

Reflection on Study Skills

by Ihaab Mahmoud

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Reflection on Study Skills

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1. PowerPoint

1.1 About me

About me

- I'm 18
- I was born in Qatar
- Love playing football
- Want to try and make a VR game in the future
- Competed in a League tournament in 2017 and got gold
- I am the youngest of my 5 siblings

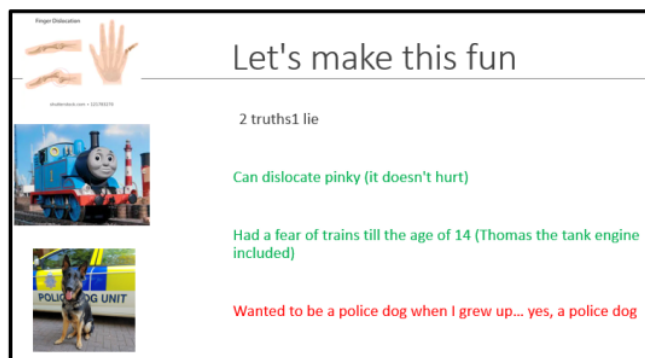
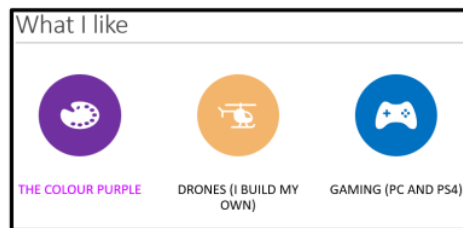
Starting off simple, my name is Abdulwahab but my nickname is Ihaab (Pronounced ee-hab). I was born in a country called Qatar where I lived up until I was 5. After that I moved to the UK Where I have been ever since.

As an avid gamer, I always love a challenge which is the reason I started playing League of Legends competitively and even winning a tournament. Whilst I still play, I feel as though I have achieved what I set out to get and now I only stream it with friends on twitch. I have also taken an interest to VR and even set goals for myself to make a small VR game (where you can play around with different objects and use tools). To get back my competitive nature I have started playing football again as well as improving my physical health by going to the gym every other day. This has led me to improve my diet by drastically reducing my sugar intake as well as avoiding any sort of “fast food”.

Whilst I am the youngest of my Five siblings, I am the tallest which is a nice benefit. My eldest brother is currently abroad working as a Radiographer whilst my sister works at Cobra and helping with the current epidemic with the development of a vaccine. This means that my parents have a very high standard and often encourage me to achieve my dreams.



In my spare time I love building my own drones and test flying them, I aim to make faster drones whilst still having a good quality camera feed for FPV racing however due to the nature of my location (I moved near an airstrip) I legally cannot fly them. On the note of building things, I have also built myself a gaming PC which was difficult due to the shortage of graphics card and ended up paying extra to get one.



Finally, I set up a quick question just to get people to thing in which I listed two truths and one lie. Funny enough most people assumed that the lie was either the fact that I can dislocate my pinkie as they wanted it to be the lie or my fear of trains when I was younger. The lie was in fact me wanting to be a police dog when I grew up and it was my brothers dream.

1.2 What a good PowerPoint needs

1.2.1 Delivery

What I learned from producing an effective PowerPoint during the study skills course was the fact that you need to have a consistent delivery as well as keeping the PowerPoint short and sweet to avoid waffling about a topic. This can also be achieved by listing points instead of writing paragraphs explaining it. Another method would be to not write down what you are going to say, and instead use them as reminders so the reader/listener can watch your PowerPoint and read whilst getting new information as you present it.

1.2.2 Content

Another key point about making a good PowerPoint would be its contents (including pictures). This would mean having pictures to describe or show information that you want to convey without the

unnecessary description that would otherwise make the PowerPoint boring and seem dull. The effectiveness of the PowerPoint is based on how well it can keep the audience engaged. This means the choice of wording spoken or written matter. In terms of speaking, you must project your voice to make it sound clear and confident whilst avoiding any pauses or filler words such as “umm”. With writing you should always consider what the goal of the text is as this is the border between meaningful information and unnecessary rambling.

