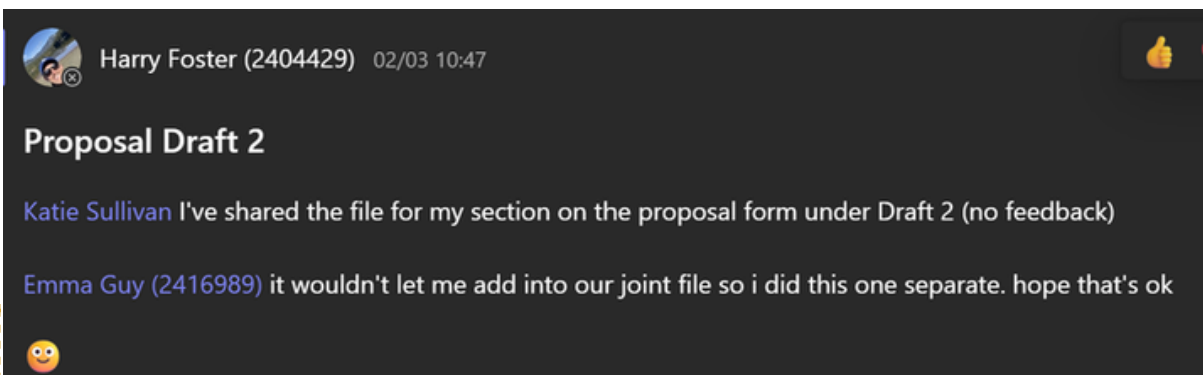


TRANSFERABLE SKILLS

Reflections on preparations for research experiences

Communication

Although communication is considered as something natural, it is important to recognise that effective communication is vital for any job role and social situation as it is a demonstration of expressing clearly what is needed for yourself and others (Ferrara & LaMeau, 2016). The importance of effective communication can be shown across many professions, including nursing where improved communication methods were initiated in order to build trust across the team as well as authentic feedback to ensure improvements and interventions are met (Blake, 2025).



During my preparation for this research project in this module, effective communication can be shown by informing my colleagues about progress that has been made in the proposal form. As a team, we would overlap on tasks, proving to be difficult as there was no sense of direction. Changing our communication style gave a clear indication of what has been worked on and what next steps are to be made. In the example above, I gave clear instructions on where the file would be uploaded due to an error with a previous file. Allowing my colleague to continue working without disruption to the task.



Bad communication can occur in the workplace creating disorganisation and generate power imbalance through fear of authority from feelings of alienation (Dai et al., 2022). It was important to recognise this to avoid any feelings of alienation by communicating in a way that was inclusive to everybody and nobody felt left out from discussions and contributions.

Adaptation & Flexibility

Organization and processes are built to suit the criteria to achieve goals (Buhler, 1995). This has been evident with this module that feels different to other modules on this course in the way that each week is tailored to completing tasks for a collaborative end goal. This type of work environment is to help promote work-related behaviour to ensure a satisfactory result in engagement with the topic (Alessa & Durugbo, 2024). The adaptation of workplace environment plays an important role in productivity by providing a coherent setting to optimise workflow and performance (Alabi & Šarkiūnaite, 2022). The environment of the workplace for this module has been a challenge due to a confined space but has seen some advantages of creating focus and a secure space.

On self-reflection, I find it difficult to adapt to new situations when I find comfort and familiarity in working methods that I believe work well. This understanding of myself has sparked an insight into how workplace operations do change and evolve which is important for growth and learning (Brown, 2003). This recognition has helped me understand that processes are put in place to benefit my learning and to maximise myself. This new way of thinking could benefit me when it comes to future employment as I will need to adapt to new systems and organisational structures to benefit my career.

