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Reflection

According to the Cambridge Dictionary (2019) reflection is defined as “to think carefully, especially about possibilities and opinions”.

Reflection is important because it helps an individual to develop their skills and evaluate their effectiveness. Questioning one’s habits and how to overcome negatives to be more efficient in the future (The Open University 2019). Gibbs’ reflective cycle (The University of Edinburgh 2019) states that experience needs to be described by the following:

- Feelings
- Evaluation
- Analysis
- Conclusion
- Action plan.

The model is a useful way to work through an experience. The principles work with both-stand alone and with collaboration. It’s a great action plan for future reflection.

I feel our poster was very informative, creative (eye catching) and appealing. We communicated via Whatsapp regularly and all contributed to the content and what we felt was of importance. Good communication is important as it enhances productivity and maintains a strong work relationship (Page, 2019). I feel we followed the brief and answered the questions in depth with references to our sources. On evaluation I can express that a negative point for me was the miscommunication with the end goal as I was under the impression that the poster competition was not a presentation but rather me just briefly talking through my part of the poster and answering questions therefore our group felt confused on the day. Analysing the situation, I will make sure there is more clarity on what needs to be done in future and what the actual process is. My action plan for a similar situation for the future is to continue sharing our work with each other (team) as this demonstrates that I want my peers’ input and opinion as this will help my overall productivity. I would want more regular group

meetings, so we can establish what parts of the brief have been completed and meet up more often to put the work on to the poster together as this shows initiative and commitment. The use of a Gantt chart can help in monitoring our progress and set out time limits.

The Business Dictionary (2019) states that teamwork is a group of people working well together to achieve a goal. Having to create a poster in a group led to good teamworking skills as I feel we:

- All worked in harmony
- Supported each other's ideas and helped expand to make the poster more appealing
- We drew on each members' strengths such as I took on the task of the designing and visual elements as I feel I am strongest in this field
- Took in to consideration our background such as where we worked and family circumstances, and what we feel was important to us in terms of values, attitudes and beliefs.

I chose The National Autistic society as my organisation as I felt this was personal to me as a carer and to my autistic child. I have vast experience in this subject so wanted to include this charity to my part of the poster to create awareness to all.

References

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