

Report

1. Introduction

In this report I will be evaluating Gibb's (1988) 'Reflective Cycle' and reflecting on the key experiences and learning in the academic skills with different types of topics that have supported my development in areas like critical thinking, academic writing, and independent study and how difficult it was for me to talk others in the class and making it how to improve my speaking with a group and how to use the model and how to upload the task it has helped me understand and improve my learning for the university by learning the module has built my confidence also helping me in the future to.

2. Description of Experience

During the time we was learning about how the Gibbs cycle in the class there was a presentation on the GIBBS CYCLE where I was confused because I have not heard about it at the time we as a class was assigned in groups to test each other what we know about, and we had to do research I had not collaborated with before. There was challenges that had come across me that I did not understand I had at the time asked my team mates in the group to help me understand more about it which was good, on the morning of presentation I had to travel from Kent to the university in the early hours of the morning i was really tried to understand but soon as I had a coffee to awake me up it mad a lot more understanding. The teacher was helpful when I pushed myself to ask the teacher make it more clear to me the main the experience gave me areal understanding of the importance of how the Gibbs cycle works and the effective communication and the time management the other experience that I had that day we also had done test in the class room just to see how much we know.

- Saturday for me was busy morning because the traffic on the road was bad but by leaving early made me make it on time.
- I used my laptop on the day of the presentation.
- I didn't eat anything for breakfast.
- At the time of the presentation, I did not take many notes which I should have taken more down.
- The only research that I had done was only at the university where I should have done it had home to understand more about.
- There were some words that I didn't understand.

- The connection on the Wi-Fi was slow at some point but after five minutes it had a better connection and fast to download.
- I had taken part in the activities that we did
- The presentation was easy to download and quick to review.
- In the classroom there was people that I didn't know.
- The classroom was full made me bit nervous at the time.
- The people in the class didn't not speak as much to ask the teacher many questions about what they didn't understand.
- Most of the information was new to me but made me feel more of an understanding and has helped me know what the Gibbs cycle is all about.

3. Analysis and personal reflection

In the group presentation it was a good and positive experience with different strengths there are few areas where I could improve on. The strength was where the group of four communicated and we helped each other out even so others pointed out about plagiarism and referencing we all shared with what we have learnt and ideas in what I have miss understood. There are however what I could improve on is by not leaving things on the last minute which can lead to stress the improvement should be that to talk to others in class and asking the teacher to repeat what I have to do which can led me to have more confidence in. the presentation from the teacher was very basic and well designed with good understanding when I had read over, at then end of the presentation the overall experience was very well rewarding it had allowed me to see the understanding of my academic skills, my confidence built speaking with others and seeing my work group doing their part.

There were a few areas important to know that having, preparation and time management for example by allowing to start planning early for what needs to be done in the task to be completed, this can lead to having less stress and pressure. The other important lesson was the communication is by discussing what others' ideas that have come across the presentation which can lead to making the work load a lot easier and support. The understanding of the plagiarism and referencing I did not know how important it is to have accurate in reference to the academic writing. The final part would be that talking to other about would develop more

confidence at the I was nervous, by practicing and getting very good feed back form others help me improve speaking to others that I don't know.

4. **Conclusion**

5. The conclusion was that I had developed key skills in research, referencing and communicating with others. I also learnt that working with others is important that I had found that I developed new skills in research, referencing, communicating with others in public I also learnt that teamwork is one of key connection and time management to achieve the goal. Even though there was some challenges with talking with others and specking out, I found these difficulties overcome by not being able to be nerves and practicing, this will be essential for the future for me to study and being professional and by using more time to look back at what I have done in the study and over look at what was difficult and make it more easy for me my aim is to critical thinking, academic writing, and independent study and how it has helped me understand and improve my learning for the university by learning the module has build my confidence also helping me in the future.