1.2.3 Aim

The last thing I learned was the aim of the PowerPoint should include however not limited to the information you want to convey, the tone of the PowerPoint and finally the length of the PowerPoint. When any of these are missing the PowerPoint tends to be dull, drawn out and worst of all confusing. Before anything is written you MUST have considered all the goals you want to achieve with your PowerPoint and make sure that they are met. This will allow your PowerPoint to flow and have the audience's engagement.

1.3 Improvements

After considering what a PowerPoint needs, I understood what I was missing for me to get better results. Whilst my PowerPoint had a good spoken role, it heavily lacked in the written aspect. The largest downfall would inevitably be the lack of content since there was not much to read. This would make it tedious as its only a podcast with pictures since it heavily relied on me to give the information. The aim of the PowerPoint was clear yet in terms of length it was slightly too short to connect with. Overall, I understand how I can improve my PowerPoint which is simply by focusing on the aim beforehand to give the listener something to connect to whilst having some consistency in the different slides.

2. Skills Evaluation

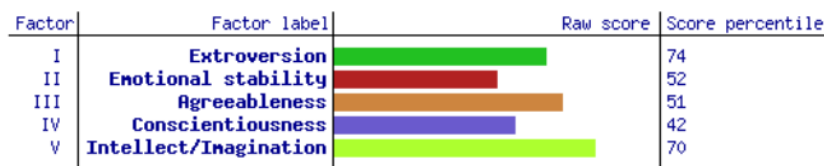
2.1Results

To discover my personal strengths and weaknesses I had taken multiple personality test which inevitably led me to have a much greater understanding about myself. This was extremely beneficial as it gave me helpful advice such as what would be best for me in terms of job role as well as allowing me to see which areas I could improve in such as setting long term goals with an action plan.



"You are a natural born leader. This motivation is so powerful that you may find it difficult not to take the lead. Your natural place is at the head of the crowd, marshalling everyone together and moving the group forward. You are rarely content to stand quietly in the background. You set high standards for yourself and others. You are continually creating a mental list of things you want to learn, accomplish and master."

This a very insightful as I never considered taking any leadership roles in both my short term and long-term goals. With this new information I am more likely to take an open leadership position to see how well suited I would be and test myself by leave my comfort zone.



Big five personality trait scores calculated by openpsychometrics.org

Fig 1.1

"Factor 1 was labelled as an Extrovert by the developers of the IPIP-BFFM. Factor 1 is sometimes given other names, such as Surgency or Positive Emotionality. Individuals who score high on Factor 1 is outgoing and social. Individuals who score low tend to be shut ins."

"Factor 2 is labelled as Emotional Stability. Factor 2 is often referred to by other names, such as Neuroticism or Negative Emotionality (in these two cases interpretations are inverted, as Neuroticism and Negative Emotionality can be thought of as the opposite of Emotional Stability)."

"Factor 3 is labelled as Agreeableness. A person high in agreeableness is friendly and optimistic. Low scorers are critical and aggressive."

"Factor 4 is labelled as Conscientiousness. Individuals who score high on this factor are careful and diligent. Low scorers are impulsive and disorganized."

"Factor 5 is labelled as Intellect/Imagination. This factor is also often called Openness to Experience. People who score low tend to be traditional and conventional." [2]

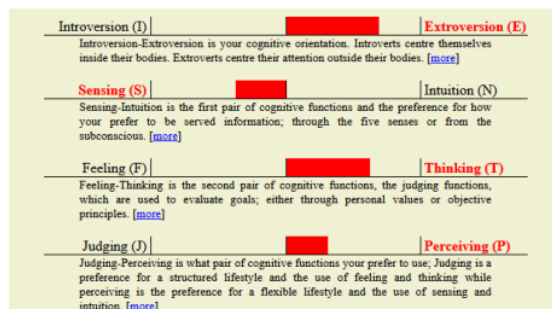


Fig 1.2

"According to Myers-Briggs, ESTPs are hands-on learners who live in the moment, seeking the best in life, wanting to share it with their friends. The ESTP is open to situations, able to improvise to bring about desired results. They are active people who want to solve their problems rather than simply discuss them."

