

## Level 3 Extended Project (9990) Candidate record form, production log and assessment record

Centre number 12430 Centre name Featherstone High School

Candidate's full name Candidate 2 Candidate number 0

**Notice to candidate** The work you submit for assessment must be your own. If you copy from someone else or allow another candidate to copy from you, or if you cheat in any other way, you may be disqualified.

*To be completed by the candidate*

1. Have you received any help or information from anyone other than your teacher(s) in the production of this work?

Yes  No

2. If you have answered yes, give details below and on a separate sheet if necessary.

3. Any books, leaflets or other materials (eg DVDs, software packages, Internet information) used to help you complete this work and not clearly acknowledged in the work itself must be listed below. Presenting materials copied from books or other sources without acknowledgement will be regarded as deliberate deception.

**Candidate declaration** I have read and understood the above and can confirm that I have produced the attached work without assistance other than that which is acceptable under the scheme of assessment.

*As part of AQA's commitment to assist students, AQA may make your coursework available on a strictly anonymous basis to teachers, examining staff and students in paper form or electronically, through the Internet or other means, for the purpose of indicating a typical mark or for other educational purposes. In the unlikely event that your coursework is made available for the purposes stated above, you may object to this at any time and we will remove the work on reasonable notice. If you have any concerns, please contact AQA.*

Candidate signature

Date 08-10-10

**Supervisor declaration** I confirm that the candidate's work was conducted under the conditions laid out by the specification. I have authenticated the candidate's work and am satisfied that to the best of my knowledge the work produced is solely that of the candidate.

Supervisor signature

Date 08-10-10

*This form should be attached to the candidate's work and retained at the centre or sent to the moderator as required*

# Record of marks

Candidate's full name

Candidate number

Candidate 2

0

*To be completed by the supervisor*

Marks must be awarded in accordance with the instructions and criteria in section 2.5.2 of the specification.

Summary information to show how the marks have been awarded should be given in the spaces below in addition to comments in other pages of this document and any supporting information in the form of annotations on the candidate's work.

Skill area	Maximum mark	Mark awarded	Supervisor's supporting statement
<b>A01</b> Manage	10	10	The candidate had clearly identified the topic and appropriate aims to be investigated. Moreover, she refined her aims in the course of the research to suit the objectives of the project in line with the findings. The candidate had written a well thought out and detailed plan of action which she then proceeded to thoroughly achieve. She completed each section of the project in line with the set deadlines without fail.
<b>A02</b> Use resources	10	10	The candidate obtained and selected a vast amount of relevant information from a wide variety of resources such as books, journals and the Internet. She thoroughly evaluated each piece of data she gathered in order to select the most appropriate for each of her aims. The candidate critically analysed, applied and linked relevant information to each aim. She demonstrated understanding of the links and overlaps, for example, between the trigger and effects of alcoholism such as depression.
<b>A03</b> Develop and realise	20	18	The candidate made appropriate decisions to collect highly relevant data and analysed it by linking it to relevant aims of her project. She then thoroughly analysed the gathered data to achieve her aims to a very high standard. The candidate fully implemented her plan to achieve her aims. She has shown that she has been making appropriate changes to her initial plan and aims by following the advice she was given as well as a result of the findings she came across in the course of the project. She presented her findings in a logical and coherent structure both in writing and through the presentation by synthesising a wealth of information to achieve her aims. The candidate communicated her findings fluently both in writing and through the presentation.
<b>A04</b> Review	10	10	The candidate carefully and in detail evaluated the strengths and weaknesses of the process of implementing the project. She also carefully and in detail evaluated the strengths and weaknesses of her own learning in the course of the project. She used consistently relevant material and structured her review well. She summed up her findings and conclusion clearly, both in writing and through her presentation, and based these on sound evidence and judgement.
<b>Total</b>	<b>50</b>	<b>48</b>	

**Concluding comments**

The candidate identified her project and produced an effective plan. She carried out her research in a highly organised manner, showing excellent independent learning skills. The candidate responded very well to any advice she was given.

She used a wide variety of resources to critically select appropriate information and applying it to her aims in order to achieve them. The candidate explored the complexities which emerged between the themes of her topic such as the triggers and effects of alcoholism.

The candidate wrote a clearly structured and coherent essay to sum up her findings and conclusions and backed them up with excellent supportive evidence.

