

**MOJZA**

**O levels & IGCSE**

**Global  
Perspectives**

Reflective Paper Samples



BY TEAM MOJZA

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# Sample 1

## Introduction

In the wake of COVID-19, people adopted an inactive lifestyle. This issue demands consideration, as it involves the well-being of the general public. Therefore, we decided to spread awareness about this issue amongst adolescents and adults, the two groups that we considered for their varying perspectives.

## Outcome Analysis

The Outcome that we produced is an Instagram page alongside a website. We achieved our main aim of spreading awareness quite effectively. As we were partly targeting adolescents, who are indulged in social media, our Instagram page attracted them rapidly. This got our message across to them and also showed them that small groups like ours can make a difference. Also, owing to our consistent posting on Instagram, we retained our followers, which steadily remained over 100. As a direct evidence of our campaign's effectiveness, we requested feedback from our followers, which were mostly positive. Despite achieving our main aim, there were some shortcomings. Although we were also targeting adults, most of our active followers on Instagram were adolescents. We tried to improve this by making a website to broaden our audience. Though we did make a website, we couldn't get much traffic, due to less time left. Moreover, I believe our awareness campaign didn't reach its full potential as we spent more time on research. This could've been countered by distributing time accordingly. Also, the poster making activity was conducted on a limited scale with adolescents only. It would've been better if we organised it with adults also, as this would have supplemented the perspective.

## Personal Research Analysis

My role was to research the change in healthy recreational activities during COVID-19. Through the research I conducted using multiple sources, I discovered that healthy recreational activities had generally decreased for everyone. I also found the statements of some professors at prestigious universities that verified this view. According to Simon Darnell, an associate professor at the University of Toronto, "The impact of COVID-19 on sport access and engagement has been drastic". (Damjanovic) Initially, I couldn't find any statistics to substantiate this view. However, by changing my strategy to find statements of renowned researchers instead, I was successful in countering this issue. The information I researched is posted on our Instagram page in the post

named 'How Recreational Activities Changed During COVID-19?'

### **Personal Work Processes Analysis**

Meeting deadlines was my biggest challenge as time management is not my expertise. The constant pressure from the school in terms of monthly tests, coupled with my own mismanagement, despite being the leader, meant that I couldn't keep to schedule sometimes. Consequently, my team members were left without instructions occasionally, which frustrated them. However, I redeemed myself in the winter vacations. I work better when I'm better focused and thus, I completed my personal tasks and also gave maximum support to my team members throughout the vacations. I have now realised that the time management issue stemmed from my lacking concern for the issue. If I redid such a project, I'd emphasise on understanding the fundamental issue first as I'd prioritise it then.

### **Personal Performance Analysis**

I took the responsibility of managing our Instagram page. This required me to develop the posts, sample the survey data, and edit the interviews. I was already familiar with Microsoft Excel and thus, I sampled the survey data in no time. Since I'd also taken some online classes for video editing, I used my prowess to edit the interviews quite quickly. Also, developing posts was more of a leisure activity for me. As I actually enjoyed the process, I handled this task single-handedly which allowed my team members to focus on their Reflective Papers more. However, I contracted COVID-19 myself during this period, which restricted me at home. We'd decided to conduct the poster making activity in those days. As the leader, I'd to decide roles for everyone but due to my illness, I couldn't, which caused mismanagement. This led to the activity being conducted on a much smaller scale than intended.

### **Teamwork Learning**

Teamwork had many benefits that aided our project. Working in a team significantly widens the skill pool. In our team, everyone was skilled, so they were given a task which utilised their capabilities. For instance, one member was proficient in web development, so he designed our website, whereas I'd closely observed the Instagram pages of other teams, so I was assigned with that task. Also, working in a team saved precious time, as our team was simultaneously working on many tasks. However, we faced some challenges too. Communication gap and organising meetings was our high-priority challenge. Initially, when we organised meetings for deciding topic, all members weren't present. Hence, the absent members couldn't share their opinion about that topic, which eventually led to us starting from scratch. To not repeat the same mistake, we

predetermined our meeting schedule, so everyone could adapt correspondingly. Another challenge was keeping everyone on task. To overcome this, we devised a strategy in which everyone had weekly tasks for which they had to report. I learned about the importance of effective communication and a detailed schedule through this experience. The most valuable lesson that I've gained is that one person can't do everything.

