye contact was still avoided. Eye contact is very important in a counselling view, as it is seemed to be very powerful between the client and the counsellor. It's an efficient way of gaining trust within the session (Gire, 2018). This would indicate that the client was still anxious about the session, the counsellor reassured the client again to make sure that the client knew she was safe the client looked at the counsellor which shows that there was effective communication, this indicates the client was listening to the counsellor. Within a professional relationship founded between a client and the counsellor good and effective communication can be found between himself or herself. When this is achieved the client can communicate freely and be more effective with each other (Rogers, 1991). As a form of effective communication, the counsellor used paraphrasing, showing an understanding of what has been said the counsellor repeated back issues and topic in the session this is known as paraphrasing. Paraphrasing demonstrates that the counsellor has listened and understood

what the client has said (Tutor, 2018). Towards the end of the session the client was very calm and was talking with confidence and was making eye contact with the counsellor. This shows that the effective communication towards the client worked and that the client felt comfortable talking to the counsellor.

In comparison between the counsellor and client in the simulated session and watching a counselling session between Carl Rogers and a client. There are many similar qualities, such as Rogers likes to make his clients feel comfortable and to make sure that they know that the session is confidential. He used the word 'Congruences' and said how he liked this as it shows good communication between the client and counsellor. He also stated that he likes the client to see through him meaning that he had nothing to hide in the session. Rogers said that it is not hurtful for him to use his own feelings to be expressed as it shows the client that he has compassion towards them. (S, 2013)

To conclude between a simulated counselling session and a session with Carl Rogers, there are many ways that the sessions are processed. The stimulated session showed that the counsellor tried to make the client feel as comfortable as possible, also showed how using paraphrasing and effective communication, the client opened to the counsellor showing the client trusted the counsellor. In the session with Rogers and the client, Rogers liked to make sure that the client felt safe and trusted too within the session. Rogers used the word congruence as a form of communication to ensure that the client thoughts, feelings and behaviour within the session is all put into the session. It's important within a counselling session that everything is kept confidential and the client feels respected and listened too. Between the two sessions they both showed compassion and care for their clients which are main keys within a counselling and any health profession job. (1014)

Assignment two Amanda – Counselling theory.

This essay will include an introduction, main body and a conclusion about the comparison on three counselling theories used in therapy which are the person-centred theory, cognitive behavioural theory and the psychodynamic theory. It will also include a description about BACP and what that is. Also, will include a brief description which will identify the difference between a professional counsellor practice and counselling skills which are used in a nursing or healthcare role.

Within a counselling setting there are several different theories in which a counsellor can portray their sessions. Firstly there is the person-centred theory which was created in 1950s by psychologist Carl Rogers, who seemed to believe that human beings have the ability to develop towards their full potential but this theory can also make a human being react differently depending on a certain life experience that would affect a person's behaviour (Lindley, 2019). Cognitive behavioural theory is the thoughts and feelings of a person, this can also include behaviour, physical symptom and the environment around the person. The thoughts and feelings for a person includes what is going through their mind, and what they are feeling. There are different ways humans act towards different situations that arise. CBT is based on thoughts, feelings and physical sensation, which means how negative thoughts keep the loop of how the cycle goes showing different turns in the way a human feels (NHS, 2016).

Psychodynamic theory was founded by Sigmund Freud born 1856-1939. Freud was very interested in hypnotism which he believed could help rather ill people. He later moved onto free association and dream interpretation which are known as 'the talking cure'. These become the core elements of psychoanalysis (World, 2019). Freud believed

that there are three techniques in which helps assist the psychoanalysis theory these are, Free association, dream interpretation and Freudian slips. Free association is when a client talks through their thoughts and images in their head, with the ability to freely speak and share anything that comes to mind (Free Association, 2018). Dream interpretation states that its based-on assumptions of dreams which contain hidden messages and meanings (Glanville, 2011). Freudian slips are when words are spoken but not meant to come out, explaining the word 'slip'. These are mistakes which are spoke and can often be embarrassing most of these are reflected onto the unconscious thoughts or desires. The term slip of the tongue is an error of speech which often words come out without the ability to stop them and is often used when the mind is in a state of emotion or grief (Freud, 1935).

