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Health and Social

Academic and Employability skills

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Introduction

The purpose of this reflective writing is so that I can learn from a particular experience. To reflect on the positive and the negative aspects and find a way to improve myself so I can learn and also find a way to find a result the next time issues occur.

John Gibbs: According to the John Gibbs theory, a Reflective cycle starts at Description then goes forward to Feeling, Analysis, Conclusion and ends at action plan, and then return to Description (Mcleod, 2020)

David Kolb's: According to David Kolb, the learning theory works in two levels> a four/ stage cycle of learning and a four separate learning styles, Concrete Experience, Reflective Observation, Abstract Conceptualisation and Active Experimentation (Mcleod, 2020)

Peter Honey and Allan Mumford: According to their theory, there are four different styles of learning, Activist, Theorist, reflector and pragmatist. Their theory is that people naturally gravitate towards a certain learning style (2020)

Having gone through these three models, I feel like the John Gibbs theory is the best for me because it allows me to think and reflect on past and present experiences also learn from things and plan things better that went well or did not go well.

My name is Hillary Odiase and I am from Vienna, Austria. When I applied for this University and course I just moved into the country and was in college and I wasn't very familiar with writing essays or summarising in English due to German being my first language. But I always stayed positive and knew that when I focus I'll make it, and that paid off because I passed the interview and the test to get into the university. I went into University with an open mind, I didn't know what to expect, what I should think, and how to go about officially being a university student. I knew there was a lot I had to learn but, I had something coming my way.

I didn't know how to write essays or summarise properly in a formative and professional way. Before that, I've written essays and summarised but that was in Austria and they only thought of the basics nothing too hard being that the country's first language isn't English. When I started my course, I realized that there is a lot of things I lacked. Things like writing professional emails, paraphrasing even using a laptop. The first couple of weeks were calm, it was really about reading, understanding, and discussing the topic with other classmates, brainstorming, and discussing in class with everyone involved. As I am the person to love discussion it was very easy for me, I already had good communication comprehension skills so that was not a hard task for me. We also built groups for presentations, which was very hard for me because I didn't know anyone really, I didn't know their personalities or if I could work with them and it was very frustrating I got through that and connected with amazing people at the end. I didn't learn anything new till just about the second or fourth week where we learnt about paraphrasing how it's being used and why it is useful and also how important taking notes is. We learnt about the different ways notes can be taken and figured out that I learn when I physically take the notes, it allows me to write it down, say it in my head, read it over and over again. I feel like I learn better when I physically write things down. I also figured out the cons about not being able to add more stuff to the notes once I'm finished because I just can't erase what I wrote prior unlike the taking notes digitally where you can easily erase things and add things. I also learnt about referencing. I always knew what it was but I never knew what it was useful for and I also didn't know that I was supposed to reference on assignments and that if I don't it could be classed plagiarism which is an academic offence and that to avoid things like that paraphrasing was good.

Paraphrasing was new to me especially academically so I always made sure I made notes to help me. With a lot of practice, I figured out that I wasn't that hard as it seems but I was very happy when I got better in paraphrasing but more times I mistook it for summarising cuz both are very similar but yet very same. I was very happy when I finally figured out the difference and how to use them.

I figured when I make notes whilst reading, it's easier for me to understand what is being said in the text. Noting down the important words in the text made it easier for me to formulate my own words. I also had to practice how to reference correctly. I had issues with not knowing when to put in a reference and how to reference properly, it stressed me out at first but at the end, it only got better, I am still not very good at it but I still practice. I also learnt that books, newspapers, online articles etc are all referenced differently. I had or even

still have problems with referencing correctly for different articles especially in term one. As I said I was used to writing essays and summary but I was not used to referencing or paraphrasing especially in English because I had to find formal English words as well and due to English not being the first language that was the biggest struggle for me. I also found out that you could be marked a zero. As you can read, I had a lot of issues in term one, it was a new beginning and it is safe to say that I wasn't prepared for it at all but thankfully I had lecturers I could ask and that explained things to me when I didn't understand. I also had classmates I could ask when needed but unfortunately not all my classmates speak English very well so communicating with them on a professional level was quite challenging at times, hence why I didn't always speak to my classmates and interacted more with the lecturers.

