

Academic and Eploability Skills

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Introduction:

Reflection is all activity , where we analyse experiences , own practice and skills . We analyse experiences , own practice and skill to , to see our weaknesses and our strong points , and improve them , reading , study and work .

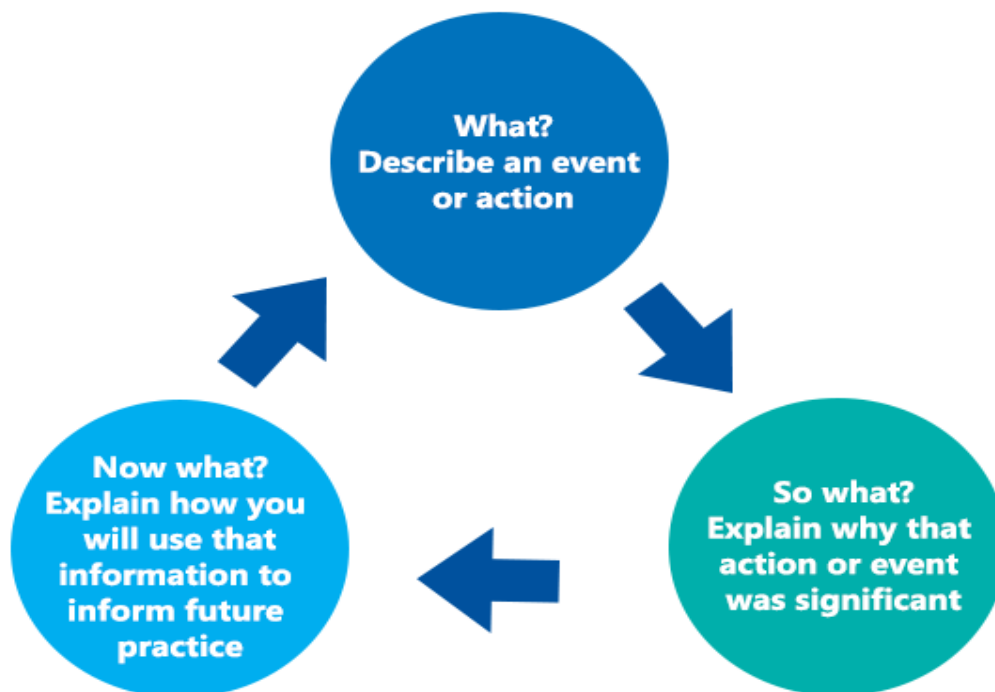
The most known models of reflection are : Gibbs „Reflective Cycle” (1988), Kolb's „Experiential Learning Cycle” (1984), Driscoll's Model (1994, 2000).

In this report I am aim on Driscoll's Model because this model help me to improve my academic writing skills, referencing,online learning experience ,and cover letter writing

Driscoll's Model

Driscoll's Model is created by John Driscoll in 1994 , is a framework for reflection, developed into a structured process to guide reflection.

Driscoll's model of reflection have 6 stages : describe the experience,situation,incident you will be reflecting on; „ What exactly happened?”; „ What exactly did you do?”; „Was someone else involved?”; „Was it a good experience? Or bad? Or both? And why?”



Driscoll Model of Reflection

NursingAnswers.net

Referencing

Referencing is a skill what allows everybody to give readers and listeners knowledge about who write a information and where is published.

A good reference list is whell written , list all source of information that has been used.

A reflection of my referencing skills

First time when I realize importance of reference skills , was when i want't to published one of my experience of my life on one social media site , somebody theft my ideeas , because i don't us referencing , saw people lost trust in me , at first hour of Academic And Eployability Skills i learn how to use refercing to avoid plagiarism .

Online learning

In my opinia online learning have good parts and bad parts .

First , study online , keep us more in house , and we can't understand what's hapen at hour very clear and we stay a lot of time in the chair with eyes in desktop , this think damage our health.

Secondly study at school , we can understand better whats happen at hour , we can socialize , we can help another colleague.

A reflection of online learning

In my opinia a reflection of online learning is interactive hours what make all friends , and help us to learn to work together ,

Cover letter

Cover letter make employers our image, we need to show employers we explore their offer . A good Cover Letter start with ,, Introduce yourself “ a „section” where we can share our information like :name , age, profession, studdy , skill , function for which we want to apply . Secondly „Self yourself” in this section we can describe our last job ,experience,skills and abilities gained . The third paragraph need to show employers what can to for company , and how we cand improve together.In final paragraph we need to show employer how much we want to meet face to face to discuss about aplication .

My cover letter writing experience

To apply for university , it was needed to found a new job , flexible , to can do my homework , learn home after hours and to can come in campus , i find on a job offert site , one job , after my skills , following steps from upster i write my cover letter and my cv and i send to company HR , after one day , they call me to come to talk face to face , after they ask me if i want a training , in one week I start to work there.

Conclusion

In my opinia , reflection motivates us to tink about our experience and to improve our academic writting , motivates us to show people who we are .The Discroll model is the most easy and helpful in increast our reflection skill.

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