

Weekly report 1

Name and student number: Mohammad Sina Kiarostami (2703855)

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 31st May – Friday 4th June, 37.5 hours

Main tasks and duties during the period:

Since I was working with my supervisors as a part-time research assistant before the internship, I already was introduced to them and vice versa. We had several tasks and plans from the past. So, for the first week, my main task was arranging my workloads to have an accurate and possible plan for publishing three on-the-table papers and continuing my main project, a systematic review on Video games and Down Syndrome during the summer as a full-time researcher.

Challenges faced during the period:

I believe I had one of the most demanding and vital challenges during this week since we decided to submit and hopefully publish our three recent works before summer ends. Therefore, we needed a perfect but realistic plan to achieve our goal. Those papers were rejected from their venues. So, we also needed time to work on their reviews. Besides, I was required to set fixed and flexible timeslots for my main project.

Solutions and successes:

I was the only person who knew all of my workloads plus the required efforts to finish them. So, I decided to prepare a draft daily plan to approve. As a solution to efficiently handle all the tasks together in the draft, I opened two threads for my summer projects. The first thread was for my main project to keep in mind that I need to work on it daily. The other line was for the three papers. In the second thread, I found three venues to let me work on them sequentially.

Personal development:

During this week, I recognized not only how to make a realistic and great plan for my works but also understood how to start to handle several projects. I had meetings with my supervisors to fix the plan and make it as flexible as it could be. Also, I learned always to have a look at my working hours when I am planning. As my supervisor said, it is crucial since mental health, family, friends, and I are more important than work.

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

About my primary task, which was planning my works, I would say that I employed my skill in planning several works together to be done deadline by deadline. This skill is achieved by only my planning during doing coursework when I had several courses which each of them had several assignments. I also used my supervisor's advice during our meetings about how mental health and personal development are critical.