She showed outstanding communication skills during the presentation, clearly explaining the aims, findings and conclusions of her research. These were skillfully backed up with a relevant Powerpoint presentation as well as imaginatively used props.

The candidate showed extensive knowledge of the topic as well as her reflection on the process through her responses to questions.

**Outline details of taught skills (specification 2.3 The Taught element of the Extended Project qualification)** Record here details of relevant skills taught in a class/group and details of relevant skills taught individually to this candidate as described in the specification. Continue on a separate sheet if necessary.

**Supervisor declaration** I confirm that no work assessed for the award of the marks above is also to be submitted, or has been submitted, for any other accredited qualification(s).

Supervisor signature

Date 08-10-10

# Contents

Candidate's full name

Candidate 2

Candidate number

0

*To be completed by the candidate*

Extended Project working title Alcohol abuse; how has it affected people & society in the UK?

Planned form of project

Either written report



Or Presentation

and accompanying written report



This document consists of the pages listed below. Additional journal material, planning evidence, research evidence, presentation evidence and review material may be added.

Page	Title	Date completed
1	Candidate declaration	18-10-10
2	Record of marks	
3	Contents	08-07-10
4	Record of initial planning	09-07-10
5 - 7	Project proposal and approval (Parts A, B and C)	16-07-10
8	Planning review	20-07-10
9	Mid-project review	08-09-10
10	End-of-project review	24-09-10
11	Summary	01-10-10
12 - 13	Presentation record (Parts A and B)	05-10-10
14	Reflection	07-10-10

Is this extended project part of a group project?

No



Yes



If 'Yes', give brief details

Extended Project final title The physical, psychological and social effects of alcohol abuse.

# Record of initial planning

Candidate's full name

Candidate number

Candidate 2

0

*To be completed by the candidate. This page records initial meeting(s) with your supervisor to agree your project proposal.*

Your first idea for topic/title

Alcohol abuse; how has it affected people & society in the UK?

Your first ideas for research and development of your project

The following list is an accumulation of the initial aims of my project:

- \*identify what is alcohol abuse
- \*identify what triggers alcohol abuse
- \*identify key facts and figures related to alcohol abuse in the UK
- \*identify physical and psychological effects on people
- \*identify impact of alcohol abuse on society e.g. NHS, crime, government, family

Via these aims, I propose to effectively explore the topic/title I have suggested. I intend to research and collect key facts and figures via the internet and official government statistics. Furthermore I would aim to utilise resources such as the British Medical Journal (BMJ), Sociology, Health & Social Care, Chemistry and Biology books in order to gain references for my other aims.

Once my data and evidence has been collected, I plan to filter through my findings and group them accordingly so that only relevant information is used for my particular aims to prevent straying off topic.

Your supervisor's main comments and advice

The first thoughts of my supervisor were that my choice of topic and aims were very interesting along with the way in which they were ordered as it was described as well thought out. However, the number of aims was discussed and initially, it was thought that there were too many aims. Moreover it was thought that some of my aims, particularly the last aim, were too broad due to my choice of words. For example the use of 'people' in my fourth aim and 'government' in my fifth aim. In addition, my title seemed broader than it needed to be therefore we discussed alternative phrasing and it was suggested that I create a more specific and narrower title.

My supervisor also recommended that I should use more Sociology books to assist with my second aim as well as using TV interviews with medical professionals and some websites as a source of information.

Changes, clarifications or additions you have made as a result of your discussion with your supervisor

After speaking with my supervisor, I intend to change the title of my project so that it is more specific to my aims and will allow me to incorporate all the aspects I wish to explore. I feel that a statement would better suit the topic I wish to investigate rather than a question therefore this will be one of the major changes to the format of the title. I plan to rephrase some of my aims so that they, too, are more definitive and precise. However, despite concerns over the number of aims, after justification and considering what would be included, there has been no change to the number of aims being addressed. It was also clarified that I shall be aiming to provide an approximately 5000 word essay and presentation.

As a result of my consultation, I am considering the use of interviews as another resource in addition to referring to more Sociology books than previously anticipated. Additionally I may change the order of my aims slightly so that some of the aims intertwine with one another.

Supervisor signature

Date 09-07-10

# Project proposal part A

Candidate's full name

Candidate 2

Candidate number

0

To be completed by the candidate

Title of the Extended Project

Present the topic to be researched in the form of a short statement/question/hypothesis with clear focus.

