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Introduction

With this report, I want to reflect the lessons learned, the tools that we have been using throughout the term to get to know ourselves better. Some of these tools we have already used in other terms, and it has been easy. Others, we have met them in this last term of the course, and we have had to learn how to use them and introduce them in our day to day.

Although talking about ourselves is often easy, it is not the same when it comes to analysing the decisions we have made. These decisions influence the learning of skills, each experience changes the way we see things and helps us make better decisions. Learning to motivate ourselves is important to achieve goals. A good motivation is a tool that facilitates the process of any situation, either personally or professionally.

In the following pages I talk about myself and how I got here using the lifeline guideline. Also, about my roles in the places I have worked and how I have improved some of my skills.

About me

The first week I remember we did a lifeline exercise. It was interesting to know what the most important points in my life are. By doing this exercise, I have realised that when bad things happen, we do not see beyond that; and we believe that we will not be able to overcome it but usually, all these events are hidden opportunities in trouble.

I was born in Cali, Colombia, and I moved to Spain with my parents when I was five years old. I do not remember about Colombia; I went twice on holiday since I left. I think that it is sad but on another hand that brought me many good things. I have two little siblings, Diego, and Sara. In 2011 my parents got divorced. We had to move a smaller place in another neighbourhood, my dad moved to London for a year, and I was expelled from school. That my father had to move to another country and that I could not continue studying at the same school that I had attended most of my life was a big turning point. I had been a bad student so far, but there I realised that my studies are the most important thing, my future will depend on it. I also matured a lot by having to take responsibilities that did not correspond to me.

After all these inconveniences, going back to study was the only option I had. That year a teacher was my biggest support. She changed my way of seeing things and gave me enough confidence to believe that I would be able to overcome myself. Meeting her at that moment changed everything, she gave me a second chance. About three years later I started the university. But after the first term I decided to quit. The university at that time did not have the importance that it has now for me.

I moved to London the first time in 2017. After going through a crisis in Spain, it was hard for us to recover, I could only think about work. I was here for a year working and partying, I did not know how to take advantage of being here, I did not learn enough English. I decided to move to Amsterdam, where I thought I could study but there it is more difficult to settle down completely. After almost a year I decided to go home for a while. It was a step backward in my life, in my personal goals. Going back to London after two years was a big decision, but I got a permanent job and started studying. The university has made my stay here make sense. Studying make you see things with greater perspective. You start to think about a better future, a desire to excel.

Reflection on the role play

My first job was in a Makro warehouse, after that, I worked every summer as a lifeguard. I had other jobs but for a short time all of them. The last time I lived in Spain I worked as a caddy at a golf club, and at Ikea as a warehouse operator. I like logistics, it is physical, and you can work on your own. Perhaps the only thing that does not convince me about these jobs is that it can be monotonous.

I am currently working as a waitress in a hotel, at the breakfast shift. It is a buffet we only have to clear the tables and serve the coffee/tea. We usually have different events (lunches or dinners for companies, new brand presentation, etc.), and we must do the different setups for the tables, or to organise the buffet differently.

I learned a lot in this job; I improved my social skill, also my English. I must speak almost all day; the guests always came to ask, or I have to communicate with my co-workers. I have a good relationship with my supervisors or managers, I do not mind staying more if I could not finish my task or they need me. It is easier for me if no one is around, I can concentrate better, and I do not like when someone says I am doing something wrong (I will ask two hundred times to be sure I am doing the task properly).

I am also learning how a hotel works, it is not the first time that I work in one, but it is the first time that it interests me; I worked before as a lifeguard and as a housekeeper. I like to work in a hotel, it looks monotonous, but every day is different. There is always a thing to do.

Thinking about my future, I see that I can make a career in hospitality. I like the idea of working in organising events and conferences in hotels, or presentations of new brands, large events such as fairs, etc. I have been looking for conference and event planning jobs on the internet, and I found some great vacancies. I think that with a good training and more knowledge in the sector I could be a perfect fit.

Motivation and learning skills

In the second week of the course, we study the different types of learning and how we can personally motivate ourselves to achieve our goals. I have always thought that I learn best by practising. Even if I understand the procedure and study it a thousand times, I will not be sure that I will know how to do it if I do not practice on my own. I remember that we had to complete a test of the different types of learning (VAK Learning Styles Self-Assessment Questionnaire for example) and the result I obtained was that my type of learning is the Kinaesthetic learning style.

