

Supervision Diary

The purpose of this diary is to reflect in the learnings from my supervision sessions, goals and actions to take to improve the paper.

1st Session

I have spoken with Denis and have shown him my initial work.
He told me that my matrix was good, and I just need to expand a bit more
Each topic.

I received more feedback on my 4,500 words paper.
He pointed out important topics to consider.
Why have I chosen this topic?

Reflections on the following topics:

Literature review and Definitions
What has been said about these topics

What people are saying about this topic

The focus would be on the impact RAS has on goal setting

How does that impact in other areas?

If I agree, great, if not WHY?

2nd Session

I had a session with Rabiya.
In the session we checked what I need to do and what I don't have to do.
I was complicating my assignment with aspects that I don't need to cover now.

She had asked some questions to help me to clarify my intention for this paper.

Looking back I could have prepared better, creating a list of questions and probably showed more work done.

We agreed on me using Gibbs Model as a reflective model.

I realised that the main goal of the paper was the reflection in relation to my NLP Practitioner course and not the Reticular Activating System.
We agreed that RAS would appear much later in the paper, not on my definitions.

She also advised me to not have Definitions and literature reviews on this paper, that would come later, towards my dissertation.

I mentioned that in the conclusion I would like to connect the material from paper one to Self Talk in paper 2.

We talked about my case study being an exception to the success of the tools I am talking about in this paper. Some of them didn't work.

I got to the conclusion that my own expectations were in the way of me serving my client.

3rd Session

In session 3 we discuss the changes I have done on my matrix and in the introduction for my paper.

I mentioned to my supervisor that I didn't have any previous experience in doing this type of work.

We talked about my intention in focusing in the Well Formed-Outcomes, my supervisor directed me back to what was asked specifically for this assignment and a week later hit me, I was complicating my work. What I really need to focus was the reflection and practice on my NLP Practitioner course content.

We talked about references and some mistakes I have done in my paper. After this session the concept became clear to my head.

We also talked about the Gibbs model and the possible places I could use it.

The structure wasn't flowing well, so we agreed on specific changes that I would like to make.

4th Session

I received feedback about the structure of my paper, that it was confusing. My delivery was a bit all-over the place.

That I was very descriptive and didn't touch much on evaluating, analysing the content I was developing.

Initially I couldn't see that. Since my degree was in Robotics, my numbers are good, but my academic knowledge needs working on it.

Something that my supervisor advises me, was very useful. Because my learning styles is related with interacting with people and hearing from them, we agree on someone reading my paper and I would spot the parts where I need improve. It did work well. It feels that there is a flow now.

We agree on define Well Formed-Outcomes earlier and reflect back later in the paper.

It was a very useful session.