Freud believed that humans could be cured from their unconscious and conscious thoughts. An unconscious thought is wishes that are thought of, desires and disturbing thought that may even be threatening most unconscious thoughts are unacceptable or unpleasant may even cause pain or conflict (Cherry, 2018). Psychodynamic thoughts are also for when people who have come to a counselling session suffer with depression, addictions, social anxiety, to eating disorders. A conscious thought are wishes and desires too, but humans are aware of them every day at any moment. These can be good memories or bad ones, and our memory allows us to think about them at any point. The clients who suffer from depression their behaviour will be different and more challenging to help, or for the ones who has lost their own meaning of life and trying to make it better (Sussex Publishers, 2019). Freud sees the view of the psychodynamic theory as an ice burg and he believes that an individual's thoughts can be split into three parts ID, ego and superego. When the client's traits, targets and pleasure seeking are in action this is the ID is in action. The second part of the ice burg the ego, is when the intermediate traits try to balance out all the other traits to make them equal and lastly the superego are developed within the first five years which are responded by parental punishment. the superego also come into action when feelings of guilt and needs amend in their own actions (Encyclopaedia, 2019). Also use the superego traits which are used to obeys rules and society.

Carl Rogers born 8th of February 1902, thought to believe that client centred therapy was a simple approach to dig deeper into the past of the client into their unconscious mind so the client and counsellor has a better view on the situation in which has brought the client to the counselling session (J, 2013). Rogers believed to help his clients to be better and more positive in their sessions and thoughts. Rogers made his clients set their own goals and achievements to have a more fulfilled session, and to make them better in themselves. Rogers wrote many books but his book 'Counselling and Psychotherapy' (1942). This book was based on his work from Ohio state and his work in articulating the process of his therapy to his school graduates' student's whilst in the first two years (Demorest, 1942).

BACP which stands for British Association of Counsellors and Psychotherapists is about the support from counsellor's help change the lives of their clients. The BACP are a registered charity who have two main objectives in which they provide to help their clients these are to promote and provide certain training and education for all counsellors or psychotherapists working in professional or voluntary work settings. Also, they inform and educate the public about what how the counselling professionals can make generally in meetings in which those who participate in their society who are impaired by any physical or psychological health problem or disability. As a counsellor they are there to help and support those who have any issue or problem no matter how big or small, counsellors aim to change lives by doing this they will ensure that all professional bodies are confident and able to speak in confidence about BACP and the members in it. They also make sure that they must uphold the highest standard of many different practises to ensure that all clients are all suitable for their clients and their counsellors. The BACP have key themes in which are adapted to the many things BACP do. They have three key areas in where they particular specialize in, these are - older people, children, young people and families and the four nations where BACP is portrayed and explored where the members bases in England, Wales, Northern Ireland and Scotland which influence their governing bodies throughout the UK (BACP, 2019).

There are many different traits in which working in a health care section provide, the person in charge or anyone who works in the care setting will undertake all or most of these theories. For example – a nurse who is looking after someone who is very poorly and dying cannot lie to their client. They will use their conscious mind with their thoughts and wishes to make their clients last moment as peaceful and pain free as they can. Also, within the care section all professional workers must remember to be respectful and keep the dignity of their clients. Many different clients have different backgrounds and all professionals in the health section should be ready to undertake any

situation that arises. When working in the health care setting many situations are brought into attention to ensure that the professional bodies are doing their job and, the client's needs are being met. So, this would undertake supervisions. Supervision is another word for observation, with these in place there shouldn't be anything missed. This includes confidentiality, which is very important within a care setting. Confidentiality stated by Oxford Dictionary means it's the state of being kept secret or private (Oxford University, 2019). This means that all documents are to be kept private and only the client and professional workers can see them, ensure the dignity of the client is kept safe and no one is hurt. Regarding confidentiality, religion of the clients and profession bodies must be put into place making sure that everyone is treated fairly. This could include the culture or religious of a client who declines the help of others such as the religion Jehovah. The Jehovah religion don't believe in having blood transfusions because the bible tells them to 'abstain from blood', it commands that don't ingest blood so not to accept any blood in any compound whether it being food or a transfusion. From the bible Leviticus 17:14 states that "You must not eat the blood of any sort of flesh, because the soul of every sort of flesh is its blood. Anyone eating it will be cut off." God viewed the soul, or life, as being in the blood and belonging to him. Although this law was given only to the nation of Israel, it shows how seriously God viewed the law against eating blood" (ORG, 2019). There isn't much difference with a counsellor setting and a health care setting, in a counselling setting the counsellor has to ensure that they are sympathetic and empathy towards their clients making sure they are comfortable and safe in their sessions which is very similar to working in a health care setting they have to make sure that they do the same whilst making sure that they remember confidentiality is put in place for their clients and patients. A counsellor will provide knowledge and advice to their client they will never tell the client what to do or what to think but, they use certain words or trigger points of their life to find out the information they need. Most counsellors use this term of the client's unconscious mind to be opened and to find out the exact point the client began to feel the way they did to end up bringing themselves to counselling. When in a health care setting, they provide information which is based on their knowledge of the client. A nurse is not allowed to directly counsel their client/patient, but they can use certain situations and scenarios to help their client the best they can. Clients and patients will most often talk to the professionals in charge either being a nurse, doctor or a counsellor in strict confidence but fully knowing if the client is in any danger the professionals are fully within their rights to report it to safeguarding. Safeguarding means to protect the wellbeing and safety of a person free from neglect and abuse. When working in a health care setting most of them have a team leader or manager, that have had special training, know the correct skills and knowledge about how to deal with any situation including safeguarding, these professional bodies are specially in charge of safeguarding police due to their training they undertook (Institute of Public Care, 2013).

