Links =

Github - https://tessmunk.github.io/RMIT-Website/

https://github.com/tessmunk?tab=repositories

Personal Information:

Hello! I'm a 28 year old woman from the Central Coast of Australia. Although I was born in Australia, my mother is Danish and I can speak a little bit. In 2016 I spent a year in Sweden working as a nanny so I can speak some bad Swedish too.

I've studied many different things including law, teaching, visual arts and I even managed to complete a diploma of Graphic Design.

In 2017 I was diagnosed with schizophrenia and have been working closely on healing and looking after myself. Ironically, I work in disability helping those who are most vulnerable.

Interest in IT:

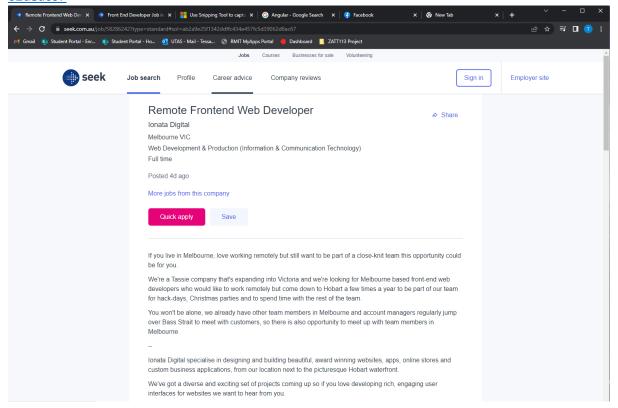
My interest in IT started with my Graphic Design diploma – I wanted to make websites. That slowly became something I was interested in whilst I studied but nothing really came of it. Then, with all my experience with people with disabilities - I realized how IT can open one's world up. I saw the differences that IT was making for my clients (and even myself) during the hardest, loneliest times. These were the two main factors that sparked my interest in IT.

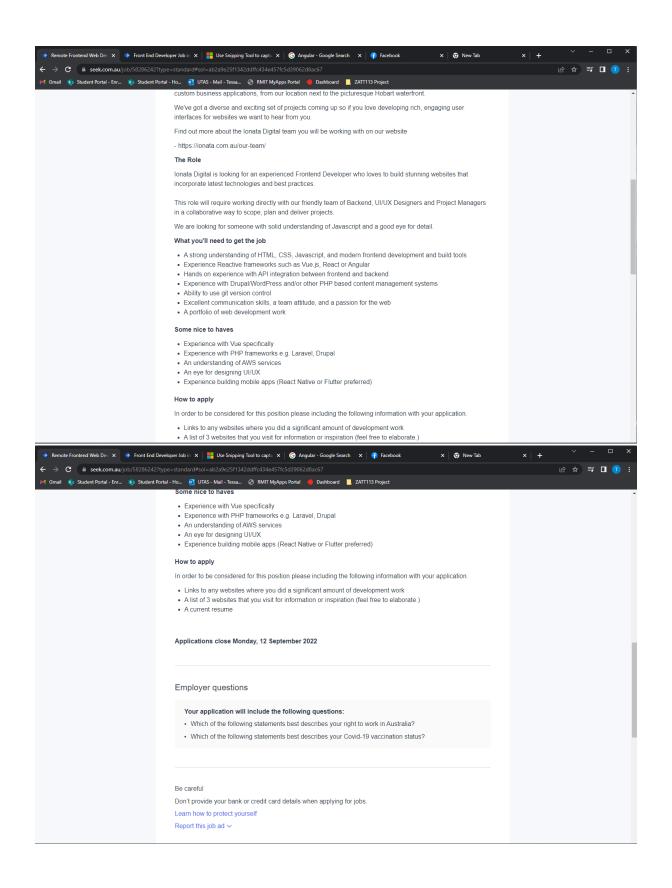
Earlier this year I started an Associates degree in Cyber security with UTAS. I did a beginners course in Programming, where we focused on Python. Although I really enjoyed it (even if it was hard) I felt like IT was something I could really sink my teeth into, so I took a risk an applied to study at RMIT. The degree can be studied from home which suits me perfectly, it's got a wide variety of course material, and I can finally learn how to make websites. I also can incorporate more IT into my work life and help those I look after. I also have heard great things about RMIT from locals and friends, so I felt like I could trust the Uni to teach me well.