### **Personal Learning**

My knowledge about this issue has been enhanced. Though I obviously knew about the detrimental changes, I was unaware of their intensity. I also learned about numerous health risks that come alongside high screen-time, such as Repetitive Strain Injuries. Besides my increased knowledge, this project taught me practical skills too. I'd some hands-on experience of video editing, which will surely be useful for me in future projects.

### **Personal Reflection**

After understanding the detrimental effect of COVID-19 on adolescents, I've become cautious myself. I've committed myself to exercising for at least 30 minutes daily. I've also been decreasing my screen-time weekly to bring it to a professionally-advised level. To remind myself to take breaks while using my phone, I've installed an application that also tells me my daily screen-time. This project has been a learning experience for me.

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# SAMPLE 2

## Introduction

COVID-19 has brought massive changes in the trends of recreational activities. It has forced people to move away from outdoor recreational activities and adopt a sedentary and unhealthy lifestyle with increased screen time. Therefore, it was essential to assess the change in the trend of recreational activities and take action. Our project not only aimed to assess this change but also aimed to spread awareness regarding the unhealthy change in recreational activities and throughout the process, we considered two perspectives: adolescents and adults.

## Outcome Analysis

The outcome our team produced was an Instagram page and a website. There are various strengths and weaknesses of our outcome. The first strength is that we directly asked our followers about the effectiveness of our awareness campaign and almost all of them gave a positive response which proved that the campaign was a success. Those responses are also uploaded on our Instagram page. Also, we were able to gather over 100 followers on our Instagram page. However, there are various weaknesses of the outcome as well. Firstly, we observed that most of the followers on our Instagram page were adolescents and most adults are not active users of Instagram. The second weakness is that we made our Instagram and website in the end when all the other work was done. If we had developed it earlier, we could have spread more awareness.

## Personal Research Analysis

I was assigned to research how screen time increased during COVID-19. Many of the times the figures I got from different websites differed greatly and I couldn't make sure which one was correct. Then I noted down all the websites and researched about them so that I could shortlist the reliable ones amongst them. One such finding was that the time spent on video games saw a 39% increase(Statista Research Department, n.d.). The data I researched is posted on our Instagram page in slide number 3, 4, and 5 of the post named "How Recreational Activities Changed during COVID-19?".

## Personal Work Processes Analysis

My personal work process had several strengths and weaknesses. My weakness was that I often failed to meet the deadlines given by the leader, especially when tests were going on. I have the habit of studying only before the test day and in my school, we have monthly tests apart from exams. When these tests would be ongoing, I would hardly give time to my GP project and would fail to keep up with the schedule. My strength was that on the flip side when there were no tests, I would dedicate plenty of time to the GP project and complete all my tasks on time. Also, I work much more efficiently when I am under pressure and when the deadline for submission of team elements was near, I made a timetable and successfully managed my time.

## Personal Performance as Team Member Analysis

I already had the experience of conducting surveys which was a strength. Initially, it was decided that another member would design the survey form but when I saw them, I pointed out that they were lengthy and people would probably ignore them. Therefore, the task of conducting surveys was handed over to me. I designed the survey forms in such a way that they were short and comprehensive. Due to this factor, we were able to gather 97 responses in just 3 weeks which helped our team to quickly progress. However, my weakness as a team member was that I'm uncomfortable amongst unknown people. So, when the general interviews were being taken in school, I did not participate in them. However, to make up for that, I alone took the interviews in a football ground in my locality where I used to play before and knew the people there. Those interviews are posted on our Instagram page by the name "interviews in locality". On the positive side, this helped save time as my team was left with fewer interviews to conduct in school.

## Teamwork Learning

Working in a team had the advantage that everyone was there to cover each other's weaknesses and everyone's skills could be utilised to their best. For example, I didn't have the knowledge of many tasks needed for the group project such as developing a website or video editing so my teammates took responsibility for those. I was skilled in conducting interviews and surveys so I did those. Thus, everyone was given a task they were comfortable with. However, the challenge was organising meetings. Often when we would hold meetings online, not everyone would be available and sometimes a plan would be made even if some team members were offline. The consequence was that very soon everyone didn't agree with what we were doing and we had to start from scratch. After that, we fixed a time on which we held our meetings so that everyone could adjust their schedule accordingly. This taught us the importance of effective communication and taking everyone's opinion while working in a team.