"

According to Keirsey, ESTPs, or "Promoter Artisans," are the most skilled at inspiring others of the personality styles. Promoting is the art of encouraging someone to take one's place. They are smooth operators who are concrete in their expression and utilitarian in their behaviour. Since they are resourceful and always know where the fun and action is., The ESTP knows everybody who cares and everything there is to do. They enjoy indulging in the finer things in life and bringing others along with them. Their life's ambition is to get others to believe in themselves and their ideas. They are gifted at gaining others' confidence because they are dramatic and debonair." [1]

Your Personality Type is ESTP (Persuader)

Extraverted (E) + Sensing (S) + Thinking (T) + Perceiving (P)

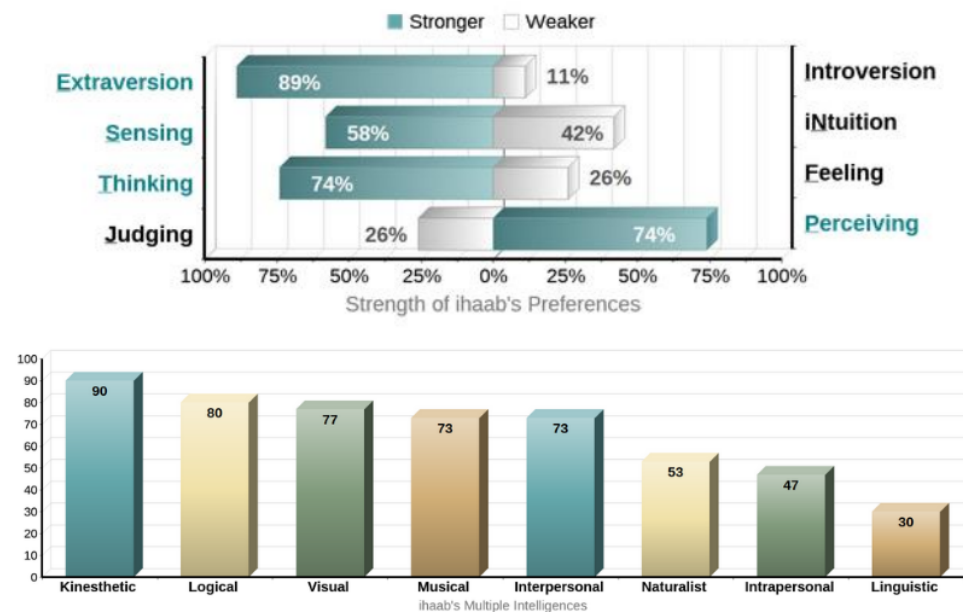


Fig 2

"ESTPs are "here and now" people. Their ability to convince people and get things done is their power. They are enthused and animated. They are fast thinkers who excel in stressful situations. Risk-taking circumstances appeal to ESTPs because they have a rush. They are honest, rational, and receptive to criticism."

“The Campaigner personality is a free spirit in every sense of the word. Campaigners are always the life of the party, but unlike Explorer Role types, they are more interested in the social and emotional interactions they create with others than in the pure excitement and enjoyment of the moment. Charming, independent, energetic and compassionate, the 7% of the population that they comprise can certainly be felt in any crowd.”