To conclude this assignment about the three counselling theories which are used in therapy. Including person-centred theory, cognitive behavioural theory and psychodynamic theory Freud and Rogers play a big part in these during their counselling session to help guide and calm their clients. BACP is about the support and help from an association who help those in need, and those who need help. They assist the older people, children, young adult and families with any issues that come to them for help or advice. The BACP are a registered charity who have two main objectives in which they provide to help their clients these are to promote and provide certain training and education for all counsellors or psychotherapists working in professional or voluntary work settings.

Why is research important in nursing?

By Chloe Thomas

UWTSD – 1809882

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‘why is research important within health/nursing?’

Research is important within a health/nursing setting as it gives a wider range of information for certain aspects of care and for the industry it for tales. Research within a nursing setting is vital as it plays a huge part in everyday

living, research helps find new treatments and finds the best way to work with any situation that arises. Certain research can help the health setting that have not found a solution on finding what they are looking for or a better way to do this, this could be through knowledge of colleges (The Pennine Acute Hospitals NHS Trust 2019).

Research process-

The process in finding a research paper took time and thought. Eight hundred and fifty-five thousand seven hundred and thirteen results showed when the following action was taken. This entailed going onto the internet browser and searching for UWTSD my day sign into the account that was needed to access the research paper. Then selecting the library and going onto the online library section. Next database by subject, sport, ProQuest central was selected when getting onto the ProQuest central signing into this was essential. Whilst undertaking the research into finding this paper a few add on were available for selecting the correct paper for this topic this included, full text, peer reviewed, date within the last five years, scholarly and the location of the United Kingdom.

Background -

Within many research papers they all have many different purposes and they are all valuable. The research paper that is being discussed in this report is about 'carers quality of life and experiences of adult social care support in England'. Many care workers were questioned in this research paper and their views were implemented with the ones who have worked with adult social support services (Rand, S; Malley, J . 2014).

Abstract -

To define an abstract is a small summary of three hundred words or less. The information of the abstract includes is to do with the problem that the research paper is about, what information can be investigated within the paper and includes a brief summary of the conclusion and an explanation of what the paper means (Koltay, Tibor 2010). There are two different types of abstracts informative and descriptive. A descriptive abstract is a brief outline of topics that are covered with in a piece of writing that anyone can read, it's a small paragraph that can be read before reading the whole document (Colorado State University 2019). Also, within a descriptive abstract it is normally be within one hundred words so not too much of the information is given away. However, an informative abstract is the body of the report which includes key factors and conclusions and provides useful knowledge within the information in the abstract (Online Technical Writing Course Guide 2018). The abstract in the research paper that's being studied is a informative abstract as it shows details of the key factors within the paper, the meaning and value of informal care (Rand, S; Malley, J . 2014). The consist throughout the paper is precise and very detailed which will let the reader know exactly what is in the research paper.

Literature review -

A literature review is about understanding the topic that is being discussed and is where connections between the source and research being carried out, it also shows that the reader understands the research. A literature review is also where the writer identifies previous research which may have been influenced by the chosen topics (Hart, C.2017). The research paper that is being studied is a recent study, this is proven within the paper because the date of publish is 2013 and the latest date leads back to 2010.

