

Contemporary Challenges Making a difference - Reflection

Module code – ECIE4010

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Our module was to identify and evaluate historical and contemporary issues and their impact on today's global society and collaborate as a group. Our group of three were asked to choose a wicked global problem. Our Global problem chosen was Health and well-being, mental health for young people today has many challenges globally. We as a collaborative group decided to create a wellbeing cafe for communities globally.

Our Pecha Kucha style PowerPoint consisted of nineteen slides, six each, nineteen including the collaborative front cover. The expectation of our group work was to firstly touch on the history of mental health continuing onto where we are today with mental health and to conclude with the global solutions and introduce our marketing idea of a wellbeing community cafe globally.

Our first meeting consisted of discussions on what our PowerPoint would look like and who would take over each part of the PowerPoint. We also discussed possible images which would suit our topic, including the PowerPoint design template. As a group I felt we collaborated on a similar level once our visions and ideas were identified. Gibbs believed his reflective cycle model process helps individuals within a group identify the six areas needed for collaboration work which are, description, feelings, evaluation, analysis, conclusion and action plan. I felt a sense of curiosity as to how the module power point would work as a group at the beginning. I felt optimistic also and was happy with my collaborative colleagues in my group. Upon deciding on who would take each section I felt a valued member of the group and a strong sense of belonging. We all felt positive to be working together and gained a structure of our individual roles within our group. I decided to take on the challenge of the first six slides of the PowerPoint and discuss the history of mental health during the first meeting, once this was established, I was able to focus on my part of the collaboration. I was mindful to include structure to my slides for my colleague to continue following the history of mental health.

During our second meeting we decided on creating a front cover and collaborated on phrases to place on our mug, one team member thought of the slogan, I created the image and another brainstormed idea, at that point we all recognised our contributions, and this created a positive atmosphere and

boosted morale. I felt as we able to manage open communication within our group by encouraging everyone to express their thoughts and feeling on the task in hand therefore trust and understanding was key within our group. I felt we actively listened to each other's points of view, and we were able to resolve any issues during each meeting.

Tuckman's theory 1954 believed that there were five stages to working collaboratively, forming was the first stage, I felt once our group was decided we connected well after our first meeting and got to know each other well. The next phase of Tuckman cycle is storming, I felt we established our roles and responsibilities during this phase. The third stage is norming, I felt we collaborated separately during this stage, but we were in constant contact with each other communicating progress and any concerns. The fourth stage performing, on our second meeting we had performed our section of work and were able to discuss and tweak the content on each slide and ensure the PowerPoint flowed from person to person. The fifth stage Adjourning we were able to create the group PowerPoint linking all slides together. Upon reflection of this I felt we worked well as a group. Tuckman's theory related well to our style of collaboration. I feel we communicated well and on occasion we all were able to reframe negative thoughts and encourage positive attitudes when the workload of family life, work and university became apparent.

Conclusion -

Upon reflection of my own style of learning I feel I am a visual learner, once we had established the slide images of the PowerPoint, I was able to structure my content within my section of the PowerPoint. I feel I have a better understanding on the metacognition process, and I have more awareness and understanding of my own thoughts. As a group we were able to positively encourage each other at different stages of the task. If I were to change anything about my part, I would be more patient during the beginning phases and understanding the importance of patience in a group setting.

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