



Assignment 2

Learning in the Digital Era

Module Name: Learning in the Digital Era

Module Code: ACCA 4025

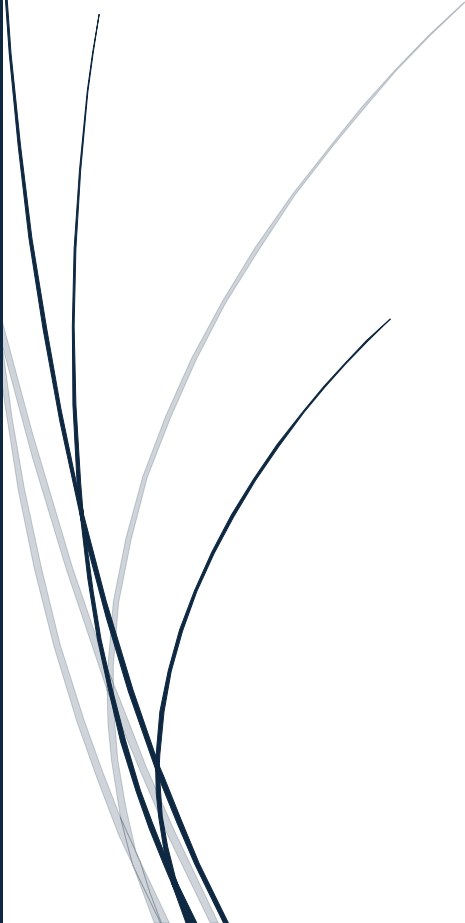
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Video Link: https://youtu.be/NM_eTUMgwOs



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Introduction

This report presents my self-evaluation and personal development. It explores my strengths and weaknesses, the use of Gibbs' Reflective Cycle, my Professional Development Plan using SMART goals, and resilience as my chosen Unit 4 topic.

Main Body

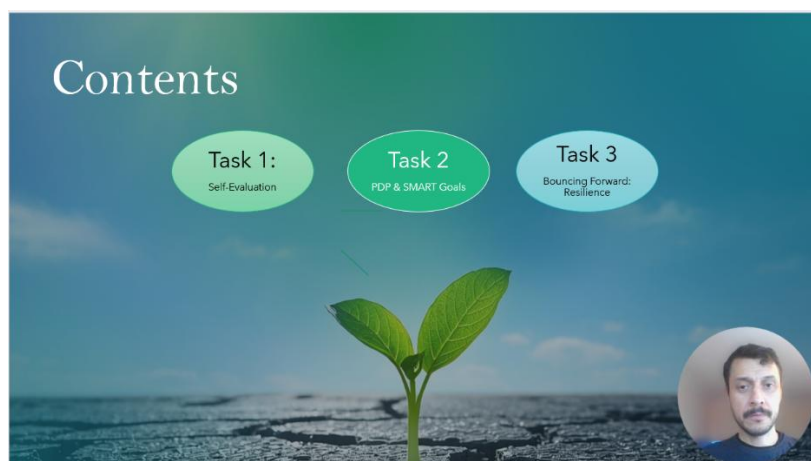
The main body presents the three tasks completed for this assessment. It includes my self-evaluation, Professional Development Plan with SMART goals, and a summary of my chosen Unit 4 topic, Bouncing Forward.

Video Link: https://youtu.be/NM_eTUMgwOs

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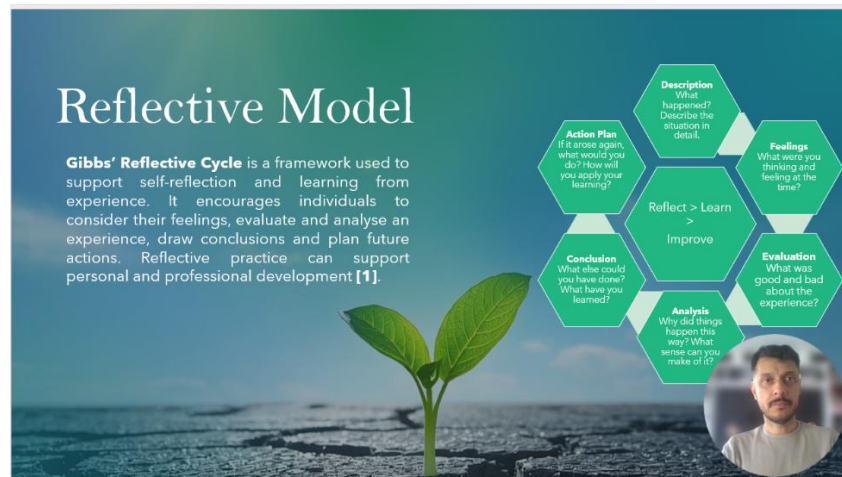
INTRODUCTION



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MAIN BODY





Gibbs' Reflective Cycle provides a structured approach to reflecting on experiences through different stages, from description to action planning [1]. In this assessment, I used the model to reflect on my strengths and weaknesses and identify areas for my personal and professional development.



