#### Description

The experience I’ve had is that of a guest lecture via Zoom with approximately 30 other students. The guest presented a lecture about what must be considered when working with safety in nuclear power plant systems. The guest was an expert in the field and provided us with real-life insight into working with safety-critical systems. **=3-4 rader**

#### Feelings

Before the lecture I anticipated insights into working with safety in nuclear power plant systems. However, at times, I found the content challenging to grasp and difficult to ask relevant questions. **2 rader**

#### Evaluation

I think the guest speaker provided some interesting information regarding the ways of working with safety questions, the lecture contained a lot of information that is relevant to the feild of study which we are currently in. However I think that the lecturer sometimes failed to present some concepts at a level which is easy for non-experienced students to understand. The slides in the lecture were also overwhelming with text and the lecturer sometimes forgot to explain certain acronyms and concepts. **=4 rader**

#### Analysis

The provision of relevant information on safety in nuclear power plant systems is valuable to broaden the knowledge in the field of safety-critical systems. However, relating to what I mentioned in the evaluation, I think that the lecturer might not have thought about at what level of expertise the attending students would be or that the guest lecturer overestimated our knowledge in the field. I also think that less cluttered slides would have made the information more comprehendible. **=4 rader**

#### Conclusion

In summary, the lecture provided valuable insights into safety-critical systems giving us a better understaning of the feild. While the content was relevant and delivered by an expert, the experience highlighted the importance of providing the information at a level suitable to the audience. For myself as an individual, this experience was a reminder to try to actively engage with material that may initially seem challenging and to seek clarification when needed. In the future, I aim to refine my own communication skills and approach to learning ensuring a higher learning outcome. **=15 rader**

#### Action plan

For future situations similar to this one, I would be more prepared by doing research about the area before the lecture to be more ivolved in the area, enhance my note-taking during the lecture and seek clarification from the lecturer if there is any uncertanties. I need to improve at asking questions to the lecturer, this will probably only be possible by real-life experience, meaning I have to ask more questions during normal lectures or other similar situations. **=15 rader**

(FRÅN GUIDE:

1. **(0 points) Description** of the experience. In this step, you are expected to describe the situation in

detail in order to set the scene. (roughly 3-4 lines for Reflection-2)

Possible related questions are: What happened? Which were the objectives? Which were the

criteria? Which was your way of working/participating?

2. **(0 points) Feelings** and thoughts about the experience. (roughly 2 lines for Reflection-2)

In this step, you are expected to describe what you were thinking and how you felt **before,**

**during, and after** the experience. Possible related question is: How did you feel

**before/during/after** the experience?

3. **(0.25 point) Evaluation** of the experience, both good and bad. (roughly 4 lines for Reflection-2)

What went well? What went wrong?

4. **(0.25 point) Analysis** to make sense of the situation. (roughly 4 lines for Reflection-2)

Why did it go well? Why did it go wrong?

What knowledge can you gain from the experience?

5. **(0,5 point) Conclusion** about what you learned and what you could have done different. (roughly

0.25 page)

What can be concluded, in a general sense, from these experiences and the analyses you have

undertaken? What can be concluded in a specific sense? For yourself, as individual?

6. **(1 point) Action plan** for how you would deal with similar situations in the future, or general

changes you might find appropriate. (roughly 0.25 page for Reflection-2)

Imagine you have to do this experience again. What would you do differently?

Which skills do you think you still need to develop? What could you do to develop them?

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Anm. En sida i önskad font (10) = 60 rader, dvs 0.25 sida = 15 rader för 5. och 6.