The physical, psychological and social effects of alcohol abuse.

Provide a brief outline, based upon page 4 of this document, of

- the researched or activity/task to be carried out and sources to be consulted

I propose to:

- Research scientific and social definitions of alcohol abuse via books, journals & government publications
- Research the mechanisms of how alcohol affects an alcoholic's body physically
- Gather figures related to alcohol abuse i.e. crime rates, NHS expenditure, alcohol consumption units per day etc: official government websites and medical books
- Research triggers via BMJ, articles & interviews available online
- Research the effects alcohol abuse has on society by finding relevant articles in the news, journals & sociology books

- the courses of study or area(s) of personal interest to which the topic relates

The human biology is particularly fascinating along with the effects of drugs and pharmaceuticals used to treat ETOH withdrawal (alcohol withdrawal) due to the study of Chemistry. Furthermore personal interests in society and the NHS have fuelled my desire to pursue an Extended Project on Alcohol Abuse as it is a growing issue in the area in which I live.

- your proposed action

I intend to gather all my information and references that may be useful initially, then I shall sift through all of the sources and allocate any quotes, sources or information that is relevant to each aim and begin to write a brief outline for each aim I need to address. By organising my sources and my aims, it will allow me to plan my essay and begin to write it.

Provide details of the courses that you are currently studying

Qualification Type	Subject
<i>e.g. GCE AS/A, Applied GCE AS/A, Diploma L3, VRQ, Modern Apprenticeship, BTEC</i>	<i>e.g. Mathematics, English, Health, Spanish, ICT</i>
GCE AS	BIOLOGY
GCE AS	CHEMISTRY
GCE AS	MATHEMATICS
GCE AS	FURTHER MATHEMATICS
GCE AS	PHYSICS

**Candidate declaration** I certify that I have read and understood AQA's Regulations relating to unfair practice as set out in the notice to candidates below.

**Notice to candidate** You must not take part in any unfair practice in the preparation of project work required for assessment and you must understand that to present material copied directly from book or any other sources without acknowledgment will be regarded as deliberate deception. If you use or attempt to use any unfair practice you will be reported to AQA. If AQA is satisfied that you have committed an offence you may be disqualified from all subjects.

Candidate signature

Date 16-07-10

# Project proposal part B

Candidate's full name

Candidate number

Candidate 2

0

To be completed by the supervisor. Please comment below on the validity and feasibility of the proposal (project proposal Part A) as an Extended Project (specification 2.4).

	Supervisor's comments
Comment on the clarity and focus of the title chosen	The title and aims are focused and clear. However, the scope of the topic is very broad and the candidate will have to ensure she stays focused by thoroughly planning the research project.
Indicate the relation to, and development/extension outside of, the main course(s) of study or interest (specification 1.2)	The topic of research is linked to the candidate's Biology course in particular, but also to Chemistry. The Maths course will help the candidate with any analysis of numerical data.
Comment on the suitability of the proposed initial sources and research base	The chosen topic is well researched and documented within the fields of Biology, Chemistry, Sociology and Psychology so there is a wealth of information for the candidate to pursue. She has also identified relevant source of information such as the BMJ.
Confirm that the project is feasible in the proposed timescale and/or indicate any potential difficulties	The project is feasible within the timescale. However, the candidate will have to stay focused on researching only the information directly relevant to her aims in order to not be overwhelmed with data.
Outline the scope to produce a project that meets the assessment objectives (specification 2.5.3)	There is scope within this project for all the AOs to be met. The candidate will be producing a detailed plan for the project, expanding on the initial proposal (AO1), she will be analysing the gathered data and applying the information to the question (AO2). The candidate will regularly review her work and amend her plan as necessary in order to ensure that the information she uses is relevant, synthesising information from a variety of sources (AO3).
Indicate proposed form and date of the presentation	Powerpoint presentation to supervisor, co-ordinator and small audience in October 2010.

Indicate the expected format of the project product that will be submitted for assessment

- Long written report .....
- Live performance (e.g. music, drama, theatre, substantial presentation) plus written report ....
- Electronic format (e.g. CD, DVD, video, program) plus written report .....
- Artefact (e.g. prototype, model, artwork) plus written report .....