“Someone with a **Kinaesthetic** learning style prefers physical experience - touching, feeling, holding, doing, practical hands-on experiences.”

In Kolb's (1984) model I would fit the activist profile (feel & do).

I have started working on self-motivation. I consider myself a positive person, although I always think about the things that can go wrong, deep down I am confident that it will turn out well. Few months ago, I started a project (a digital marketing agency), I did a training, and they suggested us to read a book that helped me a lot (Malts, 2016). This book talks about the self-motivation, know yourself, how to learn to visualise the things we want. It helped me throughout this course, not only in this term.

We learned some tips to apply during the day. For example, at night before to go to sleep, I had to remember one achievement, and try to remember how it made me feel. The point was to try to feel the same sense of satisfaction, of something well done. Sometimes you forgot how long you did. We underestimate everything we can do, thinking about everything we have achieved and how far we have come in 1, 2 or 3 years is helpful.

I have also learned that goals must be realistic and that setting short-term goals can help to motivate ourselves. Dividing a large aim into small ones makes the process easier. Sometimes when we do not see a quick result, we choose to give up or change our goal without knowing how close we can be to achieving it.

Something that I have been able to experience in Amsterdam or London has been motivation at work. Working here is different from Spain. I have had the opportunity to work with supervisors who have been grateful for my effort and have valued my time and dedication. This also affects my colleagues and, in some way, supports the whole team and our work as a unit.

Personal and work goals

One of my goals for this year was to bring my sister to live with me. It is something I have been thinking about since the first time I left Spain, but I had not had the stability to do it. This year, finally, after a lot of paperwork and a lot of effort, I was able to do it. I believe that this year, I have met my long-term goals. The first was my sister and the second starting university in London.

For next year, my personal goal is to train in the field of sports, I started the gym a year and a half ago, and I have realised that it is something I like. During the quarantine, I have learned to exercise at home, and although I notice many advances my purpose is to learn the techniques, do a good routine. Professionally, I want to find my vocation, to know which is the professional that fits me. I have always thought that I wanted to dedicate myself to business, but I know I do not want to work in an office.

Organising events is something that I could become passionate about, and that is something I am looking for. A few years ago, the most important thing for me was to have a job that would give me money; now I want a job that makes me want to go every morning.

The last weeks we have been working on the job that we would like the most. After analysing my strengths and weaknesses, I believe the position I am thinking of fits me. It is a physical job; it is not monotonous, there is always something to do, and although I do not like the social part, working as a team can help me with that.

Conclusion

I was curious about this term because we only had two credits, and I was confused about the schedule. When I saw we have 4 hours in a row from the same credit, I disagreed. It was a little hard the first day, but not the lesson, I enjoyed it. This credit somehow teaches you to know yourself better, to understand how we have become the person we are today.

Throughout this year, I have been able to get to know myself better. Although the entire academic year has served me in my personal life as well, this last term has been revealing. At the beginning of the term, I did not like the credits, they made me think too much about myself but now, I think it is something that has benefited me and helped me to mature.

I have been able to improve my skills and know which ones I need for the job and to work better as a team. Despite the coronavirus, I believe that my goals for next year can be met, at least my personal ones. In my professional career, I feel stagnant right now, there are not many opportunities, but training is something that will give me an advantage when everything returns to normal.