Aim -

An aim is an overall purpose of the study or research that is being undertaken. It should be clean and consistent but should also be brief (Bryman, A. and Bell, E. 2003). An aim is a target that is set and are mostly long term, another name for aim is a goal. It determines a person to reach a certain milestone in their life (De Vaus, D.A 2001). Within the research paper being studied the aim is very clear that it shows the readers that in England along there are five million caregivers within families, friends and other help (Rand, S; Malley, J . 2014).

Study design -

There are two different types of research qualitative and quantitative. Qualitative research is about finding the way into people's thoughts and feelings whereas, quantitative research is about numerical data statistics (Surbhi, S.2016). The

research paper being studied is qualitative research, the paper includes thoughts and feelings are other carers and was also combined with interviews with open ended questions which was used to collect data throughout the paper (Rand, S; Malley, J. 2014).

Sample -

A sample group is targeted to certain people this could be age, sex or religion. When sampling is taken a member of the group will identify a list of questions that need to be answered or defined Explorable.com. (2009). Sampling is a process of selecting people which fit the categories suited for the research. The purpose of sampling is to find out what in large groups what each of them have in common, this is the best way to find the target population (McLeod, S. 2014).

Data Collection -

Data collection is a way of gathering information from many different areas of interest, it also enables a person to organise in which the best possible outcome is reached. There are many ways in which data collection is gathered such as, from an interview, survey and focus groups (Rouse, M. 2016). data collection also allows a person to answer questions and evaluate outcomes for a more effective purpose (Rouse, M. 2016). It gathers information from many different interests, to ensure that data collection is done correctly and accurately the organisation has to make sure that they have used the correct procedures so that the welfare of anyone involved is safe Knatterud.,G.L., Rockhold, F.W., George, S.L., Barton, F.B., Davis, C.E., Fairweather, W.R., Honohan, T., Mowery, R, O' Neill, R. (1998). When collecting data, the people involved have to ensure that they are honest and accurate throughout Knatterud.,G.L., Rockhold, F.W., George, S.L., Barton, F.B., Davis, C.E., Fairweather, W.R., Honohan, T., Mowery, R, O' Neill, R. (1998).

Within the research paper being studied Rand, S; Malley, J (2014) states that throughout thirty-one interviews were carried out, they were in two sections. the first section of the interviews included cognitive testing by a survey of questions whilst using the terms 'think aloud' and 'probing'. The term 'think aloud' means that when the carers took the test in reading the questions their thoughts came into action so, when they were reading them, they were being analysed by their expressions and behaviour. Most researchers use this term for the readers to engage more into their thought's whilst reading Katalin, E. (2000). Whereas 'probing' is means that as the group it generates a further explanation from the research involved, this could include pauses when talking or gestures Lisa, M. (2008). there are three types of interviews structured, unstructured and semi structured. Unstructured interviews are where there are not any planned questions set by the interview Cohen D, Crabtree B. (2006). Semi structured interviews mean that the interviewer may have prepared questions but not necessarily use they, they may use more open-ended questions Doyle, A. (2018). Structured interviews are also known as formal interviews, this is where the questions are set and prepared for the interview McLeod, S. (2014).

Ethical Consideration -

Ethical consideration means when a researcher studies human behaviour, this can mean how the feelings of others are considered. Ethics is important within research because it determines the difference between right and wrong McLeod, S. (2014). there are five principles of consent that needs to be put in place when including ethics to research these are; informed consent, confidentiality, avoiding harm, use of deception and the right to withdraw at any time.

Data Analysis -

Within the research paper that's being studied the data analysis shows that the interviewers were audio recorded with their consent and then were analysed and structured into a table of questions Rand, S; Malley, J. (2014). Also, it shows that the thirty people that were interviewed were split into groups after being analysed.

Result -

The results within the paper being studied shows that each of the carers that were interviewed, have a good understanding about their career and how they define looking after themselves and their clients in question. Many

of the carers work or have worked in health and social care where they showed a deep compassion for their job
Rand, S; Malley, J . (2014).

Discussion -

Throughout the research paper the importance of the carers was considered about whether they should have been supported within their informal care Rand, S; Malley, J . (2014). It also states that the policies were implemented ahead of this research. But apart from all the publicly support the questions ensure that they back up the health and social outcome within the carers and their roles Rand, S; Malley, J . (2014).

