

## My Learning Activity Story

I am writing about learning C.P.R in my First Aid Course that I took as part as my Self Achievement Task.

In my first aid course I was learning how to do C.P.R; how to do it right and when it is needed to be used I learned all the different steps in doing C.P.R.

It was pretty much what I expected it to be but I didn't know you could do so many things wrong in it, like not holding the head the proper way or doing your compressions on the wrong spot which can end up cracking or braking the persons ribs..

The whole thing to me was new. The only thing I new about C.P.R was what I seen in films which wasn't very much help to me I didn't know how to keep the mouth sealed and the importance of holding the head back to keep the airway open or how many breathes and compressions to do and other things also. The best bit for me was the feeling that I was learning something that could help me to save the life of some body close to me or to save the life of a stranger this is a really satisfying feeling. I think the whole cycle of C.P.R is important because if you were to do it wrong you could further damage the person you are trying to help.

The thing I found a bit difficult was trying to keep a proper seal on the dummies mouth with mine, but after a while of the instructor showing me I got the hang of it and I was fine then. I also found doing the cycle in the right order was a little bit difficult to memorize but I eventually got it after going over and over the cycle a few times. In doing C.P.R there's nothing I am confused about anymore my instructor exampled every thing to me very clearly and I now understand it all. I wasn't disappointed with anything, I found learning C.P.R was very satisfying and fulfilling.

If I was to do it again I would have practiced more so I would have got the hang of C.P.R quicker and could have moved onto some thing else. I think C.P.R could come in useful any were in the rest of my life because I now know how to do C.P.R right and I could have to use it one day walking down the street or sitting at the dinner table with my family. I think this was a very useful and positive learning experience for me.

*MARK O BYRNE*

## My Learning Activity Story

**You are writing a story about a recent learning activity. Use the headings below as a guide.**

**Name the Activity you are writing About:** I am writing about learning C.P.R in my First Aid Course that I took as part as my Self Achievement Task.

**What was the learning about?** In my first aid course I was learning how to do C.P.R; how to do it right and when it is needed to be used I learned all the different steps in do C.P.R. **Is it what you expected or were you surprised by any of it?**

It was pretty much what I expected it to be but I didn't know you could do so many things wrong in it, like not holding the head the proper way or doing your compressions on the wrong spot which can end up cracking or braking the persons ribs..

**Did you learn anything new?** Yes the whole thing to me was new. The only thing I new about C.P.R was what I seen in films which wasn't very much help to me I didn't know how to keep the mouth sealed the importance of holding the head back to keep the airway open or how many breathes and compressions to do and other things also. **Describe the best bits.** The best bit for me was the feeling that I was learning something that could help me to save the life of some body close to me or to save the life of a stranger. **Which bits did you think were the most important?**

I think the whole cycle of C.P.R is important because if you were to do it wrong you could further damage the person you are trying to help.

**Did you find anything difficult?** Yes, the thing I found a bit difficult was trying to keep a proper seal on the dummies mouth with mine, but after a while of the instructor showing me I got the hang of it and it was fine then. I also found doing the cycle in the right order was a little bit difficult to memorize but I eventually got it.

**Are there things you still find confusing or don't understand?** No there's nothing I am confused about anymore my instructor exemplified every thing to me very clearly and I now understand it all. **What were you disappointed with?** I wasn't disappointed with anything I found learning C.P.R was very satisfying and fulfilling. **What will you do differently next time?** If I was to do it again I would have practiced more so I would have got the hang of C.P.R quicker and could have moved onto some thing else.

**Where and when might this learning come in useful?** I think it could come in useful any were in the rest of my life because I now know how to do C.P.R right and I could have to use it one day walking down the street or sitting at the dinner table with my family. I think this was a very useful and positive learning experience for me.

*MARK O BYRNE*

**Did you learn any thing new?** I would of changed this question to, **What new things have you leaned?** With this question I would have gave more detail of exactly what it was that I learned and I would I listed some of the things I learned; With doing C.P.R the whole thing was new to me. I learned all the steps of doing C.P.R, Shake and Shout, Open Airway Check it is clear, Check for Breathing, Give two Rescue Breaths, Check for Circulation if not found Commence C.P.R 15 compressions 2 Breathes and do four cycles in one minute then check for Circulation if none continue C.P.R. These are the steps that I learned doing C.P.R.

**What were you disappointed about?** I would have changed this to, **What were you happy about?** Because there was nothing I was disappointed about and I would of preferred to write about what I was happy about. I would have written.

I was happy about doing C.P.R because I know that I could one day use this new skill that I have learned to help somebody or may even save the life of somebody.

**Describe the best bits?** I would of changed this to **what did you enjoy most?** Because I think this is a better fazed question and I think with this question I would be able to give a little more detail. I would have said the part I enjoy most was learning something that I can help to save the life of somebody some day and the self satisfaction I got from completing and passing my test for C.P.R and basic first aid.