

Candidate 1 evidence

NATIONAL 5 CARE PROJECT

word count: 3676

Section 1

1a)

The individual I decided to choose for my brief is Tom (31) who lives with his grandmother (75). Tom suffers from spastic cerebral palsy, hip problems, and he is wheelchair-bound. Due to his condition, he also has a mild learning disability. Tom was born as an only child to drug-addicted parents, and at the age of 7 his grandmother took over his care. Tom also suffers from anxiety and depression, which has led him to overeating and anger outbursts. Most of the time Tom is a calm person, but even a small change in his routine can trigger a spike of anxiety, and his suppressed depression kicks in. Unfortunately, not long ago his best friend and the main care worker, left the post unexpectedly leaving Tom sad, confused, and stressed. To make the case worse Tom's grandmother doesn't drive, and she has her own health problems.

I decided to write about Tom's case because I strongly believe that every disabled person deserves to lead a happy and fulfilled life regardless of their physical or mental condition. Each person has an equal place in modern society and deserves to be treated with dignity, respect and should be free from discrimination. Investigating and writing about Tom's problems will allow me to further extend my existing knowledge. Also, I would like to understand the complex needs of disabled people better, and thus, help them in a more comprehensive way. Additionally, as my career path, I decided to become a learning disability nurse, therefore Tom's case is very close to my professional interests. Finally, I hope to demonstrate the knowledge gained from all three core subjects of the Healthcare course.

1b)

TIMESCALE

TASK	Hours approx.	Completed by
Section 1. Action Plan		
1a)	2	27/01
1b)	1	28/01
1c)	1	01/02
Section 2. Responding to the brief		
2a)	8	08/02
2b)	8	15/02
2c)	6	22/02
2d)	4	08/03

NATIONAL 5 CARE PROJECT

word count: 3676

2e)	6	15/03
2f)	ongoing	20/03
Section 3. Evaluation		
3a)	1	Date will be given later

1c)

For this project, I have chosen sources of information such as

1. Books are one of the best sources of knowledge. They include proven information written by specialists in their fields. Books helped me to understand some of the theories required in section 2.
2. Internet is a wide and unrestricted source of information. It is easily accessible and contains hundreds of websites filled with data useful to answer subsections 2d and 2e.
3. Professional journals/magazines are another great source of facts and statistics, written by specialists, contain up to date and reliable information in a specific field. Some of them are available online which makes them easily accessible.

NATIONAL 5 CARE PROJECT

word count: 3676

Section 2

2a)

As human beings, we all have the same fundamental needs which we have to satisfy to live a full and happy life. Those needs can be grouped into five main categories such as physical, social, emotional, cognitive, and cultural. However, depending on circumstances, certain people have more complex needs than others.

Nutrition is an elementary physical need.

Due to the fact that Tom is wheelchair-bound most of the day, he requires a well-balanced diet to keep him healthy. Sadly, when Tom is stressed, he tends to overeat, which results in him gaining extra kilograms. Tom suffers from hip disorders related to spastic cerebral palsy thus maintaining proper weight is very important for his health. Extra kilograms have a damaging effect on his hips but also on the skin on his bottom causing pressure sores. Currently, Tom's wrong eating habits cause constipation, but in the future, they can lead to new, more serious diseases like diabetes, obesity or cardiovascular problems. For wheelchair-bound people, it is very difficult to lose extra weight which leads to another problem- low self-esteem, and a feeling of unattractiveness.

Mobility is another fundamental physical need.

Tom suffers from spastic cerebral palsy, and in consequence is wheelchair-bound, which means he can't move around without his wheelchair and the help of others. This affects his everyday life by limiting his possibilities and influencing everything he wants to do. Tom is not able to go wherever and whenever he wants to. Although he has a wheelchair accessible car, he can't drive it. Therefore, Tom can only depend on care assistants, who have a valid driving licence. As a result, Tom can't participate in all social events organised by day-care, meet his friends outside his house, go to the cinema or simply go shopping. Being stuck at home limits Tom's options further and eventually will lead to an increased feeling of unhappiness and isolation.

Socialisation is a basic social need.

Tom like everyone else wants to lead a full and happy life. He wants to have friends and spend time with them. Interaction with others, building and maintaining relationships are essential social needs for every human. Because Tom has a mild learning disability, suffers from anxiety and suppressed depression, it is more difficult for him to forge bonds. The fact that he can only participate in events if a carer with a driving licence is on-duty, limits his opportunity to meet new people even more. If Tom's basic social needs are not being met, he will feel isolated, abandon or even discriminated against, in consequence, his mental health will decline dramatically.