Is the project a contribution to a group exercise?  YES  NO

If Yes, confirm that there is a defined individual contribution by the candidate (specification 2.5.1 **Group Work**)  YES  NO

List other group members below.

Candidate No. \_\_\_\_\_ Candidate Name \_\_\_\_\_

Candidate No. \_\_\_\_\_ Candidate Name \_\_\_\_\_

Candidate No. \_\_\_\_\_ Candidate Name \_\_\_\_\_

Supervisor signature

Date 16-07-10

# Project approval part C

Candidate's full name

Candidate 2

Candidate number

0

Supervisor's full name

Sanya Ludlow

*To be completed by the centre coordinator*

Comment below on the feasibility and acceptability of the proposal (project proposal parts A & B) as an Extended Project (specification 1.4)

Centre coordinator's comments

I think you are aware of how broad a topic this is, and also that there will be lots of evidence and research available for you to examine. Try and ensure that you use the most reliable sources of information over more anecdotal evidence. This should be feasible in the time scale, as long as you stick to the word length.

Approved



Approved subject to the implementation of the centre coordinator's recommendations



Resubmission required



Coordinator's full name

Amy Jane MacLean

Coordinator signature

Date

16-07-10



# Planning review

Candidate's full name

Candidate 2

Candidate number

0

*To be completed by the candidate. This page records your outline plan at the start of your work.*

Outline the next steps in your planned research/initial development

The refined aims I wish to address in my project are:

- identify what is alcohol abuse
- identify what triggers alcohol abuse
- identify key facts and figures related to alcohol abuse in the UK
- identify physical and psychological effects on those who abuse alcohol
- identify impact of alcohol abuse on society e.g. NHS, crime, family

1) Initially, my main priority is to gather as many sources that are relevant to my chosen topic of interest and read through them. In order to do so, I plan to visit a university library and accumulate articles from journals & books that I feel could help with my project.

2) Once these key resources have been located I will be able to extract quotes and information that are even more relevant to my extended project via critical analysis. In particular, I wish to search the content of many sociology books that will give me a better insight into the social effects of alcohol abuse as well as some psychology books to check for any information that may identify psychological factors. Also, medical books and journals such as the BMJ should help to identify physical factors and effects of alcohol abuse.

3) Furthermore, it would be appropriate for me to also consult websites via the internet to attain information with regards to national statistics [<http://www.alcoholissues.co.uk>] related to alcohol for example on official government sites [<http://www.statistics.gov.uk>], which publish national statistics into public domain. In addition, I shall use the internet further to locate other types of mediums that may be useful i.e. video clips.

4) Gradually, I intend to identify which extracted quotes & information may be best suited to helping me answer my specific aims therefore allowing me to create a basis for which I can begin to work my essay towards.

Your supervisor's main comments and advice

My supervisor thought that my plan was well organised and thorough as it included very good detail. Also she thought that it would be helpful to mention the names of any other particular resources including the name of the university that I intend to use in order to make my plan more specific and include the refined aims that I am referring to in my steps.

Changes, clarifications or additions you have made as a result of your discussion with your supervisor and/or the comments from your centre coordinator

I have outlined my plan in steps as well as mentioning my refined aims so that the plan is clearer and focussed. I have also decided to incorporate the names of the websites I was referring to i.e. the national statistics website

<http://www.statistics.gov.uk>

<http://www.alcoholissues.co.uk>

In addition to including the name of the university I will be visiting; Brunel University

Supervisor signature

Date

20-07-10

# Mid-project review

Candidate's full name

Candidate number

Candidate 2

0

*To be completed by the candidate. This page records your outline plan about half-way through your work.*

Outline the successes, failures, additions and/or changes you made as you followed your plan at start of project

My project, so far, has been very successful to pursue as I was able to carry out extensive research on my topic. Finding and organising resources was fairly easy. Moreover, the vast range of information made sure that I applied my critical thinking skills to select and filter text, figures and diagrams that would be most beneficial in supplementing my aims.

Despite the successes, when planning my essay I realised that I would have to alter the facts and figures section and incorporate this data into my essay in an alternative way. I therefore reconstructed this section and decided to explore the impact of alcohol abuse around the world via the use of the statistics I had collected in order to give the relevant demographics of the topic.

