

Nadine O'Regan



Nadine O'Regan is an Arts journalist, award-winning radio presenter, producer, podcaster & editor. She is currently the editor of the Business Post magazine & Head of Podcasting. She has her own podcast called 'My Roots are Showing'. You may also hear Nadine on Radio 1 on a range of programmes – on the weekend Brendan O' Connor show, on Arena with Sean Rocks and as a presenter of Late Date and Rising Time.



Click to play episode

Podcast | Reflection Questions

You may find some of the following reflection questions useful. The questions and activities below are a small sample of ways that this podcast featuring Nadine O'Regan could be incorporated into your classroom practice. You will need to consider both the unique context and age and stage of your students when planning how best to use this podcast and adapt this resource accordingly.



Before Listening

- Nadine O'Regan is a print and broadcast journalist and a radio presenter. Which of these three roles sounds most interesting to you and why?
- Do you like to listen to podcasts and/or radio? If so, what are your favourites?



During Listening

- What advice does Nadine give about planning and preparing for her shows on the radio station? Do you think this is good advice? Why/why not?
- Nadine tells us about a strategy that she uses when she feels overwhelmed with work? What is it? Could you add some more strategies that you think might be helpful?
- Nadine talks about the fact that certain aspects of her work are difficult and that she thinks this is important. Why does she think it is important? Can you think of an example in your own life where overcoming difficulty has been important in helping you to achieve a goal?
- Nadine offers advice about engaging with audio texts and for writing. Which piece of advice do you find most helpful and why?



After Listening

- How has your understanding of the work of a journalist/broadcaster changed as a result of listening to this podcast?
- Nadine tells us that she has built her career around her passions. Do you think this is an important factor when considering a job/a profession?

Podcast available on Junior Cycle Talks podcast channel