Being loved is a primary emotional need.

Tom is 31 years old so he is at the age where most of his peers already have a family or are actively involved in building one. Tom dreams about finding a partner for life. He wants to love and be loved. He needs to feel that he is important to someone. It is already very difficult for Tom to meet new friends and make long-lasting bonds. Like many people with learning disabilities, he is shy and opening up to new people isn't easy for him. The fact that his main care worker left the post without explanation shattered Tom and reinforced his trust issue. If Tom's emotional needs are not met, he

NATIONAL 5 CARE PROJECT

word count: 3676

will have a low mood and self-esteem. Additionally, he might feel worthless or unwanted. This will only strengthen his depression and in worst case can lead to suicidal thoughts.

2b)

Abraham Maslow created the hierarchy of needs in 1954. Based on the humanistic approach, this theory explains the range of complex needs that each person must fulfil to achieve self-satisfaction. Maslow hierarchized all needs by their importance, in a 5-level pyramid model. At the bottom, he placed physiological needs such as food and clothing, which are the basic necessities for everyone. At the top of the pyramid, there is self-actualisation need, which when satisfied releases a person's full potential (McLeod, 2020). When the lower-level needs are satisfied, even partially, only then the person can move to upper levels.

Tom's physiological and safety needs have already been satisfied. He has a house and car adapted to his needs; he also has care workers coming to help him with daily tasks. What Tom does need at this point is to meet new people, build relationships and make new friends. Opening for new people will help Tom to obtain new friends and share his interests. It might also help him to find a suitable partner to spend his life with. By making new friendships, Tom will feel happy and self-satisfied in his existence. Also, he will fulfil the need for love and belonging. When this aspect of Tom's life is completed, he will reach the top of the pyramid. This will also have a beneficial influence on Tom's mental health.

Albert Bandura introduced the Social Learning Theory in 1977. Derived from the behavioural approach, the theory reveals the influence of environmental and cognitive factors on an individual's behaviour and learning. According to Bandura, an individual learns how to behave by social interaction with others, more precisely by observing and copying the behaviour of other people in his surroundings. These people are called models (McLeod, 2016). By the process of observing and imitating, young children learn patterns of behaviour or reactions to certain situations from their parents. Later in life, individuals meet different people and choose them as their role models.

From the youngest years, Tom observed his parents taking drugs and displaying a range of uncontrollable and volatile behaviours. Additionally, his father also abused alcohol and acted aggressively toward Tom. These inappropriate behaviours became the norm for Tom. As a child born with a learning disability, his cognitive functions were compromised from the beginning, therefore it was difficult for him to understand the correlation between the disturbing behaviour of his parents and the situation. All inaccurate habits and reactions became patterns that Tom copied. In consequence, Tom has an impaired ability to express his emotions correctly as an adult. In stressful situations, he can go through a wide range of different behaviours. Some of Tom's angry outbursts are direct imitations of his father's actions.

Sigmund Freud (1856 – 1939) is the founder of the **psychodynamic theory** based on the assumption that childhood experiences and the unconscious mind shapes adult behaviours. Freud believed that our personality is built from 3 elements: ID, EGO, and SUPEREGO. Id is the irrational, 'childlike' part that is driven by our wants and demands. If we don't get instant gratification, we act like a child and make a tantrum. In contrast to Id is the Superego, a 'parent' part of personality, responsible for what

NATIONAL 5 CARE PROJECT

word count: 3676

is right and wrong and morally acceptable. Lastly, Ego is the rational and reality-oriented part of our personality ('an adult') (Miller, 2019, p. 198). Ego's job is to keep a balance between Id and Superego. A mentally healthy person has a strong Ego but depending on childhood experiences some individuals might show stronger influence of the Id or Superego part.

Due to his conditions, Tom understands the world differently than other adults. His cognitive impairment causes Tom to perceive some aspects of life, from a child's perspective. This is why Tom can act childish in situations beyond the carer's control. Tom can be very impatient when he wants something, and when he doesn't get it, he throws a tantrum. Tom also displays antisocial behaviours with certain carers when they try to help him. Tom's impulsive reaction, in situations, when he hears 'no' as an answer, often turns into anger. Because he becomes frustrated easily, even a little problem can escalate out of proportion.