Outline your planned steps to complete your project

I intend to complete the majority of my essay by finishing of the last section on social effects. Furthermore I need to add an introduction and conclusion to the main body of my essay and articulate the message I wish to portray with my project. In addition, I shall compile my bibliography and evaluate my sources once again, hence determining if there is anything else I could include or possibly omit to ensure the coherency of the essay.

Your supervisor's main comments and advice at this stage

My supervisor said that my progress so far was excellent and it was clear I had read through a lot of literature during my research process. She commended my changes and suggested the addition of more views to do with culture. Furthermore, she agrees with my plan to complete my project and feels I will be in a strong position to start my presentation soon.

Changes, clarifications or additions you have made as a result of your discussion with your supervisor at this stage

Although my supervisor did not criticize my project, she offered the idea of European cultural views which I intend to incorporate into my project. I aim to finish writing my essay and begin working on my presentation.

Supervisor signature

Date

08-09-10

# End-of-project review

Candidate's full name

Candidate number

Candidate 2

0

*To be completed by the candidate. This page records the (near) completion of your project product.*

Outline the successes, failures, additions and/or changes you made as you followed the plan in your mid-project review

As a result of my mid-project review, I incorporated European cultural attitudes into my essay in order to explain differences in the likelihood of alcohol abuse. Furthermore, I have decided to add some visual aids into my essay to help readers visualise some of the content I have mentioned. In addition, I have decided to discuss the viability of alcohol abuse in society as part of my conclusive section. This message is also conveyed in the presentation I have decided to make exhibiting my research project as I feel that I have been able to implement my plan successfully. Completing my Extended Project has been very worthwhile as I have learned much about my chosen topic and I have been able to articulate my findings in a comprehensive way so that others may become aware of the issues I have highlighted in my essay.

Outline any additional advice or comment that you received from your supervisor during this final stage

My supervisor was delighted with my progress and that I had made a start on my presentation. Moreover she was pleased I had practically finished my essay. Nonetheless, she suggested that I expand on my conclusion as she felt that what I was discussing could be explored further. Similarly, she advised me to strengthen my introduction with more detail.

Changes, clarifications or additions you made as a result of discussion with your supervisor in this final stage

Subsequent to the meeting with my supervisor, I decided to visually section off my conclusion and title it "Alcohol Abuse: Justifiable or not?" This new section allowed me to write more about the concept of viability I wanted to discuss. Furthermore, I have described the aims of my project in more detail within my introduction. I have also finished my PowerPoint presentation and intend to rehearse it.

Supervisor signature

Date

24-09-10

# Summary

Candidate's full name

Candidate number

Candidate 2

0

*To be completed by the candidate. This page records the nature of your project product (abstract).*

Outline (50 – 150 words) the nature of your final product, its main content and your conclusion

My final product of the Extended Project is a 4980 word essay, which consists of an introduction, six distinct sections and a conclusion. My introduction endeavours to provide an overview of the aims I intend to explore during my essay. In addition, it also includes why I am fascinated by this topic and what I hope to achieve by the end of the essay.

Subsequently, the essay then moves on to exploring my key aims which I have allocated six headings for:

1. What is alcohol abuse?
2. What are the triggers of alcohol abuse?
3. Alcohol abuse: a worldwide issue
4. The Physical Effects of Alcohol Abuse on Alcoholics
5. The Psychological Effects of Alcohol Abuse on Alcoholics
6. The Social Effects of Alcohol Abuse

Each aim is explained thoroughly via the use of my research and analysis. After addressing the title of my project, instead of providing a conclusive paragraph, I have created a final conclusive section where I evaluated the justifiability of alcohol abuse with consideration of its triggers and effects. I concluded that alcohol abuse is increasingly perceived as a disease and that we should therefore do what we can to help those who suffer to abstain whilst also educating the future generations to drink sensibly in order to avoid the negative effects associated with alcohol abuse.

# Presentation record part A

Candidate's full name

Candidate number

Candidate 2

0

*To be completed by the candidate. This page records your presentation and its preparation.*

Planned nature of your presentation (e.g. timing, audience, use of visual aids, slides, use of notes, etc.)