Conclusion -

From the studies within the paper the overall outcome for the paper shows that the lives of the carers within England have been deeply improved Rand, S; Malley, J . (2014). There are many key issues form the communities to the relationships of the carers but for the correct balance within both carers and their clients ensure that they both have the best quality of life Rand, S; Malley, J . (2014).

Managing Organisation.

Assignment 1.

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Introduction -

This report will be about 'the role of leadership and management within the NHS'. The NHS faces many challenging issues daily, to start this assignment off the topic of the NHS will be discussed. There are many reasons in which the NHS face challenging behaviour daily. This could include the fact that aging population has increased over the years, this means that because of better wealth, healthy diets, more and improved health care also that medicines have become a lot more advanced The Medic Portal. (2018). with this being positive that people are living longer there is also a rising issue with this because people are living longer so, the older people put a strain on the health services this could be because they need help with day to day necessities such as, shopping, walking, cleaning, and eating. As this being an issue, it puts a strain on the NHS and other health services users such as the doctors or opticians which will have to arrange home visits this has caused a huge bill for the NHS as the care has increased dramatically Rgamesby. (2018). Also, with a growing population this shows that more people are having babies which increases the population as more people are also proven to be living longer. This sets a huge strain on the NHS as they must ensure the safety and wellbeing of the older people is being implemented correctly whilst also making sure the babies are safe and cared for too McKenna; H. (2018). Within the NHS leadership is very important and should be given a lot of time and value. The leadership in the NHS is said to be under huge pressure due to the incline of older people needing 24/7 care, sick people and death. To quote 'leadership is important at all levels of the NHS from the ward to the board' McKenna; H. (2018).

Main body -

In 1897 the Kings Fund was established by the Prince of Wales then King Edward VII. The King Fund carries out research within health and health services, they also analysis options in which will help the health services to find new ways of tackling the outstanding problems Gillam; S. (2019). The purpose of the King's Fund is to make vital connections across health, social care whist also using other public policies Gillam; S. (2019). There are many

problems the NHS and many significant issues; such as the budget for the NHS has risen more than 10 times in the last 60 years, the fact that the aging population in the UK is rising. This is because people are now living longer due to better health. The NHS are struggling with this as people are needing to use the NHS for diagnosing of their health problems such as; diabetes, heart disease and dementia Triggles; N. (2018). Within the NHS since 2014 the increase of staff is up by 8000 whilst there are gaps in the industry. Many people within the UK are very happy with the service from the NHS but also very concerned for the future, King's Fund (March 2017).

Whilst doing research for this report, several health issues arise within the UK since 2017. Here are a few issues that were discussed, mainly the aging population and life expectancy of people in the UK are living longer so therefore this means that they need help from the health services such as the NHS or care givers. Throughout the years the main cause of death is changing, heart disease is still a main cause of death, but Alzheimer's and dementia are both increased by 60% Gov; (2017). There are many different records of data that reveals that the main causes of ill health and disability are either mortality or morbidity. Mortality means state of death; whilst morbidity means causes of diseases. The main causes of morbidity within England is lower back and neck pain, shortly followed by skin disease and then depression. The main causes of sickness throughout the UK is musculoskeletal health, this is the cause of back or neck pains Gov; (2017).

The government has a new approach with the challenges that they face throughout the NHS. The government expect to have an extra £8 billion worth of funding by 2020. This will also include saving money by cutting the social care budget and adding more money to the mental health funds NHS; England. (2019). Some more current issues that the NHS face are that the current NHS mental health services and what the effect it will have with Brexit and its impacts NHS; England. (2019). A research paper that was focused on whilst searching for 'problems within the NHS; was mental health. Over the last three years funding of up to £1.4 billion has been invested to mental health studies also, up to 120,000 more people are receiving help from the NHS regarding their mental health over the past three years too NHS; England. (2019). Mental health is reported to affect one in four people within their lives. Many effects of poor mental health can lead to bad relationships, work settings, stress or depression Heyes; R. (2019). Many support lines have been set up for more people to talk. A lot of people do not feel like they can talk to anyone, so many local GPs have set up clinics to discuss mental health, this could include feeling sad or lonely, not concentrating or either trouble sleeping or sleeping too much people were advised to seek medical help from the NHS or GP Mental Health Foundation. (2019).

