In late January my grandmother,who I had not been able to visit for the past year due to travel restrictions, passed away after a long battle with illness. I struggled after hearing this, and internalised my grief, attempting to maintain a stiff upper lip attitude and continue with my work and not reaching out for help.

I believe that this led to a slump in my ability to carry out my Computing Project, and work in general. This led to a drop in quality in work for the report write up, which I do not believe reflects the level of effort I put in to the project over the course of the year, nor my abilities as a physicist.

After returning home in April, I was able to fully synthesise what had happened with my family and I found my ability to work well returning.

I believe that the outcome of this was a sub-par performance in my computing report writeup, for which I recieved 64 - well below my previous coursework writeups. Looking back at my work, it was rambling and confused, and I do not believe I was in the correct state of mind to be performing at my best. My other two pieces of coursework this year, Team Project before, and Advance Labs, after my period of grief were of a significantly better quality.