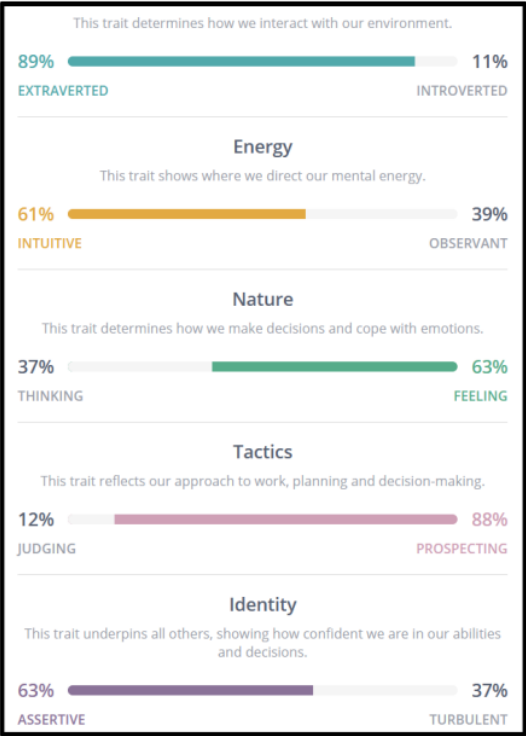


Fig 3

“More than just sociable people-pleasers though, Campaigners, like all their Diplomat cousins, are shaped by their Intuitive (N) quality, allowing them to read between the lines with curiosity and energy. They tend to see life as a big, complex puzzle where everything is connected – but unlike Analyst personality types, who tend to see that puzzle as a series of systemic machinations, Campaigners see it through a prism of emotion, compassion and mysticism, and are always looking for a deeper meaning.” [3]

2.2 The Evaluation

Throughout all these tests it seems that the reoccurring theme is being “extroverted” as well as moreover to sensing rather than my intuition. This leads me to believe that I am indeed “energetic” and ‘lively’.

On other hand, there is a difference between the tests when it comes to the trait of feeling and thinking (following my hear or my head). Two out of the 3 tests ladled me as a thinker whilst the other reported me as feeling. This led me to question the latter as it is in the minority however, I will keep it in mind due to the fact the methods of learning improvement it suggested seemed helpful as I sometimes delay work to do what I enjoy so I will include working on self-discipline in my daily to do list.

Before I did my self-evaluation, I pictured myself as average/well rounded however I could not have been further from the truth. As I read through the results, I understood why I find some learning methods more efficient as well as what tools I should use to improve my academic performance such as google calendar on my phone to remind myself to revise or even to take a break.

With this new information I decided I should redo my short term and long-term goals as they now seem redundant, especially now that I know what area of work I would be best suited for.

Short term Goals

- Getting my drivers License
- Revise for 2 hours a day (slowly building up to that amount)
- Learn how to program in python (more complex code)
- Build my Credit score
- Have a well-defined calorie limit

Long Term Goals

- Become Lv6 in my professional career
- Get a mortgage
- Own a Zero emission car (preferably a Tesla)
- Get a license to fly a helicopter
- Own a full workshop (for design and construction of personal projects)

Strengths, skills and qualities		
1. Logical Thinking 2. Thinking outside the box 3. Determination 4. Confidence		
What I need to work on, develop or improve		
1. I need to use a memory plan/strategy to increase productivity. 2. I need to motivate myself to complete a task that is challenging. 3. I need to Practice my academic skills, so I do not lose them. 4. I need to improve my self-learning.		
My Priorities: What I am going to do, When and How		
What?	When?	How?
1. Make a Calendar	Today	Add daily Tasks
2. Set small daily goals	Today	Add to Calendar
3. Test myself with Report writing/Referencing	Once a week	Read Reports on different topics
4. Teach myself Different topics that I would need	Daily	Find a topic related to my education and study ahead
How will I measure if I have improved?		
1. See how many tasks I do when I start and compare it how much I do in the future 2. Count the number of daily challenges I do in a week and compare it to my future self 3. Ask myself questions and see whether I remember it		

4. Do practice papers on said topic and record the scores

3. Data Management

To avoid the loss of data I have implemented four backup systems which are all independent of each other as well as added auto save features to two of them and have reminders to do the other two. This results in added security from any data loss as well as being easier to move it around meaning I could work from anywhere.