## Personal Learning

After the team project, my knowledge regarding how COVID-19 has affected our recreational activities increased greatly. Also, the change was much greater than expected. For example, through our surveys we concluded that the majority of adolescents played video games for around 1 hour/day before COVID-19 and during Covid-19 this figure increased to 5 hours/day. Furthermore, the project taught me many practical skills such as setting up the camera, tripod, and microphone for taking interviews. Moreover, after watching my teammates edit the videos of interviews and the software they were using, I also learned to edit.

## Personal Reflection

After learning how COVID-19 had pulled many adolescents away from healthy recreational activities, I made a slot in my timetable in which I exercise. Also, after learning the detriments of increased screen time, I started using an app on my mobile which reminds me to take breaks while I am using screen and also reminds me when I have used my mobile for more than 2 hours a day.

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# SAMPLE 3

## Introduction

Ever since Covid-19 came to town and as a consequence lockdowns were imposed, a great shift in trends of recreation was observed. As newer variants proceed to wreak havoc, it is necessary that recreation continues in a sustainable manner. The lack of recreation activities has yielded negative effects on our physical and mental health. Our Project aims at spreading awareness about reviving sports in such a way that necessary health precautions are not compromised while also helping sports return to a new “normal”.

## Outcome Analysis

Our main outcomes were an Instagram (reviving.recreation.pk) page as well as Website ([www.reviving\\_recreation.social](http://www.reviving_recreation.social)). These outcomes were used to spread awareness within the local community. We created an Instagram page which we used to spread our message, However we realised that we were being limited by Instagram as the page was only visible by those who were active on the platform, of which most were adolescents. To counter this we created a website to increase our online presence and appeal to a larger audience. Although both of these were quite successful, our outcomes would have further been improved by launching our website earlier as well as promoting our project on multiple social media platforms.

## Personal Research Analysis

My genre of research for this topic mostly revolved around the significance of sports in our day to day lives and how it went into decline ever since the pandemic started. I used well known health and sports outlets to compile our research such as National Health Service (NHS). Where research papers were used, I made sure that we used reliable papers that were published in reputable journals such as The British Medical Journal (BMJ). These showed the benefit of sports on physical health and how it helps reduce the risk of diabetes, heart attack amongst other health benefits such as helping people sleep.<sup>[1, 2]</sup> Sports effect on mental health and character building was also discussed <sup>[3,4]</sup>. We also explored the trends of change in sporting activities across multiple age groups. Sports decline was illustrated by the increase of other recreational activities such as online streaming and gaming. The data for this was mostly gathered from official reports by companies such as Steam <sup>[5]</sup>, the largest online gaming platform <sup>[3]</sup>. As a computer science student I was unaware of many medical terms and thus had to search them up

which took up a lot of my valuable time. This research was used in posts for our Instagram as well as articles for our website.

### **Personal Work Processes Analysis**

I underestimated the time it would take for me to complete the tasks I was assigned, as a result I was mostly completing these late. Twice my team had to wait for me to complete my task. I could have managed my research a little better as I had to divide the task over a few days and have to consult notes the next day as I would forget points; I could have alternatively done it in a single lengthy session. I should have planned my time better as some of these activities conflicted with my studies.

### **Personal Performance Analysis**

I mostly worked on the website as well as the accompanying articles. I also helped in conducting interviews as well as the poster making activity. Being a technology geek, I was already familiar with the technologies required to create a website and used those to my benefit to create a unique website that represented our aims. This gave a unique look to our team and gave us a vast online presence. I was also proficient in article writing and used that skill to write and proofread the material for the website. However as mentioned earlier making the website took longer than expected, which resulted in it not gaining the traction that we had wished it would gain. I originally wanted to edit the interviews but due to time limitations I could not do so and this task had to be offloaded to another team member, this also cost us precious time.

### **Teamwork Learning**

As a team we worked hard to use our strengths to cover each other's weaknesses. All of us were skilled in one way or another and used that variety to our advantage. Instead of having to master all skills, we collaborated and distributed the workload in such a way that it showcased our strengths and as a result none of us felt too pressurised. I used my skill to create a website; the others managed the Instagram page, edited videos, designed posts and gathered footage. We held a meeting almost daily to discuss the current progress of work as well as to figure out our future approach. However these had to be held when all the members were free, and such moments were rare. The project also remained on hold for a while during our mid-term examinations.

