



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

Community Engagement

(LCBB4002)

Assignment 2

Reflective Evaluation

Written by:
Aleksandar Nedev
1816234

For:
Tanja Nathan

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Everyone around the world uses reflection in their day to day lives. Consciously or not each and everyone of us thinks, at least for a bit, about the various situations that we go through, and tries to find ways to improve for the future. As the philosopher George Santayana once said “Those who cannot remember the past are condemned to repeat it.” (George Santayana-1905) This statement has produced many variations and paraphrases but the main point of it remains strong and is relevant today more than a hundred years later. If we don’t reflect on the past we can’t evaluate our efforts, strengths and weaknesses thus we won’t be able to effectively improve ourselves and ultimately we’ll repeat those same mistakes that we once did. Reflection in my humble opinion is the best way to improve but you have to be really honest with yourself and be critical in the process.

For this evaluation of my previous work I’ll use Gibbs’ Model of reflection as my main framework. This method has six different stages with which a person can, not only evaluate and reflect past events, but also create a plan for future ones. It’s also called “Gibbs’ Reflective Cycle”

Stage one: Description of the event

The situation I want to evaluate happened not long ago at one of the two London campuses of the “University of Wales Trinity Saint David”. Me and my classmates were delivering role plays for our module “Community Engagement” on topics chosen by ourselves. Our professor was giving us feedback and we were paired in twos and had to give feedback to our partners as well. For most of us this experience was something new and most of us were still preparing for the task. Some people looked like they didn’t have to and were just patiently waiting for their turn to shine.

Stage two: Feelings

When everybody got quiet and the event started I was feeling a bit nervous. A lot of people were nervous too and the first three that presented their roles for us completely forgot the guidelines given by our pedagogue. I was thinking that I’m not prepared enough and that I don’t want to go first. Some people were doing a very good job and that made me feel happy for them but also made me more insecure in my abilities to present. Eventually my turn came and at that point I was feeling very nervous mostly by the fact that I completely changed my script and by doing so I once again was thinking that I’m unprepared. When the time elapsed I felt instant relief and like I can go on and on for a long time. Happiness made its way back into my life replacing anxiety. The most important thing for me was that I did the role play and got over this hurdle and initial nervousness.

Stage three: Evaluation

This experience was very good because it was something new for me and something that I feel like I need to improve on. The things that were good about it were the fact that I managed to overcome my nervousness and I was able to practice talking in front of a lot of people. The bad thing about the role play was the anticipation of when it will be my turn.

Stage four: Analysis

Given the fact that I changed my script 10 minutes before I delivered it I was quite happy with my performance. I started off strong with a loud and confident voice but on few occasions I had to stop because of the fact that I wasn’t quite clear with the script. Not only that but I also had to go back and add more details to the story couple of times which in my opinion was a bit confusing for the audience and made me a bit more

nervous. Speaking of nervousness I managed to overcome it quite quickly and continued without it to be in the way of the presentation. My body language was alright as I used hand gestures while talking and didn't stay pinned in one place. The ending was clear and my message got across the audience. Some of my colleagues did very well and demonstrated good presentation skills but for others it wasn't that easy to deliver. Only after I went in front of the room I was able to evaluate my performance as mediocre at best.

Stage five: Conclusion

In my head everything went well but the feedback I received shortly after made me realise how many mistakes I made. Firstly my professor's feedback made me realise that I didn't make enough eye contact with the audience and was walking too much. I consider these two facts part of me dealing with the nervousness especially the walking.

(Feedback form one, 06.08.2019) I was deliberately trying to make eye contact but at the same time the lack of preparation was taking its toll as I was struggling at times to continue the story without forgetting key elements which I'll have to go back and address later on. My main mistake was that I changed the script I didn't take enough time to practice for the event. My professor also noticed that (Feedback form one, 06.08.2019) I have severe lack of preparation which ultimately undermined my success with this presentation. Trying to do something in the last minute is obviously not a good choice but often that is the case with people which struggle to manage their time and procrastinate. If I took enough time to prepare I would have definitely done a better job. Also that insecurity that my script maybe is not up to par with the others before me made me change it. That lack of confidence comes once again from the lack of preparation. Another point of the feedback was that I was trying to make a show out of the presentation instead of a professional delivery as the professor said "This is not Big Brother" (Feedback form one, 06.08.2019). My whole delivery and body language were leaning towards comedy more than professionalism which indeed was the point of the event to begin with.

By the feedback given my partner I realised that I may started good, on which I agree, but I spent a lot of time describing the details of the situation. (Feedback form two, 06.08.2019) I think that this has to do with me forgetting things and then coming back to them. And once again this is due to the sheer lack of preparation which comes from changing the script, which comes from not believing in my work, which comes from my bad time management. Other than that the other feedback that I received from my partner was that I didn't do enough practical demonstration. That's because I completely forgot that part of the presentation process. I was trying to follow the script on top of my head, and by script I'm referring to what I remembered from the particular situation that I'm presenting, because I didn't write it down due to lack of time.

After I received the feedback I was frustrated because I didn't put enough time and didn't believe in my original work which once again was hurt by the lack of time.

Stage six: Action plan

For me is quite clear that the poor time management played a significant role in my role play. If I have to do something similar I would take much more time to prepare so I won't end up in the same situation again. I would also practice my delivery, voice tone, intonation, body language and would try to be more professional and not like I'm on a reality show.

Reference list

George Santayana (1905) The Life of Reason

Gibbs, G (1988) Learning by doing: a guide to teaching and learning methods

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Peer Evaluation Role Play Feedback Form 1

Name of Presenter Alexander

Date 06.08.19

Activity: role play

	Poor	OK	Good	Excellent
Introduction (Explanation)				
Presentation (practical demonstration)				
Conclusion (how well can you carry out the activity?)				

Any other comments

Not prepared enough.
No eye contact with the audience.
Walking too much.
"This is not Big Brother"

Signed:

Date: 06.08.19

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Peer Evaluation Role Play Feedback Form 2

Name of Presenter *Alexandre*

Date *06.08.2019*

Activity:

	Poor	OK	Good	Excellent
Introduction (Explanation)			✓	
Presentation (practical demonstration)			✓	
Conclusion (how well can you carry out the activity?)		✓		

Any other comments

*He started good. He spendend more
time to describes details of the si-
tuation and showed short part of
practical demonstration.*

Signed:

A)

Date:

06.08.2019