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Foreign Languages – BMIH5003

Lecturer – Heidi Prosser

Assignment – Student Self-Reflection

Word count - 518

For this assignment, we were told that we need to critically reflect on our self-development, and I need to discuss my own learning experience during the preparation of my presentation, which was the assignment prior to this.

To do this task the best way to express myself would be to refer to the “The Gibbs Reflective Cycle” (Gibbs, 1988). Gibb’s model mentions 6 main pointers, ‘description, feelings, evaluation, analysis, conclusion, and action plan’. To self-reflect I will be using these pointers to help me indicate my feelings, before, during and after the presentation.

Since English is not my first language, I was anxious throughout my presentation because I was worried that I would pronounce words incorrectly which would have affected my work and confidence.

I felt nervous as I have not had much experience in doing a presentation before, therefore it took a while to get used to. The timescale that we were given was 5 minutes and being able to keep the presentation within that time was extremely hard for me as I had a lot of information to share and did not think it was possible.

5 minutes does not seem too long, however I did need to plan ahead and make a strategy as this was the only way that I could visualise this presentation to be completed.

One of the good things was that I practiced a few times so that I was able to include all the required information within the time I been given. Another challenge was to make sure that I was able to submit the presentation as a recording, this proved a little difficult. There were some technical issues concerning the setup of the presentation, such as trying to place the PowerPoint as the main screen and making sure that my voice was clear to hear.

As the Software was new to me, I realised that I should have given more time to practice and play around with the software before the deadline. The other main analysis of the presentation is that ‘time management’ is particularly important when you are given a timescale, and this can be implemented in your everyday life (Mindtools,2023).

Once the presentation was done, a sense of relief overcame me. I realised that working strategically and putting in the necessary hard work is what gets you results. I was able to overcome the technical issues which occurred earlier and submitted my work. I did have to improve my speech rate, as I tend to talk too fast and make very few or less pauses which affects the grammar.

If I had to do another presentation again, I would definitely feel a little more confident in doing it. I would check for any technical situations that may occur in advance to avoid them. Rehearsing more and timing myself would be effective in creating a presentable piece of work. Researching similar presentations and analysing them could also help in giving ideas into how to present properly.

I do feel that I should have ended the presentation by thanking the audience (the lecturer), for sitting through it (Morgan, 2017),

REFERENCES

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