### **Personal Learning**

I learned a lot of new things from working on this project. It taught me how to collaborate with

others and allowed me to forge better bonds with my team members. I also learned how to analyse a large amount of data using Microsoft Excel, this was necessary as it allowed me to quickly gain an idea of the trends in recreational activities without having to manually check the data. I learnt about the effect that sports can have on my overall well-being and why we should take some time off to participate in such healthy activities.

## Personal Reflection

This project was an amazing experience for me. It allowed me to understand working in a team as well as the importance of collaboration. It also made me self-aware of the decline that sporting activities has faced and why they should be revived. It encouraged me to spare some time out of my studies and dedicate it to sports. This type of activity is essential for all people but is a sensitive issue especially for adolescents.

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# SAMPLE 4

## Introduction

There is no doubt about the fact that COVID-19 had a major impact on all aspects of life with everyone embracing an unhealthy lifestyle. This problem demanded immediate action as it had a direct impact on the health of the citizens. Thus, we all started this project to make people aware about this issue taking into account towage groups which included adolescents and adults.

## Outcome Analysis

The First Outcome of our project was an Instagram page which would be very effective at spreading awareness among young users. We mainly targeted adolescents, who are quite active on social media. Our Instagram page proved quite useful as it got our message across as well as proving that a small project like ours could also stir up a difference. We also received constant feedback from our followers which stayed around 100. This helped motivate us and correct our mistakes. For the Second Outcome we built a website to increase our reach amongst adults as well but we did not receive as much active response on our website as we had hoped to get. A Poster Making Competition was also held on school premises with around 35 adolescents which could have been done at a much broader scale by including adults but due to COVID-19 restrictions it was already hard enough to gather this number of students.

## Personal Research Analysis

The role I carried out in my team was to research how limiting screen time is important for sports and recreation. I carried out my research by going through a number of trustworthy sources and it came to my knowledge that increased screen time had serious repercussions on the health and personality of people, such as the issue of Repetitive Strain Injuries which was emerging amongst adolescents.

## Personal Work Processes Analysis

Meeting the high expectations my group members had for me and producing quality work in the given time was the main challenge for me. Especially during ongoing school examinations, taking

out time for the GP Project was really hard. Oftentimes I couldn't meet the deadlines provided to me by my leader resulting in other members being infuriated at me. But I recovered my lost time later on after the Mid Term Examinations as I had ample time to rest and focus solely on my work allowed me to work efficiently and in sync with my fellow group members.

### **Personal Performance Analysis**

I took the responsibility of filming all the interviews we took in our school by searching for both adolescents and adults with varying perspectives along with conducting real life surveys. Filming good quality and editable videos on the equipment we had available was quite a tiring task. For example at times I had to hold the phone we filmed still in my hands during the whole interview to get a stable and good footage. I also had to take the leading role while organising our Poster Making Competition as our leader had been infected by COVID-19 himself. Thus, I tried my level best to manage everything as well as I could but we were only able to hold the activity at a much smaller scale than we had hoped for.

### **Teamwork Learning**

Working together as a single unit forming a team really helped us all broaden our skill set. In our team all of us had unique capabilities thus we were given our tasks according to that. This helped us deal with tasks much quickly as we had each other's backs resulting in everyone working proficiently. We still faced quite a few hurdles, especially the lack of communication resulting in the tasks being jumbled up. Not all of us were able to do our tasks throughout the week, thus our leader decided to give us weekly tasks which could be easily completed during the weekends. By this the most important thing I learnt was how to manage multiple things throughout the week and keeping a record of everything I have completed.

### **Personal Learning**

This Project helped me learn more about this Pandemic as I came to know what major impact it had on everyone's lives from messed up routines to parting with loved ones. I also improved my videography and image processing skills as these are some skills I will surely be using in the future.

### **Personal Reflection**

After thoroughly learning about all the direct implications COVID-19 has I started out by going to the nearby gym with my friend while following all SOP's. This helped me get the physical workout I needed on a daily basis along with that my screen time was also indirectly impacted by this as I



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spent more time outside my house and later came back home, tried and went to sleep to get a fresh start the next day.



# SAMPLE 5

## Introduction

Due to the pandemic, recreational activities saw a major change in trend. This was not unanticipated as most of the other domains of living were also been detrimentally affected. However this change was not welcome as it deeply concerned the health and wellbeing of the general public. This is the reason our group decided to spread awareness about this issue.