Through my self-evaluation, I identified that I am a quick learner, creative, honest and determined. I also recognised areas for improvement, particularly time management, managing stress under pressure, confidence and maintaining focus.

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TRAITS GAINED FROM THE SELF EVALUATION

Traits gained from the self-reflection

T1. Growth Mindset
Self-reflection helped me understand that my abilities can improve through learning, practice and feedback. I now see challenges as opportunities to grow academically and professionally.

T2. Better Time Management
Reflecting on my daily routine made me realise the importance of planning and prioritising tasks. I am becoming more organised and managing my time more effectively.

T3. Commitment to Continuous Improvement
I have become more committed to developing my skills and achieving my career goals. I am motivated to keep learning and applying new knowledge to improve my future performance.



The self-evaluation helped me develop a growth mindset and recognise the importance of better time management. It also increased my commitment to continuous improvement by encouraging me to keep learning and developing my skills.

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PROFESSIONAL DEVELOPMENT PLAN

Professional Development Plan with SMART Goals

"The SMART framework helps to create clear and structured goals that are Specific, Measurable, Achievable, Relevant and Time-bound [2]."

Goal to Achieve	Personal Action Plan	Resources and Support required	Development Opportunity with Professional Qualification	Performance Measurement	Expected Completion Date
Improve time management skills	Follow a weekly study plan	Calendar, To Do	Better academic performance	Meet all deadlines	Dec 2026
Improve English	Practise daily	Online courses	Better communication	More confidence in class	Mar 2027
Develop technical skills	Complete modules and projects	UWTSD, tutorials	Career in tech	Build a portfolio	



My Professional Development Plan includes three main goals: improving my time management, improving my English and developing my technical skills. I used the SMART framework to make these goals clear, measurable and time-bound [2].

Bouncing forward - Resilience

Resilience is the ability to adapt and continue moving forward when facing difficulties, adversity or unexpected change. Bouncing forward is not only about recovering from challenges, but also about learning from them and adapting to new circumstances [3].

For students, resilience is important because it can help them respond positively to setbacks, continue learning and work towards their academic and personal goals.




For Unit 4, I chose Bouncing Forward, focusing on resilience. Resilience helps individuals adapt to challenges, while bouncing forward involves learning and growing from difficult experiences [3].

Conclusion

Overall Summary



I identified my main strengths and areas that I need to improve. I also created SMART goals and explored how resilience can help when facing challenges.

Lesson Learnt



The self-evaluation made me think more carefully about my time management and how I respond to difficulties.

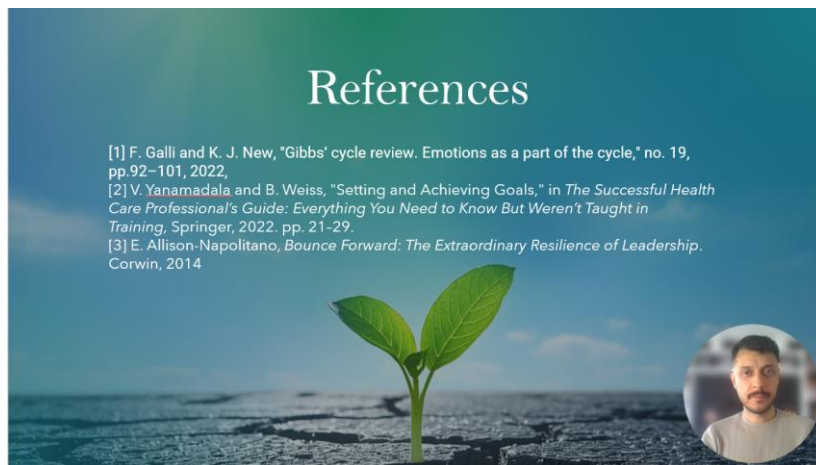
Personal Evaluation



I still need to improve some skills, especially time management, but having clear goals gives me a direction for my personal development.



Overall, this assessment helped me identify my strengths and areas for improvement. Creating SMART goals and exploring resilience gave me a clearer direction for my personal and professional development.



Conclusion

In conclusion, this assessment allowed me to reflect on my personal and professional development. I identified my strengths and weaknesses, created a Professional Development Plan with SMART goals, and explored the importance of resilience. These activities helped me understand the areas I need to improve and how I can continue developing in the future.

References

- [1] F. Galli and K. J. New, "Gibbs' cycle review. Emotions as a part of the cycle," no. 19, pp.92–101, 2022,
- [2] V. Yanamadala and B. Weiss, "Setting and Achieving Goals," in *The Successful Health Care Professional's Guide: Everything You Need to Know But Weren't Taught in Training*, Springer, 2022. pp. 21–29.
- [3] E. Allison-Napolitano, *Bounce Forward: The Extraordinary Resilience of Leadership*. Corwin, 2014