Erik Erickson believed that psychological development is a life-long process that is influenced by social interactions and relationships. In 1959 he proposed his **lifespan theory** also known as **the psychosocial theory of development** (McLeod, 2018). According to Erikson, each person goes through 8 stages of psychosocial development. At each stage, the person encounters certain psychological conflicts that have to be resolved in order for a healthy personality to develop. The first four stages occur during the childhood period. If a child grows in an unpredictable and unstable environment, it will develop mistrust toward people and the world. Parents who are emotionally unavailable or reject the child contribute to negative emotions such as lack of independence, a sense of guilt, shame and self-doubt, insecurity, anxiety, fears, inferiority complex and mistrust in future relationships.

Tom's early childhood experiences only reinforced his mental problems. As a child of drug addicts, Tom rarely experienced interest or love from his parents. His environment was unpredictable, and his parents' behaviour was inconsistent and unreliable. As a consequence, Tom didn't develop a strong mentality but instead anxiety, fears and an immense mistrust towards others. Therefore, it is difficult for him to open up to new people and form meaningful relationships. His biggest dream is to have a partner for life and get married.

NATIONAL 5 CARE PROJECT

word count: 3676

2c)

Social roles is one of the fundamental sociological concepts. A social role is a predefined set of activities and behaviours that are expected from an individual who holds a certain position/status (Long-Crowell, 2021). A person can have many different roles within different social institutions (like in a family, at work or amongst friends). For example, in a family, we have a child, mother, father, brother etc. This concept is strongly influenced by the individual's **family**, which is also the first agent of socialisation. By watching family members, a person learns about various roles in the family.

As we already know Tom suffers from two major conditions, which affect his cognitive abilities. In consequence, Tom is not able to fulfil many roles that society expects from a man at his age. He doesn't work, doesn't have children or a partner. Additionally, Tom wasn't provided with socially acceptable role models in his family. A family is a fundamental building unit, but other social roles are equally important in creating a thriving society. Unfortunately, due to Tom's unfavourable situation, his social role options are restricted. The fact that Tom can't contribute to creating a flourishing society makes him marginalised.

Employment is an important social influence in a person's life. Usually, it is the main source of income for families. A stable income has a massive impact on an individual's life chances. Work also provides psychological benefits like the feeling of worthiness and achievement. Unfortunately, not everyone has an equal chance to get a job. Certain groups in society are discriminated, therefore their chances of getting a job are significantly lower. **Discrimination** is an act of treating people differently, usually unfairly, because of who they are, or due to a specific characteristic (What Is Discrimination? 2022). According to The Office for National Statistics research from 2020, shows that the employment rate for disabled people was 28.8 percentage points lower than for non-disabled (Powell, 2021). The same research shows that the employment rate for disabled men was lower than for disabled women. As Tom suffers from 2 serious conditions, he is classified as disabled and discriminated against on the job market. This combined with his limited cognitive capacity results in problems with finding employment. The lack of employment contributes to Tom feeling useless and having low self-confidence/esteem. For all those reasons Tom has a smaller chance of starting his own family and having a good life.

Marginalisation is an act of pushing an individual or group to the outskirts of society, making them feel less important and denying them access to services or opportunities (Dwivedi, 2007). One form of marginalisation is social exclusion (Lämsä, 2012). From the youngest years, Tom was marginalised firstly by his parents, who didn't pay attention to his needs and wants. This contributed to his psychological problems. In addition, at the beginning of Tom's education, he was placed in a traditional school, where his special needs were unattended. His classmates didn't have patience for Tom and that's why they didn't want to play with him. As a result, peers excluded Tom from many afterschool activities. A **peer group** is created by people of similar age, who participate in the same activities. In childhood and adolescence peers are a very important agent of socialisation as they help a child to build new relationships outside the family (Long-Crowell, 2022). Tom is now 30 and still has problems with social interaction. It is difficult for him to create bonds and make friends. As a person with serious conditions, he is also marginalised in his adult life by being excluded from mainstream activities and events. Therefore, Tom has reduced choices and opportunities in his life.