3.1 Data Loss Prevention

1. Backup Folder

With a backup Folder located on my 3rd SSD (which I only use for the backup Folder) I have avoided the risk of an untimely death of my main SSD as well as having a USB containing windows in case the NVME SSD failed as it has the OS. This means that any component failure will not cause me to lose any important files except if I somehow get a ransomware which would encrypt all my files rendering them useless.

2. Network Storage

As there is a chance of complete destruction of my pc, I have added Network storage to my home system which is simply 2 5TB HDD connected to my modem using an ethernet cable (HDD are in a network storage bay). This would easily contain all files on my pc as well as be untouched if a ransomware were to infect my system. My files are also backed up to my device automatically meaning I do not have to worry about forgetting to do it myself.

3. External hard drive

With an External Hard Drive, I can avoid the event of any electrical issues such as power surges as they could completely cripple both my PC and my Network storage since they are both powered by mains electricity. The external hard drive however is not plugged in to anything unless I am in the process of backing up important files. This Extra level of protection is crucial as any fires that would destroy the house would not cause the loss of data (if I am able to retrieve the external hard drive).

4. Google Drive

My final Line of defense is simply backing up to the cloud as it would not sustain any physical damage (on my part) or be affected by viruses that would otherwise lead to the loss of data. A bonus is that I can access the files from anywhere including my phone. So, I can simply bring a laptop to Uni and obtain any files I need for my studies from the cloud.

3.2 Risk Evaluation with Data

3.2.1 Scenarios

1. Accidental Deletion

In this scenario, the risk is the files being deleted by mistake. Although uncommon it still poses a great risk and its human error, so it is only a matter of time before something similar occurs. The good thing is that only the immediate files will be lost meaning all other backups would be intact thus preventing any setbacks or late nights with coffee. (All backups are still functional)

2. A corrupt SSD

This poses a similar issue to the accidental deletion however it is not limited to only said file and instead could lose everything which is something an all-nighter cannot fix; however, the fix is simply copying the data from my backup SSD to a new one as it is likely only one failed. (All backups are still functional)

3. Ransomware/Virus

With Ransomware and some viruses, my data would be lost as encryption is one way without a key. The likelihood of retrieving the data by paying as low as 19% so it is not a risk worth taking. This would also affect the backup SSD since its always active and is not removed. To recover any data, I lost I could simply rid the virus using Kaspersky whilst removing the encrypted files. After that is complete, I could access the backup from the Network Storage and simply copy it to my PC. (All backups are still functional Except Backup Folder)

4. Accidental destruction

If my pc were to be destroyed due to an accident e.g., water spillage, static shock when working on it or falling off the table, it could result in it being destroyed with all my files meaning I would have to use my laptop however I would still have any files in my Network storage and I could simply copy them to the new device. (All backups are still functional Except Backup Folder)

5. Power Surge

Due to the nature of power surges, a lot of electronics are damaged (including computers). Most wall powered electronics would be utterly destroyed which would result in me losing my Two out of my Four Backups (Backup Folder and Network storage) and with the possibility of the External hard drive Being used at the time this could result in more damage. Luckily, I also have a backup in Google drive which would not be affected so it would be possible to retrieve any data that I may have lost.

6. House Fire

The unfortunate thing about the house fire (besides the fact that I would be homeless) is that hard drives which are burnt do not survive (not all of it anyway) so that would only leave the Google

drive. The likelihood of Google’s cloud storage becoming obsolete is highly unlikely meaning the chances of losing data with this setup is extremely low but with anything it is never impossible.

4. Self-Organization

A key part of academic performance heavily relies on productivity which is why it is important to always self-improve to enhancing your capabilities. The other side which is often overlooked is managing your stress and finding different methods to reduce this.

