

Personal qualities which contribute to developing my academic writing

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Note Taking:

Taking notes during lectures is essential since it helps us comprehend the material. According to University of Reading (no date), making notes can help you metabolise and comprehend the information you encounter and is a learning experience within itself. Cottrell (2019) contends that paying attention and taking thoughtful notes will help you avoid dozing off and keep your mind engaged. Although you pay attention in lectures, you will forget at least 50-60% of what is spoken. With this in mind, Cornell (2019) claims that even though taking note is a challenging skill, it is crucial given prevalence of lectures in middle school, high school and college courses. Day (2018) suggests that taking notes is an essential component of higher education reading and writing in order to comprehend and determine the objective of whatever we are reading, whether it be a book or ebook, an article or listening to a lecture, podcasts or video. However there are many ways to note take;

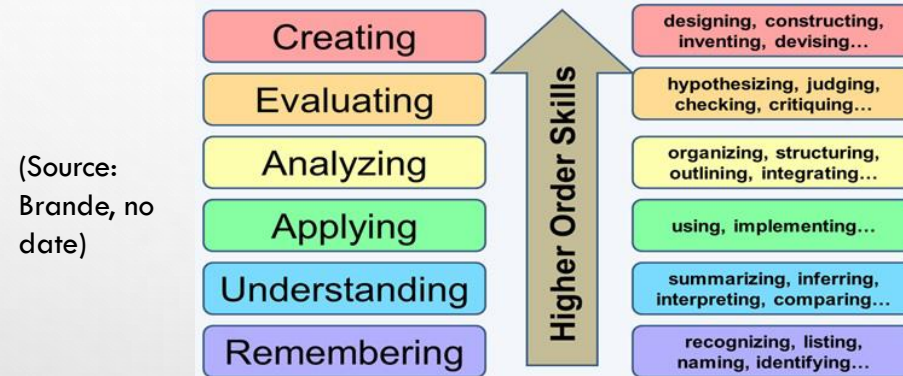
- ✓ Key words
- ✓ Phrases
- ✓ Spider diagram

Conclusion:

This poster and the research involved, critical thinking, note taking paraphrasing and reflection has a big part in higher education and continuous professional development. Each of these components work together to support best practice in higher education writing, assignments and presentations. By reflecting on our learning helps individuals detect their strengths and weaknesses to then be able to ask for help in other area's. Paraphrasing assists us to avoid plagiarism and makes individuals work their own. Critical thinking allows students to research and reflect before summarising and arriving to their view points. Mastering these skills is what enables practitioners to thrive.

What is Critical Thinking?

Critical thinking helps us to create skills to read and evaluate arguments and to see both side. According to University of Galway (no date) critical thinking is reported as higher ordered skills, which calls for thoughts that are deeper and more powerful than the ones we utilise on a daily basis. Judging different viewpoint and looking at both sides to the argument will help individuals embrace creativity. This is supported by the image below. Brande, (no date) states that there are 6 steps to critical thinking as seen in the image below.



Paraphrasing:

Paraphrasing is essential when completing work in higher education. Day (2018) believes that stating what the source's author intends to say in your own words which is known as paraphrasing, paraphrasing is a high-level academic skill. According to the University of New South Wales (2023) defines paraphrasing as changing words in the source you are reading to make it your own to avoid plagiarism.

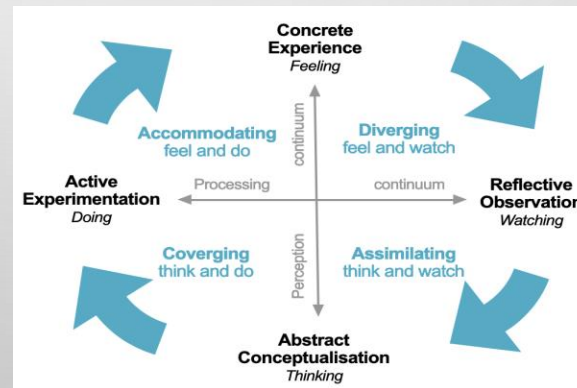
Reflective learning:

Reflective learning is an important study skill as it help you expands your skills and helps you understand your own strengths and weaknesses. According to Dictionary (2023) reflection is " the act of reflecting or state of being reflected". University of Sussex (2023) claims that reflection is thinking about something that considers active thinking to develop our awareness. Also, the University of Sussex (2023) believes that we take into account how we feel, opinion and our strengths and weaknesses. Cottrell (2017) says that reflection generally refers to:

- Being engaged in thought
- Vague musing or daydreaming
- Going back over an event in our minds.

They say that reflection is put into 7 different sections, these being:

- Selection
- Changing perspective
- Returning to experience
- Analysis of own role
- Drawing on received wisdom
- Deepening your understanding
- Using insights to effective change



(Source: Kolb's Learning cycle, 1984)

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