NATIONAL 5 CARE PROJECT

word count: 3676

2d)

Newton Dee Camphill Community Limited is a charity based in Aberdeen. Newton Dee (ND) is a small community where co-workers and villagers live together. This little village provides a home, meaningful work and personal development opportunities for adults with learning disabilities and special needs (Newton Dee, 2022). Within the village are located a store and Caffee, few workshops, bakery and farm (Newton Dee- Welcome, undated). In those facilities, people with complex needs develop their skills, learn a vocation and work alongside professionals and support workers, in a friendly atmosphere, where everyone is equally important. ND also provides workshop activities for disabled people from outside the community.

Tom's employment chances will enhance if he participates in some of these workshops. He will learn new crafts and increase his chance of finding a job. This will also help Tom to gain dignity and a sense of self-worth. Participating in these activities will be a great opportunity to meet new people and build friendships, this should benefit his mental health. Finding purpose in life and building self-confidence will allow Tom to have a happy life in the future.

All Shapes And Sizes (ASAS) is a small non-profit charity operating in Aberdeen. This charity promotes the social inclusion of adults with learning disabilities and mental health problems by improving their lives and raising awareness (Welcome to ASAS, 2022). ASAS raises money by organising events like kilt walks, day trips, karaoke, arts and crafts. The Caravan Project is the most interesting action taken by ASAS. The organisation owns the static caravan located at the Nairn Lochloy Holiday Park, and offer it as an affordable holiday venture for people with disabilities. The caravan accommodates 8 people, is wheelchair accessible and rented with a substantial discount.

By using this offer Tom could go with his carer for a holiday and relax. Travelling to a new place will boost his self-esteem and benefit his mental health. Changing his surroundings will improve Tom's life by decreasing isolation. A nice vacation will provide Tom with a sense of inclusion and equality. With the help of different charities, sponsoring the cost of accommodation or travelling Tom could have regular holidays which would increase his quality of life.

NATIONAL 5 CARE PROJECT

word count: 3676

2e)

Living Ambitions is a care agency in Aberdeen providing domiciliary care for adults with disabilities and mental health conditions. The agency belongs to the private sector and is a part of a bigger group called 'Lifeways' (Lifeways, 2022). The agency provides carers that help individuals in their own house. The company cooperates with local council. The feature of positive care environment for Living Ambition is organisational- they provide permanent, highly qualified, PVG registered staff. Additionally, their motto is to provide not only care but joy and happiness in people's life (Lifeways, 2022). As a therapeutic aspect, carers provide custom-tailored care, focused on wishes/choices and needs of individuals. This agency meets Tom's physical needs by sending trained carers to help him in basic care and daily tasks. By giving Tom choices, encouragement and driving him to different activities they contribute to fulfilling his social needs.

Inverurie Day Centre belongs to the statutory sector, and it is owned by local authorities - Aberdeenshire Council. 'Day Activities with Support' provide a range of activities for disabled people with learning disability from Inverurie and surrounding areas. This daycare centre is located 30 min away from Tom's home. A positive care environment in this centre is created by its therapeutical aspects. From Monday to Thursday the organisation offers various activities like arts and crafts, pottery, meal preparation, football and dance (Welcome to Inverurie DAYS, n.d.). Different activities take place in different local buildings. Another positive feature is physical environment – each building is adapted to a specific activity. This day centre could satisfy Tom's need to meet new people by participating in those activities. Different location of venture makes them more interesting and stimulating for Tom's cognitive development.

Archway care home with nursing is a residential care home from the third sector, that provides 24h care for people with learning and physical disabilities. The service beholds 3 features of positive care environment. Physically- the house is adapted to cater for wheelchair-bound people. Organisationally- the staff is fully trained and PVG registered. Therapeutically- the staff organise daily activities for residents. This care home would be a very good respite option for Tom in emergency situations. This residential care home would meet Tom's physical needs because the building is wheelchair accessible, and staff is trained to help people with complex needs. His social need could be met by encouraging Tom to participate in various activities tailored to residents.

NATIONAL 5 CARE PROJECT

word count: 3676

2f) List of sources and references

Aberdeenshire Council (undated) *Welcome to Inverurie DAYS*. Available at:

<https://www.aberdeenshire.gov.uk/media/25016/inveruriedaysservicespecv2.pdf> (Accessed 19 March 2022).

Archway, (2022) *Permanent Care & Supported Living*. Available at:

<https://www.archway.org.uk/service/permanent-care-supported-living/> (Accessed 20 March 2022).

ASAS, (2022) *Welcome to ASAS* Available at: <https://asascharity.com/> (Accessed 13 March 2022).

