



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Evaluation Report

Academic Skills

Student Name: Lara Chumbinho

Student ID: 2425764

Module Code: LCLM4001

Module: Academic Skills

Lecturer: Peter Allen

Table of Contents

1. Instruction.....	pag.3
2. Description of Experience.....	pag.3
3. Analysis and Personal reflection.....	pag.4
4. Conclusion.....	pag.5
5. References.....	pag.6

1. Introduction

This report aims to reflect on my learning experience throughout the Academic Skills module. During this time, I had the opportunity to develop valuable academic techniques that will support my future studies. In this report, I will focus on two class activities that were particularly important for me. The first task was about describing and reflecting on our daily routine, which helped me become more aware of how I manage my time. The second activity focused on note-taking and the importance of creating visual diagrams to help identify and remember the key points of a text more effectively.

2. Description of Experiences

Two classroom activities had a particularly strong impact on my learning during the Academic Skills module. The first took place in our very first lesson, when we were asked to complete a table outlining our daily routine. This task encouraged me—and likely many of my classmates—to reflect on how we use our time and to become more aware of our daily habits. It made me realize the importance of time management and helped me identify areas where I could make my routine more efficient and productive.

The second impactful task was an exercise where we were invited to share how we were feeling in class. This simple yet thoughtful activity allowed me to pause and evaluate my own performance and engagement. It helped me understand that there were aspects I needed to improve as a student, such as being more active in class and more organized in my study habits.

Both of these activities contributed not only to my academic development but also to my personal growth, by encouraging self-awareness and responsibility for my own learning process.

3. Analysis and Personal Reflection

Throughout the Academic Skills module, I encountered several key activities that played an important role in my learning journey. These experiences not only helped me develop academic competencies but also promoted personal reflection and self-awareness, which I believe are fundamental in higher education. By evaluating what went well and what could have been improved, I have gained valuable insights into both my strengths and the areas I still need to work on.

One of the most impactful experiences was the activity we did in the very first class: filling in a table about our daily routine. At first glance, it seemed like a simple task. However, as I started reflecting on how I was spending my time, I realized how little of my day was actually dedicated to productive academic work. It made me question my priorities and become more conscious of how important it is to manage time effectively. I believe this exercise went very well because it encouraged both self-reflection and planning, which are key components of academic success. Additionally, discussing our routines with classmates helped me realize that many of us face similar challenges, which created a sense of shared experience and mutual support.

Another important activity was the class exercise where we were asked to express how we were feeling during the lessons. At first, I found it a bit uncomfortable, as I was not used to sharing personal thoughts in an academic setting. However, once I opened up, I realized how beneficial this type of reflection could be. It forced me to look at my behaviour and performance from a different perspective.

I noticed that I was not always fully engaged in class and that I sometimes lacked confidence when participating in discussions. This task highlighted areas I need to improve, such as being more active in lessons and preparing better in advance. On the other hand, it also showed me that I have the ability to reflect honestly on my learning and take steps to improve.

These experiences directly contributed to my understanding of the content and aims of the Academic Skills module. The module was not only about developing technical skills like note-taking, referencing, and academic writing, but also about learning how to become an independent and reflective learner. By engaging in these activities, I understood the importance of self-awareness in the learning process. They also helped me recognize the value of taking initiative and being responsible for my own academic progress.

Through this process, I identified some of my key strengths. I believe that one of them is my openness to feedback and my willingness to reflect on my actions. I also consider myself to be quite organized once I have a clear plan, and I try to stay consistent with my goals. However, I also discovered areas for improvement. I need to work on building more confidence when speaking in class and on being more proactive in managing my study time without external pressure. These are skills I aim to develop further throughout the programme.

Overall, the Academic Skills module has had a meaningful impact on my personal and academic development. It helped me transition into a more responsible and reflective student, and it provided me with tools to succeed in other modules. I feel that I have grown not just in terms of academic skills, but also in terms of mindset. I now understand that learning is a continuous process that involves evaluating, adjusting, and moving forward. These lessons will stay with me as I continue my journey in this programme and beyond.

4. Conclusion

In conclusion, the Academic Skills module has had a significant impact on my learning journey. Through activities like analysing my daily routine and reflecting on my feelings in class, I developed greater self-awareness, time management, and critical thinking skills. These experiences highlighted both my strengths, such as openness to reflection, and areas for improvement, like active participation and confidence. Overall, the module taught me that success in academic life depends not only on technical skills but also on personal growth and responsibility. I am now more prepared and motivated to continue improving throughout my studies.