I expect to learn a whole new way of interacting with technology around me. I believe there is much that I don't know about IT which I will be fascinated to find out about. I hope to learn much about gaming, website development, and cyber security.

Ideal Job:

https://www.seek.com.au/job/58286242?type=standard#sol=ab2a9e25f1342ddffc434e457fc5d39062d8ac67





• A description (in your own words) of the position, and particularly what makes this position appealing to you.

The role is for an experienced front end developer. It's a position that requires extensive teamwork, as the work can be remote. But it can include meet up days with other developers and a cheeky Christmas party too. I would love to work from home due to mental health issues and it means I can look after my dog and house.

The role is about creating websites, apps, online stores and custom built applications. It includes working with back-end developers and UI/UX designers collaboratively to bring the websites or applications to life. I personally love the variety that this job is offering. They seem to have many roles going at once which means a variety of different jobs. It requires a strong knowledge of different languages which again, appeals to me as I want to learn how to program not only websites, but applications as well.

• A description (in your own words) of the skills, qualifications and experience required for the position.

The job requires the following skills, qualifications and experience:

- HTML, CSS and Javascript the backbone of frontend development
- Frameworks such as Vue.js, React or Angular.
- GIT hub experience.
- Teamwork as mentioned above, it will mostly be remote work, so this one is very important to have.
- A few years experience, and a few websites/applications that were mainly your work. This is so the company can see your ability to create. Also some experience with frameworks.
- General designing skills like UI/UX
- A description (in your own words) of the skills, qualifications and experience you currently have.

I currently have zero experience in HTML, CSS and Javascript. I do however have a little experience with Python, meaning I can make (very) small programs. I have a diploma of Graphic Design which gives me an eye for colour and design. I can use Adobe Photoshop, InDesign and Illustrator.

I have worked in teams since I was 15, and feel as though I have great interpersonal skills. I am a hard worker and did very well in high school academically. I feel like I have the starting building blocks, and this course will help me define and grow.

• A plan describing how you will obtain the skills, qualifications and experience required for the position,

building on those you have now. This need not be greatly detailed, (and will probably change significantly over time anyway), but try to be as specific as you can.

The first step would get further into this degree of IT. Taking classes that become the building blocks to my first websites and applications. During my time at uni, I should have little assignments and maybe even a little paid work, creating smaller applications and websites, and using all the tools I will need for larger works. I will learn a few different lanaguages for coding, including, HTML, CSS, Java, and Python. I will have a portfolio on Github where protenial employees can see my personal and collaborative work. I will be using my spare time to solving problems, or creating personal work. When I graduate, I envision myself getting a 'junior' role at a company, following the lead of an experienced developer. I will do this for a few years, getting more and more knowledgeable until I am ready to take on my first job as an 'intermediate frontend developer'.

Personal Profile:



The results of your personality test are in. Here they are:

Personality type: Advocate (INFJ-T)

Traits: Introverted - 90%, Intuitive - 65%, Feeling - 57%, Judging -

69%, Turbulent - 56%

Role: Diplomat

Strategy: Constant Improvement

You can use this randomly generated password to access your profile:

f7eba75a

View your profile page →

What's Your Learning Style? The Results

Your Scores:

▶ Printer Friendly Version

Auditory: 30%Visual: 25%

Tactile: 45%

You are a Tactile learner! Check out the information below, or view all of the learning styles.

Tactile

If you are a tactile learner, you learn by touching and doing. You understand and remember things through physical movement. You are a "hands-on" learner who prefers to touch, move, build, or draw what you learn, and you tend to learn better when some type of physical activity is involved. You need to be active and take frequent breaks, you often speak with your hands and with gestures, and you may have difficulty sitting still.

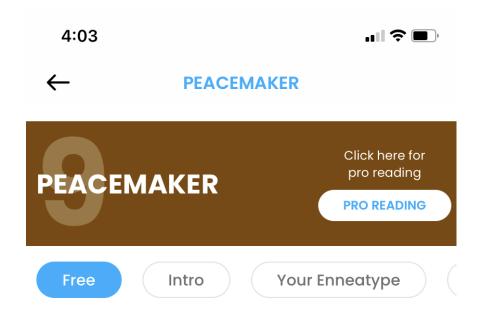
As a tactile learner, you like to take things apart and put things together, and you tend to find reasons to tinker or move around when you become bored. You may be very well coordinated and have good athletic ability. You can easily remember things that were done but may have difficulty remembering what you saw or heard in the process. You often communicate by touching, and you appreciate physically expressed forms of encouragement, such as a pat on the back.

