



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

SAMPLE TITLE PAGE

ACS report

Student Name: Lilia Valentina

Student ID: 2436761

Module Code: LCLM4001

Module: Academic Skills

Lecturer: Naomi

Table of Contents

1 Introduction.....	3
2 Description of Experiences	3
3 Personal Reflection	Error! Bookmark not defined.
3.1 Evaluation	4
3.2 Analysis.....	5
3.3 Further Actions.....	6
4 Conclusion	7
References	8

1 Introduction

Academic Writing and Paraphrasing

The university can help to have personal growth when you also you can share our ideas to the student and lectures when the university can be a future goal and improving skills to participate in class and plan the studies with the to do list. I will be talking about the important for me at university that is it help me to gain knowledge and skills needed for many careers and job future it also provides opportunities to meet new people and improve. my experiences for the whole topic in the lesson was learned how to organize my thoughts clearly and express ideas effectively I learned about important for the Academic writing and paraphrasing.

The purpose of this report is to be reflecting about Academic writing and paraphrasing but first I will describe my experience with academic writing and Paraphrasing. Academic writing is important because helps explain the ideas clearly. Paraphrasing it demonstrates I can understand and write it in my own. At first, I found It hard to express was challenging to rewrite ideas in my own words while keeping the original meaning.

2 Description of Experiences

Academic Writing

My experience for the academic writing has improved my ability to clearly organise ideas with using additional resources this help me to understand and have a challenge to myself to support my writing and understand because I need to improve and I need to be confident in writing. I use the emails the lecture sent as well as Moodle to better understand the lesson and practice in class also I take time for studying in my home to improve. I use Revision Quiz I focused on comparing different texts to understand their similarities and differences for the academic writing.

Academic writing is a formal style of writing. It is well structured and precise. Unlike other forms of writing such as journalism it needs to be objective, which involves minimising emotion and dramatic emphasis in order to focus on the evidence. (Oxford Brookes University, 2025)

Paraphrasing

My experience in Paraphrasing was a bit hard for me because rewriting ideas in my own words took more time than I expected. I had to think carefully about how to keep the meaning the same while changing the wording and sentence's structure. It made me realise that paraphrasing is a skill that I need to practice and attention to detail.

My experience was challenging because it required rewrite ideas while preserving the original meaning. In a Week 5 activity 1 we do some compare the text like A OR B and Activity 3 we do some paraphrase that I need to take time to rewrite a sentence to the original text.

Paraphrase entails expressing someone else's ideas in your own words. This means that you'll still need a reference but won't need quotation marks. You may be concerned that your version isn't as stylish, fluent or accurate as the original. You may also be unsure how much you need to change the original wording so that it counts as your own words rather than plagiarism. Read on for some suggestions about effective paraphrasing. (Newcastle University ,2025)

3.1 Evaluation

Paraphrasing

In task 2, I found it challenging to write a text for task 2 of the test as I had to use correct words and vocabulary while organising my ideas effectively. I had trouble finding the correct words to express what I was thinking and at times my sentences became too long or unclear. For example, when asked to write about important to time management I found it challenging to keep my ideas clear when I was required to write about the topic, but this assignment made me realise that I need to work on organising my text before I write.

Academic Writing

Another skill I worked on was academic writing, which was challenging at times but also helpful. Learning how to create an academic writing distinct beginning, middle, and finish was what worked best. For example, when I write important

For the university for student, I managed to put ideas in order and focus to what I write but comparing text also made it simpler In week 4 because I could focus on differences and similarities but comparing helped me pay attention to details and notice both similarities and differences between the text also this activity we work with partner and I found easily because I listening what the another person said and we share as ideas.

3.2 Analysis

Paraphrasing was really challenging for me that I had to write paraphrasing in my own words while a managing two languages. I often found it difficult to express ideas in my own words, especially because I am working between two languages. Sometimes my sentence became too long or repeat the similarly words for the sentences because I focus to understand what I write for the text for this reason task 2 was keeping my ideas focused and avoiding repetition. I wrote about time management, for example I had a positive point, but I struggled to organise and no keep the same word that which made the text less clear for this reason task 2 made it evident to me that remain structured before writing that I can sat clear and spend time to be well organised.