Appendix

Personal Development Plan

	Short-Term Time Frame	Mid-Term Time Frame	Long-Term Time Frame
	What do I want to accomplish in the next three to six months?	What do I want to accomplish in the next six months to two years?	What do I want to accomplish in the next two to three years?
Section 1 - My Goals What are my overall goals that I want to accomplish in this time? <i>Example: become a Student Affairs Officer; learn computer graphics</i>	Finish the first year in the CE high school in skills in the workplace. Get the course in personal trainer.	Finish the career I will choose (not sure yet). Get a better job/agency. Learn magic. Give personal sessions (work out).	Have a GOOD job/agency. Be able to speak English correctly. Move alone with my sister (maybe a studio). Have a good trip.
Section 2 - Skills and Knowledge to be Learned What specifically do I need to learn? What project do I need to work on? <i>Example: Student advising; Banner; Dreamweaver; develop a procedures manual</i>	How to make a personal reflection for the university. Learn to solve problems or at least identify them. Learn to do routines, know how the muscles work, etc.	Time management, set priorities, etc. Skills in the workplace, commercial awareness, business skills, etc. Magic. Work on my shyness.	English. Communication skills. Finish my studies.
Section 3 - Next Steps How am I going to acquire the skills and knowledge? How am I going to do this project? <i>Example: take Dreamweaver class; do an informational interview; set up a project outline</i>	Take personal trainer classes. Search for information on the internet. Review university notes.	Review Christian training. Attending classes (University). Practicing magic by myself and trying to meet someone who teaches me.	Listening, writing, reading (English). Practicing and taking trainings about skills in the workplace.
Section 4 - Resources What resources do I need? <i>Example: free time; funding</i>	Free time. Motivation. Willpower.	Magic set. Free time. Motivation.	Internet, computer, software, etc. Free time.

	Short-Term Time Frame	Mid-Term Time Frame	Long-Term Time Frame
	What do I want to accomplish in the next three to six months?	What do I want to accomplish in the next six months to two years?	What do I want to accomplish in the next two to three years?
Section 5 - Time Schedule What is my time schedule? When will I start? When do I expect to finish?	Almost all day. Between this and the next month. February.	Afternoons and days at the university. December (personal trainer course). February (level 5). When we are back to normal (better job). In 2022.	Evenings and weekends, I hope.
Section 6 - Completion When have I completed each step?	☐ _____ Date ☐ _____ Date ☐ _____ Date	☐ _____ Date ☐ _____ Date ☐ _____ Date	☐ _____ Date ☐ _____ Date ☐ _____ Date

WEEK 2

The Self-Motivation Quiz (43)

28-43	You are doing OK on self-motivation. You are certainly not failing - however, you could achieve much more. To achieve what you want, try to increase the motivation factors in all areas of your life. Read the relevant sections below, and work on them to strengthen your self-motivation.
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VAK Learning Styles Self-Assessment Questionnaire (moodle)

A's = 9

B's = 10

C's = 11

- If you chose mostly **A's**, you have a **VISUAL** learning style.
- If you chose mostly **B's**, you have an **AUDITORY** learning style.
- If you chose mostly **C's**, you have a **KINAESTHETIC** learning style.

Someone with a **Kinaesthetic** learning style prefers physical experience - touching, feeling, holding, doing, practical hands-on experiences. These people will use phrases such as 'let me try', 'how do you feel?' and will be best able to perform a new task by going ahead and trying it out, learning as they go. These are the people who like to experiment, hands-on, and never look at the instructions first!

WEEK 3

Honey and Mumford: Learning Styles Questionnaire (moodle)

	2	7	1	5
	4	13	3	9
	6	15	8	11
	10	16	12	19
	17	25	14	21
	23	28	18	27
	24	29	20	35
	32	31	22	37
	34	33	26	44
	38	36	30	49
	40	39	42	50
	43	41	47	53
	45	46	51	54
	48	52	57	56
	58	55	61	59
	64	60	63	65
	71	62	68	69
	72	66	75	70
	74	67	77	73
	79	76	78	80
Totals	15	10	14	16
	Activist	Reflector	Theorist	Pragmatist

Pragmatists (Plan)

- Keen to put ideas, theories, and techniques into practice.
- Search new ideas and experiment.
- Act quickly and confidently on ideas, gets straight to the point.
- Are impatient with endless discussion.

WEEK 5

SWOT

Strengths

- I learn fast.
- I work hard.
- Experience in different types of work.
- Experience in different countries.
- I speak two languages.
- "I know" how to run an agency (digital marketing).
- I know how to deal with my supervisors.
- I like to work alone.

Weakness

- I do not have higher education (yet).
- I have no experience in important roles.
- I do not like to work with people around.
- My English.
- I do not like computers.
- I like to work alone.

Opportunities

- I am studying high education in London.
- I am working in London.
- I am improving my English.
- Move in with my sister.

Threats

- Coronavirus.
- Move in with my sister.
- A lot of competition in the sector.

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