Conclusion -

To conclude this report about 'the role and leadership within the NHS' many problems and issues were found. This includes daily topics such as shortage in staff which the Royal College of Nursing (2019) states that within England they are currently 20,000 nursing staff short within the NHS, this is a rising problem that has been faced and continues to rise. The leadership of Royal College of Nursing have said that the number of applications has fallen by a quarter in England since the student bursary has been removed. Janet Davies the Chief of RCN (2019) states that the NHS is already struggling without enough staff to ensure that the safe care and support of the clients but also to the trainee student nurses are receiving. Also, the rate of pay for student nurses is very low which many people see as a downfall to the nursing industry. Janet Davies (2019) states that most students will not earn enough money to repay their student loans from the years of hard work and training Royal College of Nursing (2019).

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Interview Critique.

For this critique I will be using Gibbs reflection method. This method is done in 6 steps to be able to fully reflect effectively. The first is description, this is about what happened? The second is feeling; what were you thinking and feeling at the time? Then evaluation, what was good and what was bad about the experience? Next analysis, what sense can you make of the situation? Next conclusion, what else could you have done? and finally an action plan, if situation like this arose again what could you have done better? Gibbs G (1988).

I will be writing about my interview for my adult nursing degree course went. I applied for this course in January 2019, When I knew that this was the career I wanted to pursue. I put in a lot of time and effort in preparing to apply making sure that I had all the correct information needed. This process that I did to ensure I had everything correct was I went into the email I received from Swansea University, and there was a link called the prospective nursing students. This link helped me to make sure that I had everything I needed to ensure I was the correct candidate for the course. Firstly, I read about what goes on during the interview process and started to prepare myself with questions and answers and ensure I knew what was coming. Then, I read about how I'm assessed this is the main part to show that I know the role of a student nurse and what it entails. This is to make sure that I am a motivated individual, who is hard working and confident in what I know about health care setting. Also, making sure that I am aware current health issues and aware of confidentiality and dignity.

Leading up to the final few weeks left of the University course I am currently studying on, Nursing and Studies and Health. Hearing that most of my friends and other students on the course had had their offers and their interviews really made me want to even more. I finally received an email offering me an interview I was filled with joy but deeply nervous. The day came for the interview and I was filled with nerves knowing how hard and how much I wanted this. When arriving to the interview I was greeted with third year students who made me feel at ease and was talking to us all as a group making all of us feel welcomed and calming us down too. During the interview we was put into groups and discussed a topic with this making sure that everyone was involved and speaking. Then went into a role play session on our own, I was very nervous for this as I knew I was being watched even though I had prepared myself I was still worrying I would mess it up.

After the whole interview process was over, I was so relieved, I felt like I was too nervous the whole way through. After settling in with the groups and the discussion was under way, I made sure everyone had their turn and we was all contributing showing the interview panel that we knew how to work as a team. I think that I should have not worried so much about the interview as it was a good day and was made to feel very welcome and calmed down straight away. I feel overall it was a good interview as I did get offered a place on the Adult Nursing Course. When receiving this offer, I was filled with joy because I was so nervous the whole day, I did not think I did myself any justice.

If I was to change anything about the whole interview day, I would not worry so much, I panicked too much for the weeks leading up to it which made me worse on the day. I feel like I was prepared but was far too concerned about my nerves. If I was to go through this again with any interview situation I would not work myself up so much I would stay calm, relaxed and try not to work myself too much as I feel like my nerves got the better of me in this interview. Even though I was successful in being accepted I still feel like I could have been better. I know in myself that I am a confident individual and I'm not afraid of hard work. I know how being a student nurse is a big responsibility and must prove to myself and to Swansea University that I am worthy of the place they have given me. I am over the moon that I have been given the opportunity to study my nursing degree to develop my skills I have more and to successfully graduate in three years from being a student nurse.

STUDENT SELF FEEDBACK FORM LEVEL 4

You will need to submit AT LEAST ONE of these and link it to one of the assignments you are submitting. We recommend self-assessing your interview write up. Use the criteria on the last page below to help you self-assess.

