

Learning in a digital era

Assessment 1

E-Portfolio



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A reflective blog

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What could I have done better?

(What is reflection and why should we use it?)

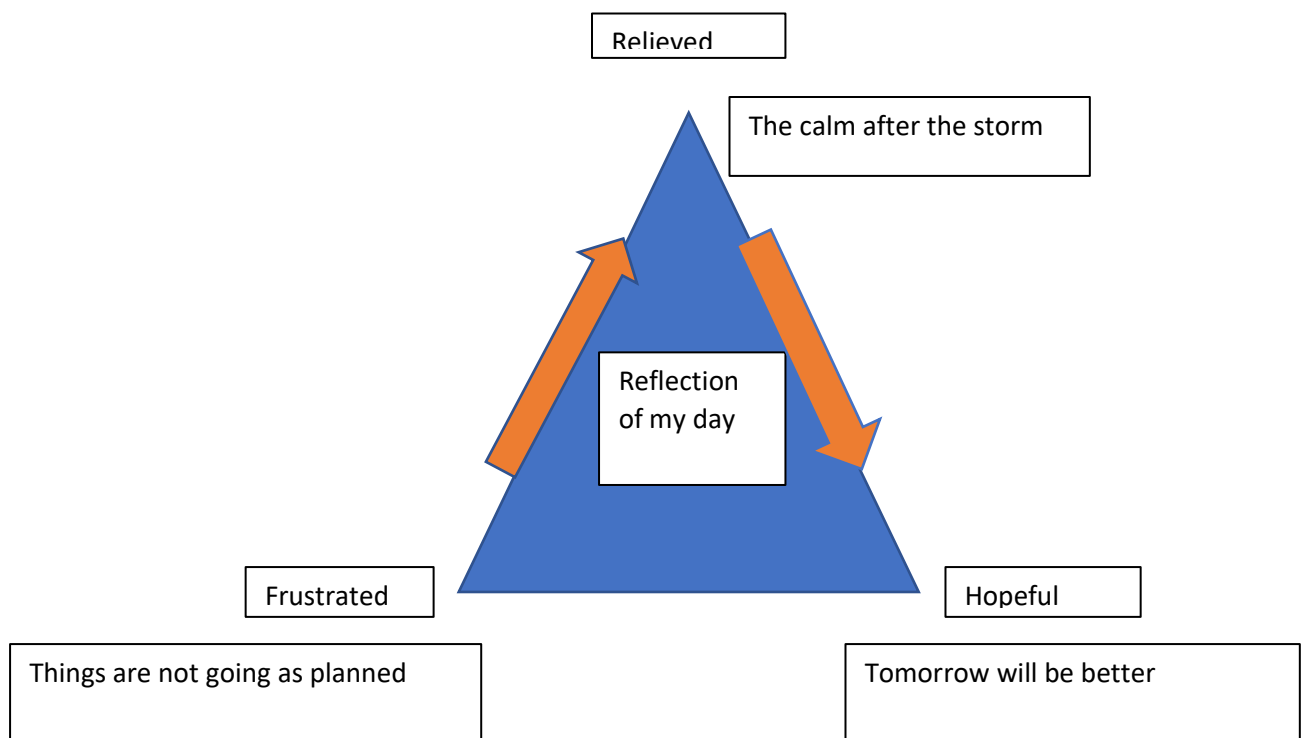


Every morning is a complete rush, I barely have time to ask the children how they are, I just need them up dressed and, on their way, I feel like a crazy person, most of the time we are eating breakfast as we all pile out of the front gate and on those first few footsteps on our way I can finally take a breath and sigh with relief we are going to make it on time today, but this is not always the case for a full time working mum.

I could feel my blood boiling, it was only 8:15 am and the tense feeling of stress was running through my muscles, the dog was fed the door was open my children were awake, I cleverly placed my son's socks to warm on the radiators as not to be defeated by son daily morning meltdowns - what could go wrong? Well not only was I rudely called an idiot by my preteen over an iPad, but my son's socks were mysteriously wet and unwearable it spiralled off a mega tantrum and then my dog decided to have a wee on the carpet right Infront of me, only to run off in full wee mode under my newly decorated Christmas tree, when I finally got him to move he was tangled in my red berry cherry lights, wrapped around his feet and neck dragging my 7ft tree out the door, was this the beginning of the rest of my day? I silently thought to myself.



After a while I was able to calmly reflect on my morning, I looked back, I thought, how did that go so wrong? what could I have done better? And in that moment, I realised, it was me.



WHAT IS REFLECTION?

And why should we use it?

Reflection is a skill you can use daily to look back at something you have done - you can examine what worked out well, what did not work so well, why did that not work and how can I go forward with this. There is no right and wrong- every individual will have their own unique way to do this **(HCPC, 04/21)**

Reflection is an immensely powerful tool that all humans should use, not only does it gain awareness to your professional practice, but it also helps one to think analytically about the elements of it. **(HCPC, 04/21).**

Self-reflection is a key part of what makes us good learners, great teachers, and better parents it can be hugely beneficial giving you dedicated time to dig deep into your own experiences and how they were delivered to others giving you the opportunity to identify ways to improve. Being self-critical is not a terrible thing and it can make you a better version on yourself at the end of the day we all learn by experiences and mistakes. **(Herbert, Kate Smith, 12/22)**

“WE DO NOT LEARN FROM EXPERIENCE; WE LEARN FROM REFLECTING ON EXPERIENCE” (JOHN DEWY)

Looking back at my morning, what went wrong– for starters If I woke up at the time, I set my alarm clock I would have been able to achieve a better mindset dealing with challenges coming my way in a more appropriate manner and sometimes it all boils down the simplest of things – no one can predict the children's temperament; but how I, as the reasonable adult reacted does matter.

