

Group video presentation

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Assessment 2 – Reflection

Reflection is critically analysing an experience, recording how it has impacted you and what you plan to do with your new knowledge. It is an important part of learning through experience. By reflecting on our experiences, we maximise the potential of any new learning (Fallin, 2020). I used Gibbs Reflective Cycle as a model to help support the process of reflection. Gibbs Reflective Cycle was developed by Graham Gibbs in 1988 and is the most famous model of reflection (The University of Edinburgh, 2020).

Our task was to prepare a group video presentation on solutions to a wicked problem. In our first online meeting, we discussed the wicked problems. After a brief discussion, we decided to explore topic 3 – Health, Wealth, and happiness. We identified what to include in our presentation and discussed viable solutions. I remember feeling a little nervous as I only knew one group member. Group member A had lots of ideas relating to the topic and was very chatty. Group members C and D were more reserved. We arranged for our next meeting to be face-to-face as we felt it was easier. We decided to meet somewhere that suited everyone. Finding an ideal day and time proved to be challenging as we did not all live in the same area, and we all worked full-time. Group member A and I also had children. We set up a WhatsApp group so that we could communicate easier about our presentation. Our first face-to-face did not go according to plan as group member C could not make it, and group member D did not reply. Group member A and I met up. I had explained previously that I was going away so could not reschedule so it was a bit frustrating. Group member A messaged if anyone had thought of any innovative ideas to promote our sales pitch. Nobody responded to this so again I was feeling a little frustrated. Group member A and I arranged to meet to discuss the video. Two weeks had passed so I messaged to say was anyone available to do a team meeting. Group members A and D replied to say they could. Group member C did not reply until much later. By then he said he had other plans. Group member D asked if he could meet the next day but again could not give much time, as he had plans later in the evening. We decided to meet as we had not met up yet and I was starting to get worried. I could not meet with the other group members due to circumstances beyond my control. The group continued to communicate and worked out who was doing what slides. Group member A sent everyone a video link so we could access it.

On the 18th of April, my father passed away suddenly. I was in complete shock, and unable to function. I witnessed his death which nobody could have prepared me for. I applied for extenuating circumstances. Everyone was supportive and understanding. Psychiatrist Elisabeth Kubler-Ross suggests that we go through 5 stages of grief. These stages are denial, anger, bargaining, depression, and finally acceptance. According to Kubler-Ross people grieve differently. So, you may or may not go through each of these stages or experience them in order (Psycom, 2022). I struggled to focus, and it was difficult to control aspects of daily life. I had to look after myself, that was my main priority. I felt added stress with my assignment to complete and felt completely overwhelmed by it all. I knew my mental health had to come first.

The benefits of working in a group helped me to see things from another person's perspective. We were able to generate lots of ideas and deepen our knowledge. It also improved my communication skills as I have a terrible habit of jumping in when it is not my turn. To make the most of the group's attributes, Group member A was most confident in using IT, so we embraced her skills. The group members were happy for her to take the role of setting up the video (Skillsyouneed.com, 2011). Although everyone was supportive of my situation, I felt most supported by group member A as she was organised and enthusiastic about the video.

The challenges of working in a group were time management. It was extremely difficult to plan the video when we could not meet up. I felt as though everyone had a different learning style which made it difficult to move on and could be quite stressful at times. This made the process very frustrating. There was often a breakdown in communication as messages were not always seen or answered. This is difficult because everyone is busy with their own lives, and all have different circumstances and commitments. My group coped well with making changes due to challenges like me being unable to be involved for a while. Group member A showed excellent leadership skills, delegating, and organising everyone. She was a valuable team member.

According to a study published in the Journal of Personality and Social Psychology, findings suggested that groups of three to five people perform better than individuals when solving complex problems. Small groups are believed to solve complex problems better than even the best individuals working alone (Cherry, 2021).

In conclusion, I believe that the video would have been better quality if we had studied together more. I have learned through my analysis that taking a break from my studies was the best thing

I could do. It allowed me time to grieve. Reflection has helped me to identify elements that can be improved to achieve goals such as organisation of work and deadlines. This experience has allowed me to further develop key transferable skills such as teamwork and problem-solving. Moving forward, if I had to take part in group work again, I would like to be more efficient in planning our time by introducing a timeline. I would also ensure that we communicated more frequently. I will use this for my future practice.

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