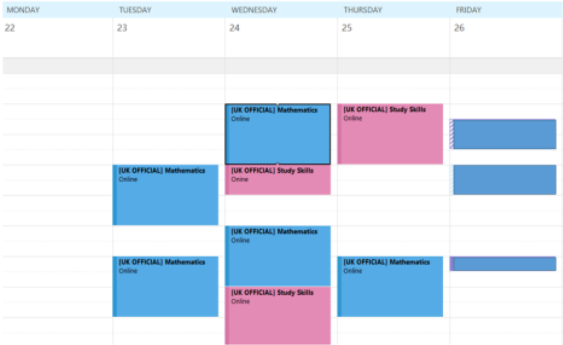


Fig 4 (Outlook Calendar)

Since I primarily use outlook for my academic life (and work), I decided I would use its calendar feature to keep myself organized and at the same time include daily goals, reminders to take a break and finally keep up with any ongoing tasks. With the knowledge of what I must get done in a day, I have been stress free and felt as though I was putting in my all with every task. I think this is because I can rest assured knowing I have not accidentally missed anything; my guess is that this was the main culprit of my stress.

Another issue I had was I spent too much time on my phone; it was usually when I had something to do e.g., assignments or even revision. To combat this and ultimately improve my productivity I set up daily limits on the amount of time I could use my phone with its built-in features including up to 30mins a day for any social media and 1 hour for streaming services. I found that after 2 days I subconsciously stopped using my phone before the time limit was reached and eventually did not have any urges to use it. I noticed the productivity increase follow soon after as I would finish tasks well before the deadline and had more time to work on self-improvement (learning new skills)



Fig 5 (e-portfolio)

With my e-portfolio I decided to split it into three different categories with one foot each side of my life. This includes academic development (university and education growth), Professional development (Practical and Career improvement) and finally my reflective journal (which includes things such as my hobbies and life goals). The reason for this structure is to allow me to focus on any individual aspect which may require improvement or simply have had a change of heart. with the professional development side, I have a spreadsheet containing everything that I have learned, behaviours I picked up, new knowledge that I have gained as well as evidence for these claims. I feel as though this is a requirement to fully understand where I am and what steps I could take to reach the highest ability that I can achieve.

5. Conclusion & Evaluation

When I first began the course, all I expected was to learn how to write a report and the way you should reference your sources however looking back I have also learned how understanding yourself and your areas of improvement can give you the tools to start self-improvement weather that is increasing productivity, keeping yourself organised or simply reducing stress.

The key contributor to this was the personality tests. Knowing how powerful of a tool it I can be, I signed up to a website (www.16personalities.com) which gives me daily notes on how I can work on my weaknesses whilst improving my strengths. This is my main consideration for further study.

6. Bibliography

- [1] D. E. v. Thiel, "Personality Test #1 Free and Scientifically Valid Big Five Personality Test," 25 January 2021. [Online]. Available: <https://www.123test.com/personality-test/>. [Accessed 25 March 2021].
- [2] "Are you an Introvert or Extrovert," 2021. [Online]. Available: <https://www.quietrev.com/the-introvert-test/>. [Accessed 25 March 2021].
- [3] "Free personality test, type descriptions, relationship and career advice | 16Personalities," NERIS Analytics Limited, 2021. [Online]. Available: <https://www.16personalities.com/>. [Accessed 26 March 2021].

7. [Appendices](#)

IHAAB MAHMOUD

CV

📍 79 Fields New Road , Oldham OL9 8BT 📞 07888618072 ✉ ihaabadams@gmail.com

My name is Ihaab and I'm applying for this job as I would love the position you have offered. My goal in this is for me to gain experience in a good work environment as well as develop my knowledge of a working space.

WORK EXPERIENCE

Trainee lawyer

May 2017 - Sep 2017

Pinsent Masons, Manchester

In this position I was surrounded by many hard working people who helped understand the importance of teamwork and cooperation. I was also work with a few classmates in which case I had to step forward and help them with some of the more difficult tasks.

Sep 2019 - Jul 2019

EDUCATION AND QUALIFICATIONS

AS level (working towards A level)

Sep 2018 - Jul 2020

Oldham Sixth form college, Manchester

I am currently in sixth form studying Physics, Chemistry, Maths and electronics. I have picked these subjects as they would challenge me and allow me to work to my best ability.