Here are some things that tactile learners like you can do to learn better:

- · Participate in activities that involve touching, building, moving, or drawing.
- . Do lots of hands-on activities like completing art projects, taking walks, or acting out stories.
- . It's OK to chew gum, walk around, or rock in a chair while reading or studying.
- Use flashcards and arrange them in groups to show relationships between ideas.
- · Trace words with your finger to learn spelling (finger spelling).
- Take frequent breaks during reading or studying periods (frequent, but not long).
- It's <u>OK</u> to tap a pencil, shake your foot, or hold on to something while learning.
- . Use a computer to reinforce learning through the sense of touch.

Remember that you learn best by doing, not just by reading, seeing, or hearing.

http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml?event=results&A=6&V=5&T=9



The "Peacemaker" Type and what that means for you:

You're easy to get along with because of your peaceful and agreeable nature.

You want to be seen as natural, creative, and comfortable, and you receive validation through your need to please people.

Because you are a people pleaser and wish to avoid conflict, this can often make you complacent and hard to say "no" to people.

This allows people to walk all over you, as you are too willing to bend to other people's desires in an attempt to keep the peace.

You must create boundaries for other people.

You remain calm in many situations and wish to avoid conflict. This conflict can be internal or external.

Unfortunately, your desire to avoid conflict can actually lead to the very conflict you wished to avoid.

This desire can often mean avoiding certain people and leads to withdrawing from life and becoming quite introverted.

https://enneaapp.com/

What do the results of these tests mean for you?

These results show me that I am a very quiet achiever, who builds up the team from the ground. It's reinforced the notion that I do not want to 'lead' a team or be 'bossy'. Avoiding conflict seems to be high on my list, and making sure the rest of the team is comfortable is a priority. It shows that my shy nature can be a positive for the team and not a hindrance. Being a 'hands on learner' is nothing new to me, I have always preferred using my hands, and when showing people how to do things, I've seemed to explain it with both hands and ears. Overall, the results show me that I'm ready to help other people grow and achieve things, including myself.

How do you think these results may influence your behaviour in a team?

In a team, I always want the best result, so when it comes to being to it, I like to make sure everyone is on the same page. I might organise crewmates and help if anyone is left out or behind – even if it's at my own expense (I will have to keep on top of it so it's still fair on myself). I think I will follow the 'leader' and contribute to the cause. I think I might become unsettled if someone doesn't pull their weight, however I will have the tools and means to speak up, and fix the situation.

How should you take this into account when forming a team?

When forming I team, I must be certain to include everyone equally, even if it makes treating some members according to their needs. I must allow for personal preferences and strengths while I care for myself. I mustn't be taken advantaged of, and I must be transparent when reviewing workloads.

Project Idea:

Overview (100 words) - This should be a summary of what the project will be.

There are millions of Australians each year who take medication, prescribed or otherwise. Keeping track of medication is a real issue facing Australians, and a simple app could fix that. Having an app that you can input medication types, track when their taken, set reminders for more and alert users when their script is nearly over, could be lifechanging. By making alerts for the user, they can rely on the application instead of mentally doing so. Human mistakes are plenty and are normal, this app would alleviate human error. Having the app on a phone allows for easy access, and could potentially save someone from an overdose.

Motivation (100) words) - This should be a description of why the project will be interesting or useful. This may

Keeping track of what medications that a person has taken can be difficult, and misusing medication is dangerous. The inappropriate use of medication in Australia costs the government \$1.2 billion per year (Cutler et al., 2019). By creating a simple app, usable for most Australians, the inappropriate use of medication can be lowered. This app can be used by the patient themselves, or could be used in a group setting like a carehome or hospital. By improving adherence, hospitalizations and healthcare expenditure can be lowered (Hsieh et al., 2022). The use of the app can help everyday Australians keep track of what medications and when they, or their loved ones have taken them.

Description (500 words) - Detailed description of the features of the product or service

This application will be downloaded onto a users phone and will be heavily controlled by the users input. The app itself has two main components. One alarm system for when scripts are 5 days out from running out, and a medication tracker. The medication tracker has what medications they're on, what times of day you take them, and a way to 'complete the task'.