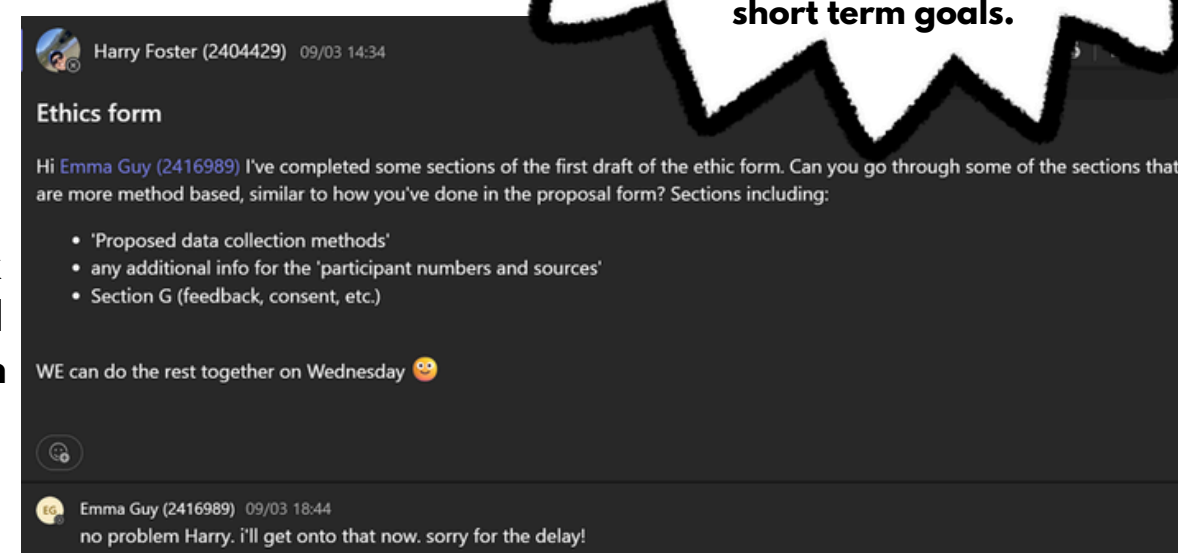
Leadership

Leadership has had many definitions through-out contemporary research. Therefore, a group understanding of leadership can be defined as a process of intelligence and influence of a group to achieve organisational goals (Tabassi & Baker, 2010).

Strategic leadership would be implemented during this module to achieve goals through prioritising and balancing workload throughout the day/ week to complete tasks (Abell, 2006). Abell (2006) would highlight this by strategizing long term performance through achieving short term goals and delegate the right attention to the correct areas of development.

Delegation for a task in this module would be considered necessary in order to complete tasks in the module to ensure the work is complete with equal contributions in the team. This form of transformational leadership is important to develop individual members by inspiring knowledge and create harmony through spreading workload equally and improving collaboration (Anthony, 2017).

Example of delegation and leadership shown through acknowledging work that I have completed and to be shared with teammates for their own collaboration and effort.



The implementation of a strategic leadership approach came from falling behind on a task that needed to be rectified before a deadline. This approach worked effectively as this task was completed well ahead of time thanks to delegation and breaking down short term goals.

Critical Thinking

Critical Thinking has become an important part of my development through this module and research experience. Described a recognition of creating thought as well as creating dimensions in learning, critical thinking helps develop argument, reasoning, and draw out a balanced argument to generate a concise argument (Ab Kadir, 2016).

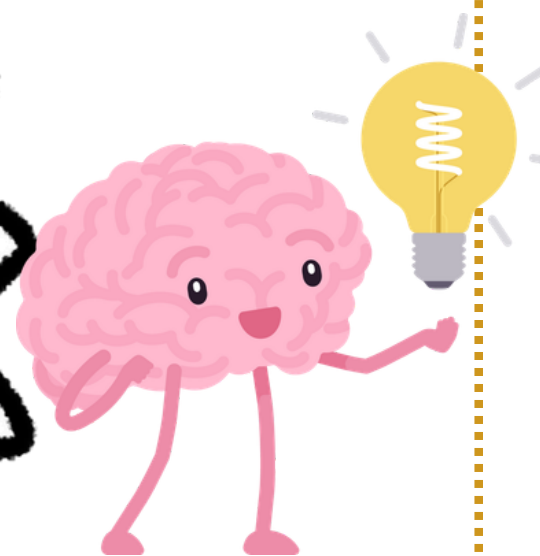


The importance of this way of thinking can be demonstrated by Immanuel Kant whose philosophical work can be referred as structuring experiences of the world from other's experiences to create our own sense of reasoning and further expanding our knowledge by considering of how, what, and why (Goede & van Der Linde, 2021).

This form of critical thinking was achieved when preliminary researching the question of our study through literature to help identify avenues to follow as well as find unanswered questions that could drive our research success.

By building upon this, I was able to ask my research manager questions to help improve performance to obtain the right information as well as build upon the ethic forms to a submission standard.

The BPS would credit the ability to critically think as a cornerstone for future career development by offering new perspectives. The importance of this can be shown through adaptation and improvement of the workplace to optimise performance Burrell et al., 2022).



During this research module, adaptation to new tools and software became necessary to develop new skills. An example of this would be adapting to a new way of using the online library system to further expand literature searches. This has gone against my previous working methods that had worked well in the past, but this method had expanded my learning and resources to a whole new level! Although initially anxious to use, this new way of learning has streamlined my productivity to provide the necessary literature to a good standard as suggested it would by Akinlade & Gbervbie (2022).



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Acknowledgement of AI Use

I confirm that I have not used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work. I confirm I have copies of my drafts, notes, and other resources I used, which I may be asked to provide in evidence.