My expected grade is AABB for my subjects.

GCSE

Sep 2013 - Jul 2018

Oasis Academy Oldham, Chadderton

Maths: 7

Physics: 7

Chemistry: 6

Biology: 6

English Language: 4

English Literature: 4

Geography: 6

Physical Education: Distinction*

ICT: Merit LV 2

Technology: A*

INTERESTS

My Interests include, Drone building and flying, Furniture construction (where I designe and build my own furniture), Football, Cycling, Running

REFERENCES

References available on request.

SKILLS

Communication	Very good
Creative	Very good
Attention to detail	Good
Quick Learner	Very good

Fig 6 (CV)

Self Evaluation of Academic Skills

Thinking about yourself, read and mark each statement out of 5, with 5 being 'Totally Agree' and 1 being 'Totally Disagree'. If a statement doesn't apply to you, leave it blank

Skill	 5	4	3	2	 1
I have the confidence to try new things and express my ideas		X			
I am self motivated and will persevere with difficult tasks					X
I am organised and can meet set deadlines			X		
I am able to find information from different resources easily			X		
I can read complicated texts and understand the general meaning	X				
I am able to select what is relevant and what is irrelevant in text	X				
I can compare different opinions and decide what are the best grounds for deciding who is right	X				
I can write things in my own words		X			
I am able to reflect and evaluate my own work		X			
I have good strategies for starting a new task/assignment		X			
I have good time management skills and can organise my workload effectively				X	
I am able to make, store and find my notes	X				
I am able to manage a range of writing skills appropriately		X			
I am able to think critically and analytically, and evaluate arguments		X			
I have good memory strategies					X
I know how to use IT to help academic study		X			
I am confident at preparing and delivering oral presentations	X				

Fig 7 (Self-evaluation before improvement)

Ransomware & Its Effects

Contents

1. Introduction
2. Types of Malware
3. Cryptowall
 - 3.1. How it works
 - 3.2. The damage it has done
4. Conclusions
5. Reference list / Bibliography

1. Introduction

Malware is an increasing problem which can affect personal desktops to large corporations with its vast number of strains and capabilities, some of which can lead to the loss of information and wealth. However, this can be prevented when the right precautions are taken and the type of scams which cause them are understood. Some malware has 1 goal which is to cause as much damage as it can whilst others want to spread to as many devices it can reach either through sending emails with links that download more of itself. Ransomware's goal is to force the user to pay to get back access to their files which was encrypted by the ransomware.

2. Malware

2.1 Basics of malware

Malware is defined software performing actions intended by an attacker without consent of the owner [1, pp. 891-898] Malware is harmful in many ways to computers by either deleting system files rendering the pc useless or by tracking the user to steal important information such as bank details and home addresses. Malware is an unwanted guest which should be avoided by practicing safe use of computers and not following any questionable links.

2.2 Types of malware

There are many different types of malware which use a variety of different methods to infect a device such as a computer. Some of these are called spyware worms Trojan and ransomware there are many more with different techniques and goals which all are negative. for example, spyware will log keystrokes meaning it will know if you type in any sensitive information such as credit card details and sometimes even be able to use the devices built in microphone or web camera making it very good for blackmailing. Trojans on the other hand pretend to be a required application or system driver meaning it would be hard to detect. Finally worms try to spread through the devices network using the original device as the host and constantly scanning for other devices to infect which can often lead to an increase in network demand slowing down Internet. [2] what makes this worse is that some worms also carry malware making it extremely devastating for offices as usually each computer is connected to the same network allowing worms to spread. ransomware on the other hand focuses on forcing the user to pay a sum of money to receive the files which have been encrypted by the ransomware the issue is that you are not guaranteed to receive your files even after you pay.