The first component is the alarm system. When entering medication, the app will link up with the pharmacy and 'read' the script that the doctor prescribed. This script will now know how many days of the medication they have left, and if there is a repeat, the app will alert the user through a notification system. This means they can get to a pharmacy with enough time or go to a doctor if they have no scripts left.

The second component is the tracker itself. A user will enter a medication, i.e Haloperidol 5mg, and the app will then find the script from the pharmacy. The user will confirm how many times a day the medication will be taken. For example morning (7am), lunchtime (1pm), and evening (7pm). At these times, the app will send a reminder through the phone that the Haloperidol needs to be taken. The user will click on the reminder, and will 'tick off' taking the medication. The app will remember the time and dose which has been taken, leaving it visible to the user (and potentially doctors). This results in a 'paper trail' of medication taken, and eliminates mishaps. This app could also be used with just Panadol for example, meaning there will be a record of the person taking the Panadol, tracking what time and when a next dose is available.

The app is useful for a single user but could potentially be used in a wider circumstances. Those who work in aged or disability care could perhaps have 'user accounts' for clients/people in their care. Medicines could be tracked through the app for clients, and a whole care home could be tracked with this app. This also has potential in mental health instances, where the psychiatrist could be notified with abnormal behaviour or missed medication. Using the app on someone's behalf as a guardian or caregiver could save the easy mistake of forgetting whether or not the client has had their medicine, or forgetting what time they had their last dose.

Overall this app will allow for a tracked, organised and efficient way to keep medication in toe. By allowing the user to have complete control of this app, the success behind it relies on their activity, but in the technological world of today, nearly every person has their phone on them. Places like nursing homes are introducing technology, and this very simple app could assist those vulnerable in Australia who need to keep track of their medication. This app would eliminate the easy human errors which happen daily, and remind users of the importance of proper medication takings.

Tools and Technologies (100) words) - Describe the software, hardware and/or other equipment needed. Include any relevant open source tools as appropriate.

To make an app there are several steps included. A computer for coding is at the heart of building an app. The hardware must be capable of 'handling' an app, and be up to date with the latest software. After the initial planning stage, the app is divided into two spaces, frontend, and backend. Although an app builder such as Quixy, Zoho Creator or AppyPie can be used to develop the application. At the end of the initial building phase, the app must be tested on the hardware it will be used on. So android and iPhone should be used to test the functionality of the app.

Skills Required (100 words) - List the skills are required for your project, including software that needs to be written, and special hardware (if any). How feasible will it be to find the skills, software and hardware required?

To make an app is difficult, however with the right know-how, the process can be smooth. Firstly, the developers must know a programming language that the app will be built with. These skills are taught in universities and can be self taught as well. Finding a team that can bring the different skills such as coding, UI/UX design and marketing is paramount to the success of the app. The app will also have to link up with pharmacies and doctors, requiring a level of security. Finding hardware is easy as nearly everyone has mobile phones nowadays.

Outcome (100 words) - If the project is successful, what will be the outcome? How will the original problem be solved? What impact will this development have?

If this app is successful, it will become a must have for people who take multiple medications, group homes, aged care facilities, and anyone who has a hard time remembering when they took their last dose. It will become a staple for carers and help track medication for you and old Australians. Doctors will refer patients, and pharmacies will use the app as standard. It will help alleviate misuse of medication for the Australian public and will lower the number of incidents had. This will in turn help our healthcare system, Medicare, doctors surgeries, and pharmacies.

References:

Cutler, R.L., Torres-Robles, A., Wiecek, E., Drake, B., Van der Linden, N., Benrimoj, S.I. (Charlie) and Garcia-Cardenas, V. (2019). Pharmacist-led medication non-adherence intervention: reducing the economic burden placed on the Australian health care system. Patient Preference and Adherence, Volume 13, pp.853–862. doi:10.2147/ppa.s191482.

Hsieh, W.L., Yeh, S.T., Liu, W.I., Li, I.H., Lee, S.K. and Chien, W.T. (2022). Improving Medication Adherence in Community-Dwelling Patients with Schizophrenia Through Therapeutic Alliance and Medication Attitude: A Serial Multiple Mediation Model. Patient Preference and Adherence, Volume 16, pp.1017–1026.