Generic Assessment Criteria	Marks available	Marks awarded
1. Engagement with Literature Skills		
I feel like my literature skills were very poor at the start and as the year went forward, I found my skills got stronger. It helped to read my feedback form from previous assignments which has helped me to understand I need to have a wider literature vocabulary. I feel confident in brief discussion of topics with different skills.	10	6
2. Knowledge and Understanding Skills		
the knowledge of research throughout more and more. I struggled with trying to find the correct information and did not find the correct information sometimes. As my research developed, I found that the start my knowledge was very poor, and towards the end it got stronger. As I've gone through the year id realised that I should have researched my work and got a wider range of research.	20	11
3. Cognitive and Intellectual Skills		
Throughout the assignments my cognitive and intellectual skills developed as my knowledge grew deeper into the subjects. I felt like I could have worked harder through my assignments and shown more descriptive writing within them all.	20	13
4. Practical Application Skills		
I feel like I tried my best to link all my work to ensure that my lecturers understand my work. I feel my practical work should be better at this level of study, I lack confidences and feel like I shouldn't. I know there is help there for me, yet I still hold back. I mainly get my information from online sources instead of taking the time to go to the library and look for books on related topics.	25	11
5. Transferable Skills for Life and Professional Practice		

Throughout my assignments I feel like I was repeating myself a few times. I found as I got through the year my writing skills got better and how I developed my skills through different topics and different jobs. I like to feel like I have good communication skills and feel like I have a good leadership role. Also having a sense of professional practice within my assignments to show that I have a wide range of vocabulary and know what my assignments are being focused on.	25	14
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Assessment Mark (Assessment marks are subject to ratification at the Exam Board. These comments and marks are to give feedback on module work and are for guidance only until they are confirmed.)	Late Submission Penalties (tick if appropriate)		55%
	Up to 1 week late (40% Max)		
	Over 1 week late (0%)		

GENERIC ASSESSMENT CRITERIA

Level 4

In accordance with the Framework for Higher Education Qualifications, at the end of Level 4 students will be expected to have demonstrated knowledge of the basic underlying concepts and principles of a subject, and an ability to evaluate and interpret these within the context of that area of study. They should be able to present, evaluate and interpret qualitative and quantitative data in order to develop lines of argument and make sound judgements in accordance with basic theories and concepts of their subject(s) of study. They will have learned how to evaluate different approaches to solving problems, and will be able to communicate the results of their study/work accurately and reliably, and with structured and coherent arguments. They will be able to undertake further training and develop new skills within a structured and managed environment and will have the qualities and transferable skills necessary for employment requiring the exercise of some personal responsibility.

Level 4	FAIL	MARGINAL FAIL	SATISFACTORY (3 rd / Pass)	GOOD (2.2 / Pass)	VERY GOOD (2.1 / Merit)	EXCELLENT (1 st / Distinction)	EXCEPTIONAL (1 st / Distinction)
Category	0-29%	30-39%	40-49%	50-59%	60-69%	70-84%	85-100%
Engagement with literature (including reading, referencing, academic conventions and academic honesty)	Little or no evidence of reading and/or reliance on inappropriate sources. Views and findings mostly unsupported and non-authoritative. Referencing conventions used incoherently or largely absent.	Poor engagement with essential reading. No evidence of wider reading. Reliance on inappropriate sources, and/or indiscriminate use of sources. Heavily reliant on information gained through class contact. Inconsistent and weak use of referencing.	Engagement with a limited range of mostly relevant and credible sources but with some reliance on information gained through class contact. Some omissions and minor errors. Referencing conventions evident though not always applied accurately or consistently.	Engagement with an appropriate range of literature, including sources retrieved independently. Some over-reliance on texts rather than other sources. Referencing may show minor inaccuracies or inconsistencies.	Engagement with a wide range of literature, including sources retrieved independently. Selection of relevant and credible sources. Generally sound referencing, with no/very few inaccuracies or inconsistencies.	Engagement with an extensive range of relevant and credible literature. Consistently accurate application of referencing.	Exceptional engagement with an extensive range of relevant and credible literature. High-level referencing skills consistently applied.
Knowledge and understanding (Knowledge of the basic underlying concepts and principles of the	Major gaps in knowledge and understanding of the basic underlying concepts and principles of the	Gaps in knowledge of the basic underlying concepts and principles, with flawed or superficial	Limited knowledge and understanding of the basic underlying concepts and principles within	Knowledge of the basic underlying concepts and principles is accurate with a good	Competent knowledge of the basic underlying concepts and principles. Exhibits very	Excellent knowledge and understanding of the basic underlying concepts and	Exceptional, detailed knowledge and understanding of the basic underlying