The battle of ME against ME and my powerful tool of **#self-Reflection**.

Why not try it yourself? It is easy [Click HERE](#) for your free guide into your own personal journey #Self-reflection.



What is good time-management

We as society tend to cram far too much into a day, rushing around or leaving the most important jobs until last minute then there is that promise, the one we all make to ourselves 'to never do this again and to be more organized next time.' One thing we have is a lot of is time, yet people always feel like we are running out of time, there are people who achieve abundance in one day and there are others whose job list is endless, their stressed and becoming anxious what is the difference - we all have the same 24hrs. It seems obvious but how we manage our time as individuals is said to massively impact on our wellbeing forming a happier confident person ([wellness Wallace, A. \(2020\)](#)) while doing the complete opposite could be dangerous leaving people to be burnt out and unprofessional ([wellness Wallace, A. \(2020\)](#)). This essay will cover what is good time- management and the great benefits effective time management has for those who choose to use it.

Time management is a process where you can plan and balance your time correctly between jobs, activities, and duties. It is about making the most out of the time you have therefore saving yourself time overall. Being able to balance your time correctly to suit the individual is a fundamental skill to have which can teaches self-discipline, it is all about picking your workload and prioritising the important jobs to the little ones. That does not mean ironing is not an important job - but good timekeepers will understand the importance of finishing their re-draft of an essay and sending it off within its dedicated timeframe, that way afterwards they can feel relief -their heavy workload has finish and then can later go on to do that ironing without doubt in their minds. Time management skill is something people can pick up naturally or go on to learn throughout school/college/university into adulthood you can learn to prioritise better, be a better you and become highly employable, professional and handle your workloads like a boss.

The importance of good time-management depends on the individual and their lifestyle there is no right or wrong. Time management has many benefits to a person's overall physical and mental health ([Wellness Wallace, A. \(2020\)](#) and ([Kearns & Gardiner, 2007](#)) believes that people who manage their time well tend to be higher achievers and have less stress and anxiety; going on to achieve their studies on time or getting that job promotion they have worked for,

having researched this further ([Shah, N. \(2018\)](#)) wrote a piece for [stress.org](#) explaining that time-management can help lower your stress by giving you a direction when you have a lot of work to do, not only does this guide you but it can put “you in control of where you are going” or what you are doing increasing your productivity. Other benefits include having more freedom with a better work-life balance, which is something we as society all dream of-finishes work when work is finished. Another top benefit which I found on ([The 10 most important benefits of time management \(no date\)](#)) is having a stronger focus (having actual time to think) allowing you to spend more time on bigger jobs or projects or spending some quality time with your chosen people, it is taking control over your day in whatever way you choose which is priceless in this busy day and age. Another benefit is more energy but how? Magic! we all get an energy dip - start to lose focus and begin to procrastinate but a top-class benefit of time management is your mind becomes more motivated clearer and while you are in control you become in control of your own energy levels, better than being over worked with a cluttered mind and empty stomach.

According to *Time Management statistic and Fact* - only 18% of people have a dedicated time management system while a shocking 82% do not have any time management system at all ([Richardson, A.B. \(2022\)](#)) *that is an enormous difference; meaning that just 1 in 5 of people are able to manage their time efficiently.* ([Van der Meer, Jansen, & Torenbeek, 2010](#)) Believes that some students struggle with the balance between work and having a life which can lead to poor time management, for sure they are children, no-one really wants to do their work before they hang with friends but with this they are said to develop bad sleep habits and of course increased stress, which shows poor time management can have a negative effect on your health – there is no doubt time management skills can be gained overnight you need to find your own path you need to learn coping skills and how to organise, there is no wonder why 82% of people do not have a time management system in place, maybe they do not have the time but it is their lose.

Conclusion

Not only is good time-management beneficial to one's health wellness and profession but it can be tailored to you own personal preferences to create your own way to manage time. It was clear to see having less stress is one of the most important benefits in good time-management alongside greater focus increased productivity and energy leading to a more fulfilling lifestyle.

When looking at those statics it was surprising to see that so many people do not manage their time which is worrisome, especially after finding out poor time management can have negative effect on people's health's, how bad can poor time management effect a person, can it be generational, if the parents are stressed and anxious are the children too?

What is Critical Thinking?

Critical thinking is a skilled process in which people are able to think more logically, analysing more in depth questioning subjects, information leaving no room for mistakes or false information, testing others and their assumptions. (wais, muhammad (2019)

"EDUCATION IS NOT
THE LEARNING OF
FACTS, BUT THE
TRAINING OF THE
MIND"

ALBERT EINSTEIN

Critical
thinking is
vital for
students to
learn to
reflect on
their learning

The importance of critical thinking (2020)



How can it be developed?

- **CLARIFY**- do not believe everything you hear consider other point of views
- **QUESTION**- do not be fooled by your own opinion, question everything, become more open minded and challenge yourself and beliefs
- **IDENTIFY** - ask questions, seek help and advice, open a discussion with teachers and classmates.
- **ANAYLSIS**- research, examine dig a little deeper be a good problem solver
- **EVALUATE**- be able to explain and present your findings

(How to develop critical thinking, no date)

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