Reflecting and paraphrasing are the first skills we learn as helpers, and they remain the most useful. (Counsellingtutor, 2025)

I found Academic Writing when I need to comparing texts, I found academic easier to manage than paraphrase. I often had to ensure that I was completely recreating the concepts in my own words while paraphrasing. It made it easier for me to compare text clearly which made academic writing. When we worked with a partner in activity 1 week 4 it was also easier to share ideas and understand different points of view. This made the writing and communication less difficult process. Academic writing provided me with useful method for structing and expressing my ideas.

Academic reflective writing is often used to evidence that you have done reflection. Therefore, it is often beneficial to first do a private reflection where you can be as informal and unstructured as you want and then readapt that into a piece of academic writing.

By using a private reflection initially, you can ensure that you get the full learning opportunity without censoring yourself or being conscious of language, before deciding how best to present your reflections to your assessor. This is similar to figuring out what your argument is and taking notes before writing an essay, or to all the background work you do to solve a technical/mathematical problem that you do not include in your hand-in. (The university of Edinburgh, 2025)

3.3 Further Actions

Consider:

Academic writing is a skill that I need to keep continue developing because it helps me communicate my ideas in a structured and focus. In Academic writing I can compare texts, explain arguments clearly and organize my ideas. To improve this skill, I will practice writing essays and reflections regularly. I also need to focus on using the right grammar, clarity and this includes organizing my work in a clear structure using appropriate academic writing and developing stronger arguments. I also need to practice re-fencing correctly as this is an important part of presenting academic a work in professional way. My action will get better at academic writing that I I know I need to take some clear actions. Planning my work carefully before I start, because sometimes I just write right soon, and my ideas become a disorganised. Another action I can take is to ask my tutor for help me identify areas where or which parts I need to improve and learning.

Almost everybody feels like they can improve their writing. From accomplished published authors to undergraduates struggling with their first essays. Everybody is starting at a different place, but everybody can use the same principles to help them improve.

1. *Reflect*
2. *Practice*
3. *Reflect.*

Any change takes time and consistency. It is important to learn what the issue is through reflection, then identify goals for improvement, then practice to get better at it. At the end we need to reflect again to see what else we can improve and practice again. (University of Oxford, 2025)

Paraphrasing also important to be able paraphrase because it shows that I understand something and let present information in my own words. I need to work on changing sentences this keeping to no do the same sentences too and writing ideas in my own word because my words get less clear and sometimes to similar, for this reason I will practicing these skills to improve. My action to improve is a keep a small notebook which I write down sentences that I repeat frequently after reading a brief paragraph and then rewrite this give focus to using various words ensure that is clear and don't make a mistake.

4 Conclusion

In conclusion, this has helped me understand of academic writing and paraphrasing. I have learned to organise my ideas clearly, express and communicate my ideas that was challenging, as well as compare text to identify. Paraphrasing remains challenging especially when avoiding repeated words and keeping the meaning intact but regular practice and suing a notebook that this helps me to improve. Academic Writing was easier than paraphrasing because it allowed me to organise and compare texts effectively by focusing on differences and similarities between text, I was able to understand clearly and structure my ideas. Overall, I need to improve my abilities, developed my skills and learned that consistent effort to progress.

References

University of Oxford (2025) Academic Writing improvement

<https://www.ctl.ox.ac.uk/rewrilab/one-month-of-writing-improvement>

University Newcastle (2025) How to paraphrase

<https://www.ncl.ac.uk/academic-skills-kit/good-academic-practice/plagiarism/how-to-paraphrase/>

Oxford Brookes University (2025) Academic writing

<https://www.brookes.ac.uk/students/academic-development/online-resources/academic-writing>

Counselling Tutor Reflecting and Paraphrasing (2025)

<https://counsellingtutor.com/basic-counselling-skills/reflecting-and-paraphrasing/>