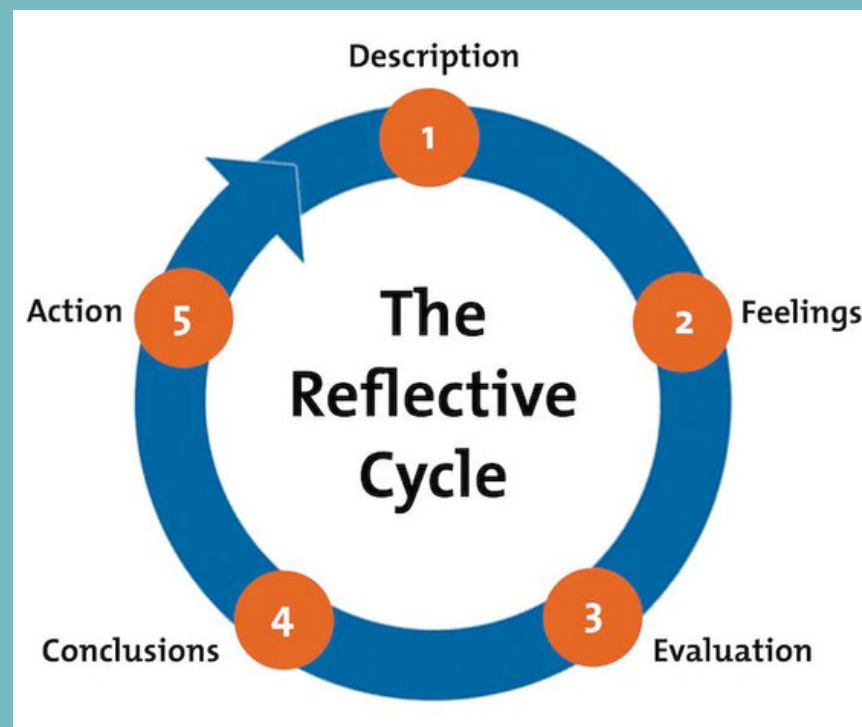


Outgrowing Your Role

Description

In this blog post I will be using Gibb's Reflective Cycle to reflect upon my work placement at Q Radio as a News Room Assistant.

7 months my role as a News Room Assistant lasted, drastically exceeding the 100 hours work placement requirement. My role initially faced me with the self-inflicted challenge of imposter syndrome. That feeling of being fully inadequate, where "individuals feel as if they ended up in esteemed roles and positions not because of their competencies, but because of some oversight or stroke of luck" (Feenstra et al, 2020). I felt I had struck gold working at one of the biggest commercial radio stations in Northern Ireland. After a sit-down interview in a corporate conference room, I had seemingly landed the chance to work there.



I faced multiple challenges in my placement, from being left alone to research, write, record and edit 14 local news stories that were to be created into 7 radio news packages to be broadcast around each of Q's key areas- I felt an immediate pressure. The one thing I did not realise was that the immediate imposter syndrome would seemingly wear off and that I was about to face an even greater challenge. Outgrowing my role.



Feelings

Two days a week I attended placement from 9 to 5. At the beginning of my placement my nerves carried me for the first few months, making me want to work hard and prove to myself and the other staff that I deserved the opportunity I had been given.

Once the nerves wore off the boredom crept in. Sat at my computer desk 18 hours across 2 days with extremely limited communication other than reading either depressing, horrific or mediocre news articles it began to have its negative effects.

Waking up I began to dread placement, sitting alone doing the same repetitive task that I could do in 2 hours, it felt boring- I felt boring. As if I was moving in slow motion trying my utmost best to keep concentrated and attempt to look like I didn't feel like every fibre of energy wasn't being sucked away through the computer screen. Call me dramatic but I do study a Bachelor of Arts.

Evaluation

Through my placement what I believe was best about the experience was what I learnt about myself. The challenge of not feeling enough and learning how to adapt to overcome those initial nerves. While working in a time pressured environment, it forced me to overcome my own negative feelings and push those anxieties into adrenalin and concentration to research and create the best news packages I could.

With my role having a key focus on writing, I was able to practice creating work that was informative and efficient, meeting time-controlled deadlines and ensuring each of the packages maintained an exact time duration. However, once I had figured out the news writing style, I no longer had any guidance or opportunity to progress in presenting the bulletins or any other position within the station.

Analysis

Understandably working in a busy environment, there was limited to no time to teach me presenting styles, whether it be working on my dialect or being given advice on presenting. Evidently this furthered my feelings of boredom. I wanted to learn and use this opportunity to do more than the same job I had been doing for months.

I began to feel as if I was living out Springsteen's Dancing in the Dark, blindly wandering through my own darkness, matching the lyrics of "Man, I'm just tired and bored with myself" because I simply was tired and bored of myself and my self-inflicted cyclical routine.

“Boredom is an emotional state characterized by feeling unstimulated, unfocused and restless, yet lacking the desire to engage.”

(Stahl,2020)

Conclusion

Surprisingly my biggest challenge was not my internalised fears but even greater my fear of not progressing. I wanted to learn more but understood there were restricted elements that would prevent me from doing so. 7 months I prolonged my placement in hopes of an opportunity to do more but each day the over whelming feeling of boredom crept up until it was fully existent. My attempts had failed so I took measures into my own hands.

Action Plan

Gibbs reflective cycle questions- “If it arose again what would you do?”



From the constant push backs in my attempts to improve and having voluntarily worked up until the realization I had outgrown my role and learnt all that was available for me, I left. My role benefitted for my writing and researching skills and also my self- confidence. From the placement I took all I could get from it but most importantly it taught me to look at this opportunity from a different perspective.

So, I wasn't able to learn more or practice my presenting skills. Maybe my hopes of Q was a bit naïve of me to think I could only learn from there. I knew what I wanted to progress in so figured it for myself.

I am currently working at Blast106, a community radio station within Belfast. Through the pushbacks I learnt to have confidence within my own abilities and that if I want something I have to at least try get it. With my current role at Blast as a news and entertainment presenter, I am consistently learning while having full guidance from presenting styles, editing software and Ofcom media regulations.



I learnt all I could from Q Radio in regards to writing and researching but most importantly I learnt to follow my own initiative.

“Everybody is a Genius. But If You Judge a Fish by Its Ability to Climb a Tree, It Will Live Its Whole Life Believing that It is Stupid”

-Albert Einstein

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