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Introduction:

In this reflective report, I will explore how the learning experiences from this module have significantly contributed to the development of my academic skills, using Gibbs' reflective cycle as a guiding framework. This model encourages a structured approach to reflection, allowing me to analyze my experiences, identify strengths and areas for improvement, and understand the impact of these learning opportunities on my academic journey. By reflecting on specific instances and the skills I have gained, I aim to provide a comprehensive overview of how this module has shaped my approach to learning and enhanced my overall academic performance. I will be talking about 3 academic skills which I have completed during class.

Note taking skills:

During this module, I had the opportunity to enhance my note-taking skills, which I will reflect on. Initially, I felt overwhelmed by the amount of information presented in lectures, leading to disorganized notes that were difficult to review. However, after learning various note-taking techniques, such as the Cornell method and mind mapping, I began to see improvements. In the description phase, I realized that my previous notes lacked structure, making it challenging to identify key concepts and connections.

I experienced frustration but also excitement as I recognized the potential benefits of effective note taking. I was intrigued how these new techniques allowed me to capture information more clearly and efficiently, leading to better understanding and retention. For example, using the Cornell method helped me categorize information into cues, notes, and summaries, which made studying for exams much more manageable. In the analysis phase, I understood that effective note taking not only aids in comprehension but also enhances my engagement during lectures. By actively summarizing and organizing information, I became more focused and attentive.

I am now more confident in my academic abilities because it has grown, as I now approach lectures with a structured plan for note taking. Finally, I intend to continue refining my note-taking strategies by experimenting with different methods and seeking feedback from peers and instructors. Overall, this reflective process has shown me the importance of effective note taking in my academic journey and has equipped me with skills that will benefit me in future learning experiences.

Research skills:

In this module, I really improved my research skills, and I want to share what I learned. At first, I felt overwhelmed by all the information available online and in libraries, which made it hard to find useful sources. I realized my research method was disorganized, and I often looked through various sources without a clear focus, which was frustrating. I felt anxious about my research skills, but I also got excited when I learned effective ways to find trustworthy information in class.

One necessary tool I learned about is the CRAAP test, which checks sources based on Currency, Relevance, Authority, Accuracy, and Purpose. This method helped me judge how good the information was. By using the CRAAP test, I could filter out unreliable sources and focus on high-quality material that was relevant to my topics. I learned to think critically about sources by checking the publication date (Currency), how relevant the information was to my question, the author's credentials (Authority), the accuracy of the content, and the purpose of the information.

This improved my research quality and boosted my confidence in working with academic materials. I noticed my research process changed from messy to organized, which helped me create better assignments. Moving forward, I plan to keep improving these skills by extensively using the CRAAP test and getting feedback from classmates and teachers. Overall, this reflection showed me how important good research skills are for my studies, giving me the tools I need for successful learning in the future.

Reflection Skills:

In class, I learned about Gibbs' Reflective Cycle and Kolb's Experiential Learning Cycle, which significantly enhanced my reflection skills. Gibbs' Reflective Cycle consists of six stages: description, feelings, evaluation, analysis, conclusion, and action plan. This structured approach encourages a thorough examination of experiences, allowing me to articulate what happened clearly and understand my emotions during the process. For instance, when reflecting on a group project, I described our collaboration, noting both positive interactions and challenges. I expressed feelings of frustration when communication broke down but also satisfaction when we finally aligned our efforts. Evaluating the experience helped me recognize what worked well and what didn't, leading to a deeper analysis of our dynamics and how they impacted our outcomes. This reflection made me realize the importance of clear communication and setting expectations within a team.

On the other hand, Kolb's Experiential Learning Cycle emphasizes learning through experience, consisting of four stages: concrete experience, reflective observation, abstract conceptualization, and active experimentation. This cycle reinforced the idea that reflection is not just about looking back but also about applying insights to future situations. For example, after completing a presentation, I reflected on how effectively I conveyed my ideas and engaged the audience. Through reflective observation, I noted areas for improvement, such as my pacing and use of visuals. This led to abstract conceptualization, where I understood the principles of effective communication and audience engagement. By actively experimenting in my next presentation, I implemented changes based on my reflections, resulting in a more engaging delivery.

Combining both Gibbs' and Kolb's models has provided me with a comprehensive framework for reflection. I learned that reflection is an ongoing process that fosters personal and professional growth. Moving forward, I aim to integrate these cycles into my learning routine, continually refining my skills and enhancing my understanding of various experiences, ensuring that I become a more effective learner and collaborator.

Conclusion:

In conclusion, improving my note-taking, research, and reflection skills has really helped my studies. Good note-taking allows me to capture and remember valuable information more easily. Strong research skills help me find trustworthy sources to back up my work. Finally, reflection skills, especially using methods like Gibbs' and Kolb's, let me think about my experiences and learn from them. Together, these skills create a strong foundation for my learning journey and help me grow both personally and academically. By using these skills, I can continue to improve and succeed in my educational pursuits.