ASAS, (2022) *CARAVAN PROJECT* Available at: <https://asascharity.com/the-caravan-project/> (Accessed 13 March 2022).

CAMHS, (2018) *Anxiety in Young People with a Learning Disability*. Available at:

<https://www.camhsnorthderbyshire.nhs.uk/learning-disabilities-anxiety> (Accessed 11 February 2022).

Carehome, (2022) *Inverurie Day Centre*. Available at:

https://www.carehome.co.uk/day_care_centre.cfm/id/65432191551 (Accessed 19 March 2022).

Carehome, (2022) *153 Victoria Street*. Available at:

<https://www.carehome.co.uk/carehome.cfm/searchazref/20006025VICA> (Accessed 19 March 2022).

Dwivedi, O. (2007) *Marginalization and Exclusion* Available at:

https://link.springer.com/chapter/10.1057/9780230627390_5 (Accessed 5 March 2022).

Homecare, (2022) *Living Ambitions Ltd - Aberdeen Services*. Available at:

<https://www.homecare.co.uk/homecare/agency.cfm/id/65432236019> (Accessed 19 March 2022).

kdkasi, (2017) *Social Roles Definition and Types - Sociology Learners*. Available at:

<https://www.sociologylearners.com/social-roles-definition-and-type/> (Accessed 2 March 2022).

Lämsä, A. (2012) *Marginalization & social exclusion*. Available at:

<https://www.slideshare.net/annallamsa/marginalization-social-exclusion> (Accessed 3 March 2022).

Learning Disabilities Association of America (undated) *Childhood Depression*. Available at:

<https://ldaamerica.org/info/childhood-depression/> (Accessed 11 February 2022).

Lifeways, (2022) *Support that changes lives*. Available at: <https://www.lifeways.co.uk/support-that-changes-lives-0> (Accessed 19 March 2022).

Lifeways, (2022) *About Lifeways*. Available at: <https://www.lifeways.co.uk/about-us/about-lifeways>

(Accessed 19 March 2022).

Long-Crowell, E. (2021) *Social Roles: Definition and Types of Social Roles*. Available at:

<https://study.com/academy/lesson/social-roles-definition-and-types-of-social-roles.html> (Accessed 1 March 2022).

Long-Crowell, E. (2022) *Agents of Socialization: Family, Schools, Peers and Media* Available at:

<https://study.com/academy/lesson/agents-of-socialization-family-schools-peers-and-media.html> (Accessed 3 March 2022).

NATIONAL 5 CARE PROJECT

word count: 3676

McLeod, S. (2020) *Maslow's Hierarchy of Needs*. Available at:
<https://www.simplypsychology.org/maslow.html> (Accessed 11 February 2022).

McLeod, S. (2016) *Albert Bandura's Social Learning Theory*. Available at:
<https://www.simplypsychology.org/bandura.html> (Accessed 11 February 2022).

Miller, J., Barclay, A. (2019) *Care in Practice*. 4th ed. Glasgow: Hodder Gibson, An Hachette UK Company

McLeod, S. (2018) *Erik Erikson's Stages of Psychosocial Development*. Available at:
<https://www.simplypsychology.org/Erik-Erikson.html> (Accessed 14 February 2022).

Newton Dee, (2022) *About Us — Newton Dee*. Available at: <https://www.newtondee.co.uk/about-us> (Accessed 13 March 2022).

Newton Dee Welcome, (undated) Available at: <http://www.aberdeenburghesses.com/wp-content/uploads/2021/06/01-welcome-to-newton-dee.pdf> (Accessed 13 March 2022).

Powell, A. (2021) *Disabled people in employment* Available at:
<https://researchbriefings.files.parliament.uk/documents/CBP-7540/CBP-7540.pdf> (Accessed 3 March 2022).

What Is Discrimination? (2022) Available at: <https://www.eoc.org.uk/what-is-discrimination/> (Accessed 2 March 2022).

NATIONAL 5 CARE PROJECT

word count: 3676

Evaluation**3a)**

While working on this project, I discovered which sections were easier to write about and where I should extend my knowledge.

