

LITDE - Assignment 2 - Krys Jenkins - 09122022

by Krys Jenkins

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By Krys Jenkins – 2005056

UWTSD

Table of Contents

Task One.....3

Task Two 4

Task Three 6

Task Four 7

Task One

My main strengths I would consider to be my ability to mesh into a team, my confidence when speaking to new people, my skills with technology and my ability to troubleshoot issues.

Personally, I find my best area from these skills it would be my technological prowess. As for most of my life I have always found adapting to innovative technologies and computers easy. I have never experienced technology as being something difficult to understand or learn more about.

Following this, I believe my next best strength would be my ability to mesh into a team. I have always been more of an extravert and have never found it difficult to speak to new people nor have I felt the necessity for people to like me or to be apologetic about who I am, because of this I have found it quite easy to have a good relationship with people and work with anybody I am required to work with.

On the other hand, my main weaknesses would be my concentration, my writing speed, and my ability as a leader.

My worst weakness without a doubt would be my concentration as my A.D.H.D. severely impacts my ability to concentrate for prolonged periods of time. However, if I am in the right headspace, and I can listen to calming music, I find it much easier to block out distractions, home in on my work and concentrate.

Task Two

What do I need to learn/develop?

Overall, my concentration is a significant area that needs attention on correcting and/or improving. As I have stated in task 1, how I find it difficult to concentrate on tasks no matter the situation for prolonged periods of time. This being my worst ability overall in my entire skillset. I need to learn how to be present in a room more often and teach myself a way to avoid dissociating.

What will I do to achieve this?

I will begin to find diverse ways of improving my concentration and my dissociation. Depending on the situation, there could be multiple techniques or potential mental skills I could do to help improve my abilities in this department.

What resources/support will I need?

On campus we have a student support office of which I am in contact with to support me with my struggles with ADHD. This is a great resource to help me in my journey to a better understanding of my mental health and, I will receive top-tier support to help me with my concentration.

What will my success criteria be?

My success criteria would entail that I improve my concentration severely and allow myself the proper amount of time to complete my tasks. The way I would do this is by utilising every resource and source of support available to me.

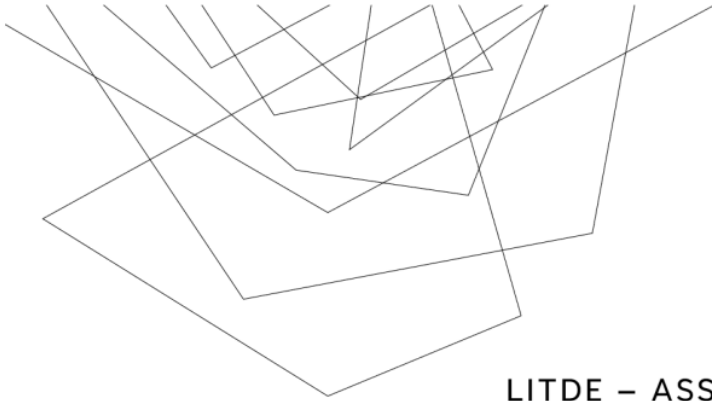
Target dates for review and completion.

Based on what my goals are with improving my concentration, I would hope to have improved concentration by the end of the year. However, concentration can be quite arbitrary to put a time expectancy as to when I expect it to be improved by. On the other hand, I would hope to have improved it by a decent margin by next year at the very least.

Task Three

I have selected topic one: learning to learn as my topic of choice. The basis of this topic is all about learning agility and the ability to adapt to your environment. Overall, it explains how the ability to learn and the speed of one's ability to learn is one of the most vital skills that employers are looking for in new employees in the 21st century.

Task Four



LITDE – ASSIGNMENT 2 - 09/12/2022

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Link to video presentation: <https://youtu.be/O15RL3lrqQE>

FINAL GRADE

GENERAL COMMENTS

Instructor

43/100

Total:		43
1. Engagement with Literature Skills		
- No use of citations and formatted reference list.	20	0
2. Knowledge and Understanding Skills		
Self-evaluation: + Good Knowledge and Understanding of self provided, including strengths, weaknesses and traits, gained from: Self-reflection. - Knowledge and understanding of self provided from the self-assessment tools is not documented. PDP: + Good understanding of Professional Development Planning demonstrated. 1 item not 3. - Reflective model not documented. - Additional resources with some supporting sources to achieve goals could be identified and included. Unit 4 Topic summary: - Some key areas/concepts have not been described. - Knowledge and Understanding could include some supporting citations and relevant reference sources.	20	7

3. Cognitive and Intellectual Skills		
Self-evaluation: + Good analysis from self-reflection. - Self-assessment tool out not provided. - Analysis could include some reference to relevant theories and concepts. PDP: - Reflective model not used in the analysis. + 1 SMART Goal and PDP analysis covering a development area included. 3 items requested in the assessment, 2 additional items would gain extra marks here. Unit 4 Topic summary: - Incomplete.	20	7
4. Practical Application Skills		
5, 5, 5, 5 Video creation: + Good use of Video creation and streaming platform. Self-evaluation: - No practical evidence of the use of self-evaluation tools. PDP: + SMART well-structured PDP created covering 1 goal, clearly documented, and presented. 2 additional items would gain extra marks here. + Understanding of the basic and underlying self-evaluation & PDP concepts and principles is applied. + Linked to personal development.	20	13
5. Transferable Skills for Life and		

Professional Practice		
Video presentation: + Good format and delivery. – Structure could be improved by covering all tasks. - Balance between text and images/diagrams could be enhanced. + Some Animation fx used. Word document submission: + Title page. Table of contents (Toc). Required content. Video link works well.	20	16

PAGE 1
PAGE 2
PAGE 3
PAGE 4
PAGE 5
PAGE 6
PAGE 7