- My presentation is to be done orally with the assistance of a Microsoft PowerPoint presentation involving approximately 25 slides.
- It will last approximately 15 minutes, after which a question and answer session will commence.
- I intend to use visual aids in the form of wine, beer & shot glasses as well as a bottle of spirits, depending on availability.
- Furthermore, I wish to have a folder in which I will have handouts for my presentation with notes I have made on what I am going to say for each slide in front of me as a prompt.
- The audience will consist of:
  - \* My project supervisor
  - \* The centre coordinator
  - \* Head Teacher
  - \* Senior management staff
  - \* Heads of year
  - \* Fellow Extended Project candidates
  - \* Prospective Extended Project candidates

Briefly list the main content of your presentation

The slides and content of my presentation will mirror a similar order to that of my essay

Slide 1: Title & Aim of presentation + a brief introduction as to why I have chosen to pursue this topic

Slides 2-3: What is Alcohol Abuse?

Slide 4: Alcohol Consumption Guidelines

\*Use of visual aids\*

Slide 5: Diagnosis

Slides 6-9: Triggers of Alcohol Abuse

Slide 10: Alcohol Abuse; a worldwide perspective

Slides 11-15: Physical effects of alcohol abuse; short & long term \*Use of visual aids\*

Slides 16-17: Psychological effects of alcohol abuse

Slides 18-23: Social effects of alcohol abuse

Slide 24: Conclusion, Alcohol Abuse; right or wrong?

Slide 25: Thanks & Questions

I intend to display pictures on the slides to illustrate what I will be verbally explaining.

Changes, clarifications or additions you made as a result of rehearsal and/or discussion with your supervisor

My supervisor praised my presentation and said that I was well-spoken, calm, confident and collected. Furthermore, I was told that my PowerPoint presentation was excellent in supplementing my speech. Although my PowerPoint was commended, it was suggested that I could perhaps add more of the figures I mention verbally onto the slides so that the audience receives the full impact of the statistics I wish to address. I therefore intend to display some of the numbers I speak of onto relevant slides in order to allow the audience to successfully grasp the concepts I am trying to convey.

# Presentation record part B

Candidate's full name

Candidate number

Candidate 2

0

To be completed by the supervisor. Record and comment below on the delivery of the presentation (specification 2.5.1 presentation)

	Supervisor's record / comments
The nature of the audience (include numbers of staff, students and others present)	The audience was made up of the EP coordinator, two EP supervisors, three Heads of Year (Years 12 and 13), the Director of the Sixth Form and the Head Teacher. In addition, the other three EP candidates were also present as well as several potential EP candidates for next year.
The nature of the presentation (include use of notes, use of display items, and use of presentation software)	The candidate used a Powerpoint presentation with relevant images and text. She had notes and used them at an appropriate rate. The candidate also imaginatively employed the use of props in the form of beer, wine and shot glasses, filled with appropriately coloured juice drinks, to demonstrate the recommended daily allowance of alcohol for women and men.
Comment on the content and delivery of the presentation	The candidate started her presentation by introducing the topic and explaining the reasons why she chose to research this particular topic. She then proceeded to explain the findings of each of her aims. These explanations were backed up with relevant statistical data as well as by appropriate images and text which were particularly well presented across several slides. The candidate employed the use of props in the form of beer, wine and shot glasses, with great effect, to demonstrate the recommended daily allowance of alcohol for women and men. The candidate spoke in detail with confidence and passion and used her notes sparingly and with efficiency. She finished the presentation by summing up her conclusion, thanking the audience and taking questions from the supervisor.
Comment on the response of the candidate to questions that demonstrated understanding and grasp of the project and/or its production (give examples where appropriate).	The candidate responded with exceptional confidence, clarity, detail and self-reflection to the questions she was asked. She demonstrated passion, grasp and objectivity towards the project's findings when asked about the evidence for the link between alcoholism and genetic disposition as well as about how the drugs used to treat alcoholism work. The candidate gave precise and definitive answers and then backed them up with several pieces of evidence from her research. She demonstrated grasp of the production of the EP as well as the ability to be self-reflective by answering the question about what she had learnt about herself during the EP. The candidate commented that she developed self-belief which will be invaluable for the university course she is applying for.
Outline the nature of any additional presentation evidence that the candidate might add (e.g. speaker notes, handouts, presentation slides, recording).	Printed out Powerpoint slides, the speaker's notes and typed up questions and answers from the presentation.

Supervisor signature

Date 06-10-10

# Reflection

Candidate's full name

Candidate number

Candidate 2

0

*To be completed by the candidate. This page records your own evaluation when you have completed your project product and given your presentation.*

Briefly summarise your main learning from completing this project. You might include new knowledge or expertise that you enjoy or find valuable, a consideration of your planning and organisation, changes you would make if you undertook such work again, advice you would give to others undertaking such a project.