We wrote short essays every once in a while to practice all the things learnt (Paraphrasing, taking notes, coming to conclusions) I learnt amazing things in term one that I will surely need in my life. The last couple weeks of term one were pretty much focused on presentations and preparations for the assignments. Due to me being a shy person when presenting, I found the team presentation very good. It helped me learn how to speak in front of people I am not too familiar or comfortable with which was great. It also improved

my researching and referencing skills. It also helped my team up with people I'm not familiar nor comfortable with. so that was a big accomplishment to me in term one.

The second term was much easier. I was already familiar with academic reading and writing. I had no issues with doing homework or in-class works. However, compared to the first term, I didn't attend the course very often due to personal issues. I missed the first 3 weeks and due to that, I wasn't familiar with what was being discussed in class. I came back to class in the fourth week and was completely lost. I couldn't check on moodle because I don't understand it, I do think that the moodle needs to be worked on. It is structured horribly and you can't have an overview. We did do a couple in classwork where we had to write short essays or even emails. Due to being easily being distracted by noise when focusing and writing I was very unconcentrated. I noticed a lot in term two. That was one of my hardest challenges in term two. I also focused on writing essays, finding the right words when writing an essay and also making sure I write the number of words asked. We also had an in-class group discussion in one of the lessons. We talked a lot about plagiarism to make

sure we're aware. Due to the change of school location, there were new people in my course which we had to build groups with like in term one. I felt very uncomfortable doing that because I was already familiar and comfortable with the people from term one and now having to meet new people and regroup was a lot for me But I also handled that very well. I also learn the difference between quotations and citations. I didn't know that there was a difference between those two words. I always thought it had the same meaning with different ways to write it. However, I asked my classmates for the topics so I could stay in practice at home. I focused on academic writing. I was so bad at writing introductions and conclusions so I focused on that a lot.

However, in weeks 4/5 the lessons were cancelled and that was so frustrating because I didn't have an idea of what was being discussed in class already and on top of that the lessons were cancelled due to the Covid-19 and I now had to do online class. I had a lot of issues with the online class due to it not being very professional and I couldn't understand what was going on. I couldn't prepare for the assignments because I had to do one to physically ask. I couldn't attend the online classes because I am a key worker and that made it extremely hard for me to prepare for the assignments. I still stayed focused, When writing my assignments I learnt new things.

In term one and two I learnt how to academically write and bring my points across in a formal way. I learnt that taking notes might help more than I always thought and also how

to paraphrase correctly without using many words. I have also learnt how to work with people I am not too familiar and comfortable with. In those two terms, I went from knowing nothing about academic writing, Referencing, plagiarism to being fully aware of the consequences for each offence. I have acquired meaningful things which will help me not only in the university but also at my job. I learn how important attending lessons is and how

important good time management is to be able to keep u and not miss out on important pieces of information or tips. Its been an amazing journey and even though I would do things differently if I had the chance to, is still enjoyed the time I've spent and what I've learnt.

GOALS	ACTION	EVIDENCE OF ACHIEVEMENT	TARGET DATE
Organize my time better for University and assignments	• Start on time • Make the right notes • To do lists • calender	I will be on time and finish my assignment before the due date .	Next term
Improve in writing essays academically	• Practice writing • Read more • Use the school books	O will be able to coplete the essay with academic words without taking any side noted	Next term
Study at least 15 hours a week	• Split hours between each module. • Keep track of the hours i have done	I will be able to sit 15 hourse a week and study with at least a 30 min break	This Term
Have better Presentations and research properly	• Take time whilst researching • And active participation in group presentations	I will take my time whilst researching and also discuss with my group to find out if everyone is alright.	This Term

Conclusion

I have to work more and harder to archve each goals. In other ro be successful i need to focused.I have inproved so muc since the first term and i continued to improve in the second term. I need to stay in practice. I hope this refelction will help me be better in the next term. My improvement will not only help me in university but aso inmy chose of employmnet. Things like team work and good time management will be very much needed at my workplace.

I hope i get another chance to write a reflectice assignment and do an even better job.

References

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