## Outcome Analysis

Our outcome was an instagram page alongside a website. The major aim of our outcome was to spread awareness which we did through an instagram page and a website. As adolescents nowadays are attached to social media platforms like instagram, this became the strength of our outcome as our instagram page attracted many adolescents. Our major aim of awareness was completed because of this strength. Our second strength was the consistent posts we were uploading maintained our followers' interest. Our outcome was very effective as we uploaded a feedback post through which we collected the feedback of our followers. The feedback was very positive and encouraging which proved that our outcome was successful to achieve our goal of spreading awareness. The weakness of our outcome was that we observed that our followers on instagram were adolescents and we were not able to spread our message to adults. To solve this problem we made a website but we were not able to gain large traffic due to the short time and if we were able to do this project again we would have given more focus to the website to spread our message to the adults. Our second weakness was in the poster making activity we conducted as we only involved the adolescents in the activity so the perspective we were getting was only of one age group.

## Personal Research Analysis

The question I was given by my team to research upon was “What can be done to boost sports and limit screen time?” The result I derived from my research was that by increasing sports time we could reduce and limit screen time. If we continue our sports and exercises on a personal level during lockdown it would help us reduce our screen time gradually.

## **Personal Work Processes Analysis**

My weakness was that I easily got distracted from my research work which reduced my productive time and delayed my work which affected my team work process as my team members had to wait until I did my research. My strength was that I was online almost anytime so if any of my team members wanted to contact me they did and asked whatever they wanted to ask related to the project. Due to this strength it was easy to finish our group project on time as there was no clash between us and our communication was very good.

## **Personal Performance Analysis**

As a team member the task I was given was to conduct surveys and some general interviews. I took this task as I was good at communication which made it easier to present our message to the general public and get their thoughts about it. Due to my good communication skills it did not take much time to get the number of surveys we needed. This saved us time for our outcome. The work I did not help my team members in was the creation of the website because I was not good at programming. Due to this it took more time for my team members to create the website.

## **Teamwork Learning**

From this group project I have learned that teamwork is really helpful. As the work is divided between the team members so if anyone is good at something he can do it. This saves time effectively. For example I was not good at programming so I was not able to create the website but my team members covered the role of creation of the website and I conducted the surveys. The challenge we faced in our teamwork was the communication gap as in the starting when we were assigned the group project. We chose the topic related to agriculture without every team member's opinion but later on we as a team realised that the outcome of the topic we had chosen was not very effective so we had to change the topic. Due to this communication gap our time was wasted. The communication gap was caused due to the clashes between the time of meeting as someone was at academy and someone was sleeping. To solve and counter this communication gap we made a time table in which we decided a certain time at which everyone was free to attend the meeting. We learned a lesson that it is important to communicate with your team members and get their opinion before any major changes as it could cause a communication gap which would affect the group project.

## **Personal Learning**

Before the research I thought that sports and recreational activities are not affected much due to COVID-19 but after research I came to know that the sports and recreational activities are



dramatically affected due to the pandemic. By conducting the surveys my communication skills and confidence improved overall.

### **Personal Reflection**

Before the starting of the project my personal perspective was that due to COVID-19 only sports and recreational activities would have been reduced but screen time would have been the same but after the research and surveys my perspective changed as I got to know that screen time had been drastically increased due to the pandemic and lockdown. I myself have started recording my screen time and sports time so I can manage both and minimise my screen time.



# SAMPLE 6

## Evaluation of Project

After weeks of hard work, effort and countless ideas, along with my team we finally completed the Outcome, i.e., is the video and Explanation regarding Breast Cancer Awareness how individuals like us can prevent breast cancer and encourage the ones diagnosed with breast cancer to attain the confidence to seek help by consulting a doctor. While preparing the outcome we had a clear picture of what we wanted to accomplish therefore the struggle was how to sum up our efforts and what would be the best way to achieve it. Firstly, during the initial phase, I found out that among every 8 women, 1 is diagnosed with breast cancer every 15 seconds all around the world and in every 100 men 1 is diagnosed with it (school n.d.). Therefore, we wanted to design an outcome that should not be just limited to limited solutions like raising awareness but also provoke the youth to stay physically active and have a healthy lifestyle to reduce the chances of breast cancer. I believe the outcome we proposed works towards encouraging breast cancer patients to reach out for help despite the cultural and social restraints. I believe that our overall outcome was quite effective because it was a video with catchy songs and visuals that caught the interest of people. We had a seminar session in school educating the school fellows about breast cancer and ways to prevent it mainly by increased physical activity and a healthy diet. We had a follow-up session after 2 months and asked the students about the change in the daily routine after asking the sports teacher who concluded that they had increased their physical activity and told students to share their eating habits that were better than the ones last time.