2.3 How a device gets infected

The main way a computer gets infected with the virus is when the user is unsafe about what they do such as downloading unofficial content or following links which are not secure all from a trusted source such as an email. This can sometimes lead to a malware being installed on their computer which might not be picked up as they do not have an antivirus to protect them from this issue.

3. Cryptowall

Cryptowall is a well-known ransomware which encrypts the files on a computer meaning it cannot be accessed by the user. [3] the way these are encrypted means any decrypting software will struggle with this and trying to for example hard breaking the code will take a single computer years to crack meaning it is almost impossible.

3.1 How it works

Cryptowall is usually installed on a device by the user unintentionally through phishing scams (which are emails that falsely identify as a trusted source e.g., Microsoft or Netflix) and ask the user to follow the link which downloads the malware. This then results in Cryptowall to encrypt the data on your computer which would make the files unidentifiable resulting in the second part which is asking for a ransom for your files to be decrypted however only 19% of people who do pay will have their files decrypted making the chance of retrieving your files extremely low.

3.2 The damage it has done

Due to more and more people using the internet, the amount of malicious software has only increased causing a boom in the number of devices that have suffered from ransomware such as Cryptowall. This means that the lethality of these has become much more prevalent with there being multiple variants of Cryptowall with the latest one being able to encrypt almost any file to an extent that only a backup stored somewhere separate is what remains. Over £230 Million pounds have been lost due to the latest Cryptowall since 2018 and %40 of all malware incidents are indeed ransomware, making it ever more crucial to protect yourself with an anti-virus.

4. Conclusion

Overall malicious software is something that is common within the Internet however it is something that you must know how to protect yourself before you use a device this can easily be done with anti-viruses such as Kaspersky which scans the contents of a device to ensure there are no malicious programmes as well as blocking any suspicious links which is extremely beneficial as even common Internet users might sometimes fall for a dangerous link. Backing up files is also crucial as if they are lost, they can easily be retrieved with the only drawback being the files only being up to date on the

day they were backed up, so it is beneficial to backup files regularly. These tips will help keep the device safe and ensure that the damage from malware is kept to a minimum and should always be practised.

5. Bibliography

- [1] M. Apel, C. Bockermann and M. Meier, Measuring similarity of malware behavior, IEEE, 2009.
- [2] C. Zhang, S. Zhou and . B. Chain, A Case Study on Computer Worm Conficker, 2015.
- [3] S. Gallagher , FBI says crypto ransomware has raked in >\$18 million for cybercriminals, 2015.
- [4] J. Petters, "The State of CryptoWall in 2018," 10 July 2018.

Reflection on Study Skills

GRADEMARK REPORT

FINAL GRADE

GENERAL COMMENTS

Instructor

56/100

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GRADING FORM: SMU GENERIC_GJ

IHAAB MAHMOUD**278****RESEARCH-INFORMED LITERATURE**

Your research sources are insufficient. They need to be FAR more extensive than those demonstrated. You must do more of your own independent research, but more importantly, you must cite these sources in the main body of your report and show how your reading has been influenced by them or how they back up your own comments. This needs to be done for ALL sections of the report. The actual referencing format used though is fine - just need FAR more of it! However: A bibliography is not a reference section, Make sure you understand the difference.

38**KNOWLEDGE AND UNDERSTANDING**

A reasonable level of understanding demonstrated in most areas. However including more additional independent research material and showing how these are influencing your thoughts and decisions would have allowed you to obtain additional marks in this section.

60

ANALYSIS

- 
- Some level of personal analysis applied to the gathered information, with all required areas covered and extending beyond simply presenting the data obtained. Could have done more in terms of analyzing the results and formulating plans to make good any weaknesses, (based on more extensive research into these identified areas)

60

PRACTICAL APPLICATION AND DEP.

- 
- Some content to show that all the various aspects have been attempted

65

SKILLS FOR PROFESSIONAL PRAC.

- 
- All assignments should have a neat cover page, with your name, course and title of the assignment as a minimum. Do not use the "I" first person style – it is considered bad practice for technical reports such as this. You should write in the third person. See your notes.

55