The parts that I feel well about:

- I discovered that there is a huge number of charities helping people with different disabilities. This knowledge will help me in supporting Service Users (SU).
- I learned that cerebral palsy and learning disability have a very broad spectrum and each person is affected differently by those conditions.
- I gained a better understanding of the needs of people with complex conditions.
- I have a better understanding of the role of a social worker

The areas that I don't feel great about:

- I need to work on better time-management and organisational skills. I took too long breaks between writing each section, which caused stress in the end. Additionally, I wish I'd set up a proper notepad as my logbook and take detailed notes.
- It would be very helpful if I had access to all files of my chosen individual. Unfortunately, the permission was revoked, and I had to rely only on partial information.

3b)

This project helped me to deepen my knowledge of all three Healthcare Course core subjects. Choosing and applying relevant theories in practice wasn't easy at first, but it gave me a valuable skill - how to use theory in practice. Secondly, I learned that whenever I gain new information, I think how to apply it in practice and how it benefits the SU. Describing an individual with complex conditions helped me to understand the needs of disabled people better. I realize that one person can have multiple needs, although some of them look more important than others. In order to improve a person's quality of life, I have to strive to satisfy all of them. It also taught me to look at the bigger picture. Additionally, I found out numerous interesting activities in my local area and now I can take the SU I support there. Lastly, I'm convinced that the knowledge and experience I gained during this project will help me to achieve my goal of becoming a learning disability nurse.

LOG Book

Date	Section	Task
24.01.22	1a	Research for an individual and thinking about brief, testing my individual through some psychological theories & social concept too. It is hard to do it all in one go.
26.01.	→	→ Decided to choose Tom ³ as my individual. person with cerebral palsy & learning disability. He will allow me to use most theories & concepts + he has a lot of needs.
27.01.22	1a	Finished writing a brief. Now thinking on time scale & source of information.
30.01.	1bi 1c	Finished s/t/i s/c. , checks all word count, make word count for entire care project.
01/02/22	1abc	Submission of "Action Plan" to blackboard & turnitin
06/02	2a	Started working on needs - I've got physical, emotional, social cognitive is hard to describe for me?
08/02	2a	→ Still working on needs. Decided to use 2 physical needs instead cognitive. Need to run my needs through my friend.
09/02	→	→ Finally finished needs. Hope to be good.
11/02/22	2p	Started psychological theories. Maslow easy to apply for my indiv. Bandura's theory is ok, but I have problem with applying it to Tom. Need to think about changing it.
14/02	2e	Freud - psychoanalytic + Erickson fit to Tom's behaviours. Still need to do s/c with Bandura or choose different theory.
22/02	2e	Finished psychol. theories. I am a lot behind the time.

LOG BOOK

01.03.22	2c	I will describe 1 social concept - Roles (Social roles) Roles in family & society. Influences - Family as a first agent of socialisation.
04.03	2c	2 nd concept → marginalisation + influence (work). Discrimination is going to be better than marginalisation. Discrimination works better with employment & marginalisation + peers (as an influence)
05.03	2c	→ Finished 2c. looks good.
07.03.	2d	Today we've been told that section 2d & e require a lot of research. I'm already behind the timeframe.
13.03.	Still 2d	Spent 2 days researching all local charities, National campaigns & more. Too big / much choice. As local actions taken by local community. 1. Newton Dee - Aberdeen based, I was there & I saw what they do. Goal that John terminal me about them. Superb place with good food. Meal to go ^{there again}
15.03	2d	2. ASAS - locally based in Aberdeen. Supported and funded by local people not government. Very small charity but very interesting activities. I could take my sit there! just not sure if this charity is ok? Not too small?
18.03/19.03	2e	→ Finished 2d. I will work with ASAS.
		Research about 3 services. 1. Day Care - Inverurie day Care Centre. Very interesting activities for people with disabilities. Close to Tom's house.
		2. domiciliary care → living ambitions agency → care at home. part of Life Hays. - good & informative webpage. Perfect for Tom.
		+ 3. someplace for respite for Tom??? Maybe Archway charity they do respite for hd. people? or. Inchmarlo - but it is more for dementia patient, but they help people with complex conditions.

LOG BOOK

20.03.	2e	Finished 2e. tel services. Now count all the words, read it, cut some words to fit into word count. Make
22.03	2t	Fix proper references → half done
25.03	—a	Finish the rest of the references.
28.03	S.3	Think about evaluation. no more than 350 words!
28.03	S3	Evaluation day.
29.03		Put all care project together, check a for word count, misspelling. Grammar with the program Grammarly. Print it!
30.03		submission of the entire project.