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Introduction

Reflection involves critically thinking and analysing a specific experience, often considering influences from the past (University of Cambridge, 2019).

Reflective thinking helps you identify and clarify connections between your existing knowledge and new learning (UNSW Sydney, 2022). Moreover, this is an opportunity to express and reflect on the process of learning.

In this report, I will reflect on my learning in this module, using Kolb's reflective cycle. This structure helps me explain my experience during class. I chose to reflect on the topics of Note-taking, Academic writing and Reflection.

Note taking

Concrete Experience

Note Taking is an important strategy for an effective study (Peverly and Wolf, 2019). We began exploring note-taking techniques in week 2 and the lecture started explaining how note-taking techniques can improve ability to understand and retain information. I believe that the interaction between the lecture and us was essential for thoroughly

understanding ,especially when some note taking techniques were introduced and applied in the exercises we did during the class.

These include:

Highlighting: underline or highlight important words or phrases.

Diagrams or mind-maps: In this visual method , ideas are linked to each other's using arrows, boxes or bullet points.

Linear Notes: In this method of the write down the information we can organise, using bullet points, numbered list or paragraphs.

Tabular: We used this technique to summarise and compare information.

In my opinion, use these techniques are necessary for taking better notes, but it requires actively listening to what the Lecture is saying. Write down the most important information is crucial when we review our own notes, the note taking techniques can help to reinforce the material learned, it's one of the largest benefits (Carter and Van Matre, 1975).

Reflective Observation

Taking Notes during class has taught me the significance of efficient studying. I felt that it has encouraged me to think about the content of my writing carefully and has increased my ability to quickly find information when reviewing the lesson after class. Actively listening the lecture and writing down the most important information has greatly enhanced my retention of the material. Note Taking techniques helped me organize my studies and improve my memory.

Abstract Conceptualization

This knowledge is essential to me as a learner because it demands active participation during class.

Writing down what my lecture explains helps improve my comprehension. I used these techniques in my Academic skills assignment 1 which was a quiz and recognized that note taking enhances both my understanding and memory. However, it is important to organize information logically, as the notes should reflect the main themes. In my opinion, the most challenging is how to organize ideas into my own words. The use of

these techniques is personal, so it is crucial to identify the best method for me. By integrating various strategies and tools, I have been able to enhance my learning.

Active Experimentation

Effective Note taking requires continual practice. I have experimented some note taking methods and I recognize that linear notes method significantly improved my ability to organize and review notes efficiently.

Academic writing

Concrete Experience

Academic Writing is a formal structure and style of writing for a specific audience(Oxford Brookes University, n.d.).In week 4, we began studying academic writing. During the lecture, we were given exercises to practice writing academic paragraphs using the TEEL structure: **T** for Topic, **E** for Explanation, **E** for Examples, and **L** for Link. Academic writing is a complex process, and how you do it affects the final result.(Fang, 2021), we practiced using linking words to enhance our writing and make it more formal understanding the difference between formal and informal text. Academic writing is essential for our success as learners.

Reflective Observation

Academic writing require clear and precise language and how to structure and connect sentences is a challenging process. However, academic writing improve my knowledge and my personal growth. During the class the most difficult part was trying to write using linking words.

Abstract Conceptualization

Academic writing is more formal then everyday conversation, writing a good paragraph with a clear, logical structure and coherent ideas is a challenge for me. It requires the ability to explain concepts from other works effectively to enhance my reports. I recognize that developing this important skill will take time and effort, but is crucial for academic success.

Active Experimentation

Developing the necessary skills for academic writing involves practice, through reading books, journal articles or academic articles, as well as writing regularly to gain confidence.

Reflection

Concrete Experience

Unlike everyday conversations where we can express our feelings, academic reflection or reflective writing demands a structured approach. We need to describe the context, analyse the situation, and make conclusions based on our analysis (The University of Edinburgh, 2020).

In week 6 the Lecture started explain that reflection is an activity in which we thinking and analyse our own experiences and how these experiences can contribute to our academic and personal development. I learnt the difference between traditional academic writing and reflective writing, and the structures of reflection that we can apply in our report. Reflecting on experiences helps me understand and retain information (Gibbs, 1988).

In class, we explored how reflection frameworks enable us analysing what we learnt, and therefore writing the report. Two of many reflective frameworks are Gibb's and Kolb's. These structures help us reflect on our learning,

Gibb's Reflective cycle structure

- Description: What happened
- Feelings: what I was thinking and feeling at the time
- Evaluation: Good and bad about the experience
- Analysis: what I learnt of the situation
- Conclusion: what could you have done
- Action Plan: what could I do differently in the same situation

Kolb's Experiential Learning Cycle

- Concrete Experience: What happened
- Reflective observation: reflecting on experience
- Abstract Conceptualisation: Learning from the experience
- Active Experimentation: Planning

Reflective Observation

Reflecting on my experiences during the course, I realized the significance of analysis and interpretation in problem-solving, and how these skills assist me in planning future actions. I did not find difficult this lesson during the class, and I want to continue practicing for improve my knowledge.

Abstract Conceptualization

I believe that one of the most challenging aspects I faced was expressing my thoughts and feelings in my own words. However, developing skills such as critical thinking and improving my knowledge through analysing and interpreting my experiences are crucial. Using reflection for continuous improvement is essential in my learning journey.

Active Experimentation

Learning how to write reflectively based on an event or idea at something that happened with critical thinking and analyse requires practice. By honing these important skills, I can enhance both my knowledge and personal life.

Conclusion

In conclusion, my experience with Note taking, Academic writing, and Reflection has significantly enhanced my academic skills. These abilities are valuable for both academic and professional growth, and I am committed to continuously improving them to further my learning journey and achieve my future goals.

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