According to our aims, we wanted to collect funds for breast cancer patients and donate them to Shaukat Khanum Cancer hospital. Therefore, we talked to our administration and were successful in arranging a bake sale in collaboration with A-levels. Students from other branches of Beaconhouse also came and set up their food stalls. During the event, posters and brochures about breast cancer awareness were also distributed. We were successful in gathering a total of rupees 25000 as a donation.

I think we could have made it more effective by adding a few more visuals in the outcomes and could have interviewed a sociologist regarding the social and cultural restraints and people's perspectives about it but unfortunately, we ran out of time due to our pre-mocks of Islamiat and Pakistan Studies.

## **Own Work Process, Contribution, and Learning**

Firstly, as I was the team leader I had to assign the task to every individual and make sure they complete it, it was a bit difficult to make everyone work initially but then as we proceeded in our mission everyone got excited to do their share of the work. I knew how to use Google Forms, therefore; I made an online survey and taught Amna and Anzala how to create the statistics from the spreadsheet. Honestly, the most interesting part of the project was designing posters for our physical campaign and panaflex to display on the school building. The government of Pakistan's approach interested me as it kept in a state of awe; they went to tribal areas and villages such as the tribal areas of Balochistan in Turbat and Panjkore, where there is a large illiteracy rate, hence, educating the village population would not only create awareness among them about ways to prevent breast cancer but they will also get regular check-ups, reducing the number of patients (breastcancerpak 2021). Last year our government collaborated with a Shaukat Khanum hospital and ran an awareness campaign via mobile phone tones in which a breast cancer awareness message was recorded in Urdu and English. Shaukat Khanum Cancer Hospital is known for free cancer treatment for underprivileged patients and provides the facility of 3D mammography which is functioned through the money of zakat along with maintaining a website about thorough research about the causes, treatment and ways to reduce risk factors (Trust 2020). In the USA, work done by Estée Lauder Companies is highly commendable; 86 million dollars have been funded for medical research grants through Breast Cancer Research foundation (BCRF). Moreover, they have a website where they often post information concerning breast cancer (Companies 2021).

While doing this project with my team members, I realised that I am quite good at dealing with Google Forms, generating results and working on different websites. I was impressed with Saniya the way she managed all the interviews and arranged all the equipment required for it and the editing skills of Anzala and Amna increased the impact of our outcome video.

## **Benefits and Challenges of Teamwork**

Working in a group has countless benefits. Firstly, it taught me patience as whenever I assigned a task to any member I had to wait for it to be completed whereas, I want to get done with tasks assigned as soon as possible. Such as Anzala, at times would delay the submission of the assigned task but I had to keep patient and in the end, she would send it after a day. Moreover, when we worked in a group we had several different ideas; we debated over them and chose the best amongst them hence working in a group leads to the best decisions. I made the survey and Saniya and Amna sent it to relatives abroad to get a global perspective and get to know what people from other countries think about the issue.

With every benefit, there is a disadvantage as well, as we had made a proper plan and a schedule to follow but unfortunately, we were never able to follow that due to which we had to rush with it near the days of submission. Initially, when we were made into a team we didn't know each other nor did we get along with each other because none of the members would listen to me and we never agreed on a common idea. Thus, during the first month, we were not even able to decide the topic of our research but then, gradually we became really good friends.

I appreciate Anzala's idea of conducting the same survey from A-levels students as the one we conducted from middle school students. This helped us to get opinions of different age groups, which we compared and drew an analysis from and got the valid information that was used in the outcome.

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### **A Note from Mojza**

These notes for Subject(code) have been prepared by Team Mojza, covering the content for AS Level 2022-24 syllabus. The content of these notes has been prepared with utmost care. We apologise for any issues overlooked; factual, grammatical or otherwise. We hope that you benefit from these and find them useful towards achieving your goals for your Cambridge examinations.

If you find any issues within these notes or have any feedback, please contact us at [support@mojza.org](mailto:support@mojza.org).

### **Acknowledgements**

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