

# Hansa and Dalal Mini Project Write Up

During the onboarding, Hansa came up to Dalal and asked if she wanted to do the podcast project with her. Hansa and Dalal are both Biology majors studying at NOVA and are interested in learning about different health issues in the medical field. Cirrhosis was chosen because one of Hansa's family members has it, and it is a health issue that she wanted to learn more about and educate others on. Dalal loved the idea, and considering they were both biology majors, they knew they would work very well with each other. This turned out to be true. During the process, Hansa and Dalal meet with their coach, Carley, about twice a month to receive feedback and discuss logistics on the podcast. Carley was a major help in giving feedback on the episodes, guiding them on a path, and creating a friendly working environment.

In the beginning, research was done to learn about cirrhosis; such as what cirrhosis is, the symptoms, causes, and prevention. Statistics were incorporated to have a stronger discussion and educate listeners. The title of the podcast, HD Health, was influenced by using the initials of Hansa and Dalal along with the idea of HD TV with a twist on health. The episodes were split into two focuses. The first one focused on what cirrhosis is and its causes, and the second one focused on the symptoms and treatment options.

For Hansa, she learned how to work as a team remotely and communicate throughout the process. Furthermore, she learned how to collaborate and divide up the work, and share the information she obtained. For Dalal, she learned to communicate and collaborate as well. Dalal learned to crop and edit the voice recordings for the episodes. Together, Hansa and Dalal learned that they are able to upload their episodes and podcasts on Spotify through using an app called Spotify for Podcasters. Currently, they are working on how to upload their podcast as a collaboration so that Hansa and Dalal can be co-owners of the podcast.

They grew their experience and knowledge of cirrhosis, how to record episodes, and how to upload and publish them on a streaming platform called Spotify. Their technical skills have improved, such as editing, streaming, researching vast resources online, and data analysis on statistics. They also worked on their professional skills, like delivering and presenting research findings, scheduling and attending meetings, facilitating discussions, and meeting deadlines.