

## Weekly report template

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Practical training course name and code: Advanced Practical Training (521027S)

Employer: Prof. Simo Hosio & Dr. Aku Visuri

Working period (start-end, number of hours): Monday 28<sup>th</sup> June – Friday 2<sup>nd</sup> July, 37.5 hours

Main tasks and duties during the period:

During this week, I had two prominent tasks to do. First, I extracted the required data for the Down Syndrome survey, as I did during the previous week. Secondly, I went through the new phase of the empathy survey project with the team. This stage is the full-text review of the selected paper of the previous step. Put differently, in this step, we are required to review the full text of 194 articles to understand if they are relevant to our study, or not, in what aspects and why.

Challenges faced during the period:

I upfronted with an expected challenge analogous to the previous weeks. The challenge was doing a repetitive task again and again. I had to review about one hundred articles to extract the required data, which became boring after a short. I had to do the same task not only for one article after another one but also it was the third week that I had this task on my desk. The second challenge was reviewing the full text of many articles for the other project which was seemed arduous.

Solutions and successes:

To cope with my challenges, first, I decided to break my working sessions into several small working sessions. For instance, I had two 45 minutes working sessions with a short break between them instead of having a long session with a longer break after that. Those small breaks made me fresh immediately after each working session. Also, at the beginning of each session, I was glad that it would be finished in a few minutes. learning how to read articles effectively was a success for me.

Personal development:

As I mentioned in the previous section, I learned how to effectively read and understand an article effectively without the need to spend unnecessary time on details during this week. After a short discussion with my colleagues in the empathy survey project, I found out that I mostly need to pay attention to the abstract, conclusion, and introduction of an article. Besides, during reading the full text of those articles, I got familiar with many interesting types of research and topics in XR.

Knowledge and skills from university studies that I was able to utilize in my work:

I remember that during the HCI course, we had an assignment to read several academic articles and write what we think about them. This task helped me to struggle to understand an article, and then think about the context freely. Besides, during my part-time research assistant job at the university, I was required to read and understand many articles, which concluded to have a broad vision when I read a paper. Writing is one of the most critical skills that I could achieve somehow at the university.