Level 4	FAIL	MARGINAL FAIL	SATISFACTORY (3 rd / Pass)	GOOD (2.2 / Pass)	VERY GOOD (2.1 / Merit)
Category	0-29%	30-39%	40-49%	50-59%	60-69%
principles of a subject.)	subject matter. Inclusion of irrelevant material. Substantial inaccuracies.	understanding. Some significant inaccuracies and/or irrelevant material.	the subject area. Some elements may be missing.	understanding of the field of study but lacks depth and/or breadth.	good understanding.
Cognitive and intellectual skills (Evaluate underlying concepts and principles of a subject and interpret qualitative and quantitative data in order to develop lines of argument and make sound judgements.)	Wholly or almost wholly descriptive work. Little or no evaluation of the underlying concepts and principles. Failure to develop arguments, leading to illogical or invalid judgements. Minimal or no use of evidence to back up views.	Largely descriptive work, with superficial evaluation of the underlying concepts and principles. Weak interpretation of data, flawed development of arguments and judgements. Information accepted uncritically, uses generalised statements made with scant evidence and unsubstantiated opinions. Ideas sometimes illogical and contradictory.	Limited attempt at evaluation of the underlying concepts and principles, tending towards description. Can interpret qualitative and quantitative data but with some errors. Some evidence to support emerging arguments and judgements but these may be underdeveloped or with a little inconsistency / mis-interpretation.	Good evaluation of the underlying concepts and principles. Can interpret qualitative and quantitative data, with minor errors. An emerging ability to use evidence to support the argument. Mostly valid arguments and logical judgements.	Sound evaluation of the underlying concepts and principles. Can interpret qualitative and quantitative data accurately. Ability to devise arguments using evidence to make mostly appropriate and valid judgements.
Practical skills (Different approaches to solving problems in particular contexts.)	Limited or no use of taught, basic methods, materials, tools and/or techniques. Little or no appreciation of the context of the application. Very weak evidence of different approaches to problem-solving in particular contexts.	Rudimentary application of taught, basic methods, materials, tools and/or techniques but without consideration and competence. Flawed appreciation of the context of the application. Weak evidence of different approaches to problem-solving in particular contexts.	An adequate awareness and mostly appropriate application of basic methods, materials, tools and/or techniques. Basic appreciation of the context of the application. Can identify problems in particular contexts and propose basic alternative approaches or solutions though there may be errors.	A good and appropriate application of basic methods, materials, tools and/or techniques. Clear appreciation of the context of the application. Good evidence of different approaches to problem-solving in particular contexts and proposes mostly appropriate solutions.	A very good application of a range of basic methods, materials, tools and/or techniques. Very good consideration of the context of the application. Very good evidence of different approaches to problem-solving in particular contexts and proposes appropriate solutions.
Transferable skills for life and	Work is poorly structured, disorganised, inaccurate	Work is poorly presented in a disjointed manner. It is	Mostly ordered presentation and structure in which relevant	Mostly coherent, organised and accurate work, in a suitable	Work is accurate, coherent, fluent,

Level 4	FAIL	MARGINAL FAIL	SATISFACTORY (3 rd / Pass)	GOOD (2.2 / Pass)	VERY GOOD (2.1 / Merit)
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professional practice (Communicate the results of their study/work accurately and reliably, and with structured and coherent arguments; the qualities needed for employment requiring the exercise of some personal responsibility within a structured and managed environment.)	and/or confusingly expressed. Very weak use of language and/or very inappropriate style. Failure to work effectively individual or as part of a group. Little or no evidence of the skills for employment requiring the exercise of some personal responsibility.	loosely, and at times incoherently, structured, with information and ideas often poorly expressed. Weak use of language and/or inappropriate style. Flawed approach to individual or group work, meeting only partial obligations to others. Limited evidence of the skills for employment requiring the exercise of some personal responsibility.	ideas / concepts are reasonably expressed. Work may lack coherence and/or accuracy in places. Can work as part of a group, meeting most obligations to others but perhaps with limited involvement in group activities. Demonstrates the basic skills for employment requiring the exercise of some personal responsibility, with some areas of minor weakness.	structure and is for the most part clearly expressed. Can work effectively independently and/or as part of a team, with clear contribution to group activities. Demonstrates the skills for employment requiring the exercise of some personal responsibility, with some areas of strength and some of minor weakness.	well-structured and organised. Can work effectively independently and/or as part of a team, with very good contribution to group activities. Demonstrates very good skills for employment requiring the exercise of some personal responsibility, with just occasional minor weakness.