

Reflection based on Rolfe et al framework

What? (a description of the event)

What happened? What did I learn? What did others do? What did I feel? What was I trying to achieve? What were the results? What was good or bad about the experience? What was effective about the learning experience? What contributions did I make to the class?

I attended my assigned courses at the University of Wales Trinity Saint David.

Studying at professional career development to help me improve and to acknowledge reflective practice, growth mindset, Johari window and SWOT Analysis.

On my first week I attended in university, I listened to staff introductions and reflective writing during the PowerPoint classroom with also introduction to modules & assignments. During in class I have befriended my new friends and I ask them what others thought about the topic, for me I felt welcomed and it felt good to be part of a student in University of Wales Trinity Saint David although I felt underwhelming for little but I have the confidence to strive and overcome my fears with at ease. I learned that career development is important because it has benefits that can help you through life such as skill personal growth and adaptability, understanding my own talents for any draw backs and what is holding me back my progress. I asked myself a question "Why is career development is important?", From what I learned and understand, Career development helps anyone discover strengths and support while progressing in career path (Coursera,2024).

As far as I know I am a shy person when it comes to speaking in front of everyone or talking to my tutor, I know for sure that is one of my weaknesses and what is stopping me from it but I also have confidence when I speak up loud and clear it is okay to be a nervous speaker (Syme,2023).

For me career development is important because having to learn methods and skills which will lead to having a successful career is a great Oppurtunite. Being able to research more about specific topics will help me gain confidence and allow me to understand the topics deeper. The only thing i think i tend to do is, I get distracted very easily and I don't really have much confidence unless I am familiar with the subject.

In one of my recent lectures, we talked about growth mindset and had to scan a QR code that took me to a mindset test. The test helped me figure out what kind of mindset I have. Basically, there are two types: growth mindset and fixed mindset. After taking the test, I found out that I have a fixed mindset, which makes sense to me because I usually avoid meeting new people who are different from me and shy away from challenges that seem tough. "Some people think that being 'good' at something means you can't change it and that it's not something you can improve." (Eveson,(2024). This lecture helped me realise that I need to change my mindset into a growth one since it would be better for me to improve myself in the future and have more opportunities within the business career with confidence.

In another of my lectures we covered the subject SWOT analysis. This subject allowed me to learn about strengths, weaknesses, threats and opportunities and how to portray them. In this lecture we

had to write down what strengths and so on, we believe we have. I believe my strengths would be that I am quite calm and get things done once I am confident. My weaknesses would be that I am quite shy, and I get scared to speak openly with in the public/lectures. My Opportunities would be that I can understand technology quite well and this would be very helpful for my future business since i would like to do a business that revolves around technology. My threats would be people who are more confident than me, since I am quite shy tend to keep my ideas to myself or let someone for me to portray my ideas but what I really want to change about myself to stop this from happening would be speaking for myself and making my ideas come first and not my shyness. (Bitesize learning, (2024)).

One topic we covered was the Johari Window, a tool that enhances self-awareness by identifying four areas: open, blind, hidden, and unknown. During the lecture, we were tasked with writing down what we believed our open and hidden areas were, while a classmate helped us identify our blind and unknown areas.

I believe my open area is my strong understanding of technology. Conversely, my hidden area is my deep interest in history. I find history fascinating, and I prefer conducting my own research, which I then verify through books rather than relying on websites, as online sources are not always trustworthy. This approach ensures that the information I gather is factual.

My blind area seems to be that I get along well with everyone and tend to grasp subjects quickly. I will be more open to exploring new aspects of myself and others through self-reflection, learning, and personal growth. (Hampson,(2021) I think that this lecture was quite fun and helped me change for the better.

Reference List:

(Coursera, 2024), 'What is Career Development? And What It Matters for Your Business') Available at: <https://www.coursera.org/enterprise/articles/what-is-career-development> (Accessed: 12/02/2025)

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<https://libguides.tees.ac.uk/Growthmindset> Accessed 13 Feb. 2025.

(Bitesize Learning, 2024), "How to Do a SWOT Analysis [with Examples & Templates]."
BiteSize Learning, Available at: www.bitesizelearning.co.uk/resources/swot-analysis-explained-examples-templates. Accessed 13 Feb. 2025.

(Hampson, 2021), "The Johari Window Model: How to Improve Communication and Productivity at Work." *Www.tsw.co.uk*, www.tsw.co.uk/blog/leadership-and-management/the-johari-window/ Accessed 13 Feb. 2025.