Completing my Extended Project has been a highly enjoyable and valuable experience for me. This was mainly due to pursuing a topic which has interested me greatly for a long period of time, therefore being able to learn in depth about alcohol abuse and understand its controversial nature has given me the knowledge and skills to deal with such a topic in the future, and view it in a different, more objective light. Moreover, work experience at a local hospital, where admissions for alcohol abuse were particularly high, and a strong desire to study medicine, have been key factors in stimulating my mind whilst carrying out my Extended Project research, essay and presentation.

As a result of my research, I was able to confirm preconceptions about alcohol abuse as well as discovering new facts. In particular, I now have a strengthened understanding of the breakdown mechanism of alcohol, and its major effects on the body. For example, I was previously aware that alcohol affected the liver however was unsure about the range of diseases and health issues its abuse could have on other areas of the body such as the stomach, pancreas and skin. In addition, research on social effects yielded statistics which were shocking and proved very useful in highlighting the enormous impact alcohol abuse has, and continues to have, in society. Similarly, researching the triggers of alcohol abuse brought to my attention a whole host of factors which may influence Alcoholism. These ranged from psychological reasons to environmental and possibly genetic causes too; some of which I was previously unaware of.

In order to have successfully achieved my aims and finished the Extended Project, exhibiting planning and organisational skills, on my part, was crucial. The importance of these traits became more and more apparent as the project progressed therefore by keeping my production log updated and regular meetings with my supervisor, I was able to manage the workload effectively. Furthermore, the deadlines put in place by my Extended Project coordinator proved to be very useful in helping me delegate approximate time scales for my planning, research and writing processes. I discovered much about myself as a person whilst completing this project as initially I was not sure what the Extended Project Qualification would entail. However, this uncertainty was premature as once the planning stage commenced and thereafter was approved by my supervisor, I found myself naturally enthused and feeling able to begin my project.

As alcohol abuse was such a broad topic, there were many sources that I had to explore and analyse before I could incorporate the findings into my essay. I was given the opportunity to visit Brunel University library where I was able to scour a large set of books and reliable resources to complete my research with. Despite this opportunity, I was unable to borrow the books and carry out my own extensive research alongside other books and sources I had gathered from numerous other local libraries.

It was thought that having a large number of aims which I wished to cover in my essay would make this research process difficult. Although this meant that I had to read through many different books, websites and journals, I was pleased to have developed my analytical skills so that I filtered through appropriate material, critically selecting, and consequently gained relevant information. Nonetheless, this vast range of data available posed an issue to one of my initial aims, which was to consider alcohol related statistics and figures in the UK. I felt that during my research, I had accumulated interesting facts about alcohol all over the world and thought this would supplement the intention of my project better than just limiting the data used to one country; providing different angles on the topic. This was one of the major changes to my project as well as one of the biggest obstacles I faced whilst writing my essay as it required me to be decisive and as a result I resolved my problem.

Following the completion of my essay, my presentation was a relatively simpler part of the project to complete. I was looking forward to presenting my project to an audience as I was genuinely passionate about sharing my findings. My confidence and independence skills helped me to deliver my conclusion as I was confident about all aspects of my Extended Project topic and therefore being able to communicate that to the audience was very rewarding. I feel that my

knowledge about the topic has increased largely since the beginning of the project in addition to personal development and familiarising myself with independent learning.

If I was to complete an Extended Project Qualification again, I would be inclined to choose a narrower topic title where I could utilize my newly improved research skills and refined time management in order to challenge myself. This would enable me to gain much more detailed knowledge and expertise in a specific area. Although if I were to extend from the findings of my current project, I would like to learn more about the link between alcoholism and genetics therefore carry out a research project on this.

And finally, to prospective Extended Project candidates I would say that this is an invaluable opportunity to explore a topic of your choice. As long as you remain focussed, determined and take on board the advice and support being offered by fellow Extended Project candidates, supervisor's and coordinators, undertaking this qualification is a pleasant and highly rewarding experience. It not only adds to your wealth of knowledge, it also prepares you for independent learning via developing your ability to plan, organise and execute an idea or group of ideas. It has been an intellectually stimulating journey and one I am glad I had decided to pursue.

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