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Y Drindod Dewi Sant
University of Wales
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1822 - 2022

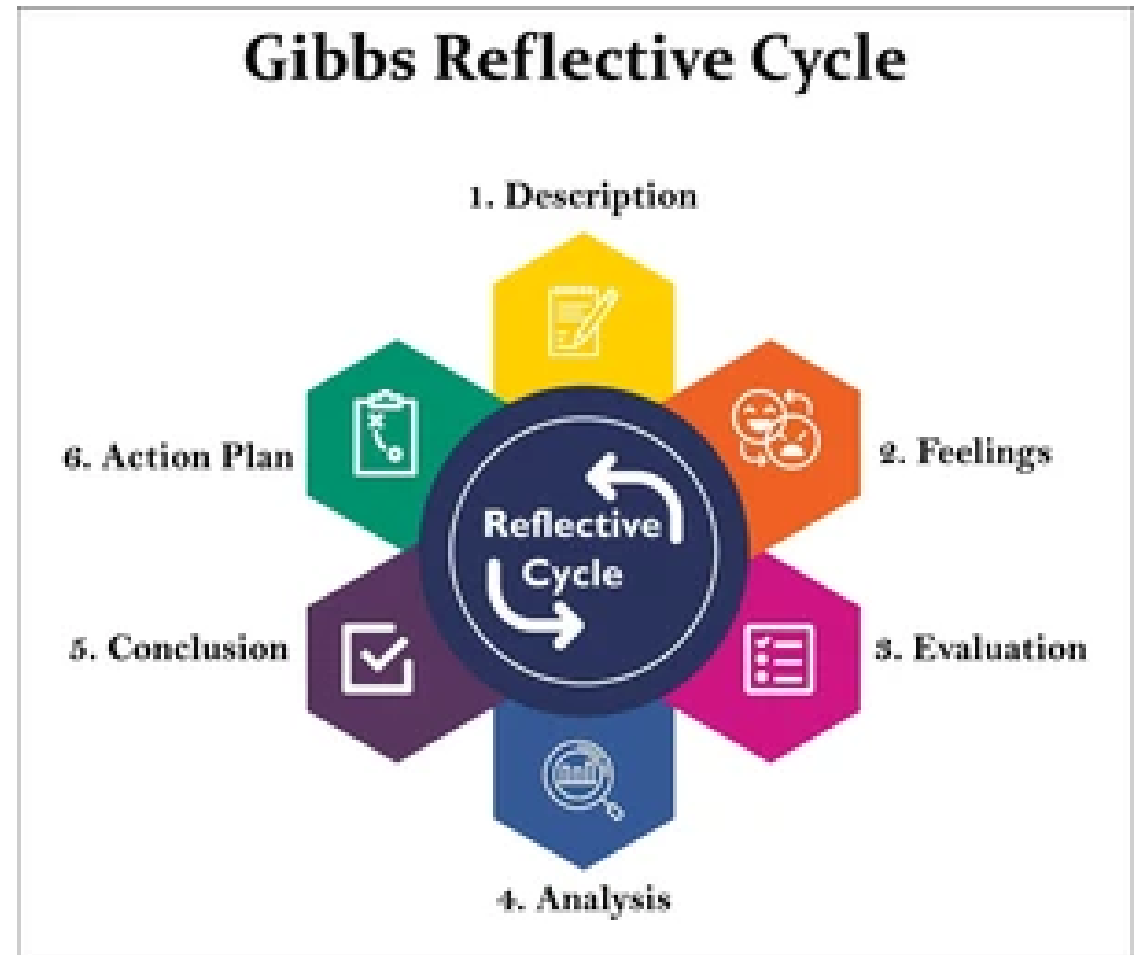
Reflective Writing

Man Geni Addysg Uwch yng Nghymru
Where Higher Education Began in Wales

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Gibbs' Reflective Cycle

- **Description** of the experience
- **Feelings** and thoughts about the experience
- **Evaluation** of the experience, both good and bad
- **Analysis** to make sense of the situation
- **Conclusion** about what you learned and what you could have done differently
- **Action plan** for how you would deal with similar situations in the future, or general changes you might find appropriate.





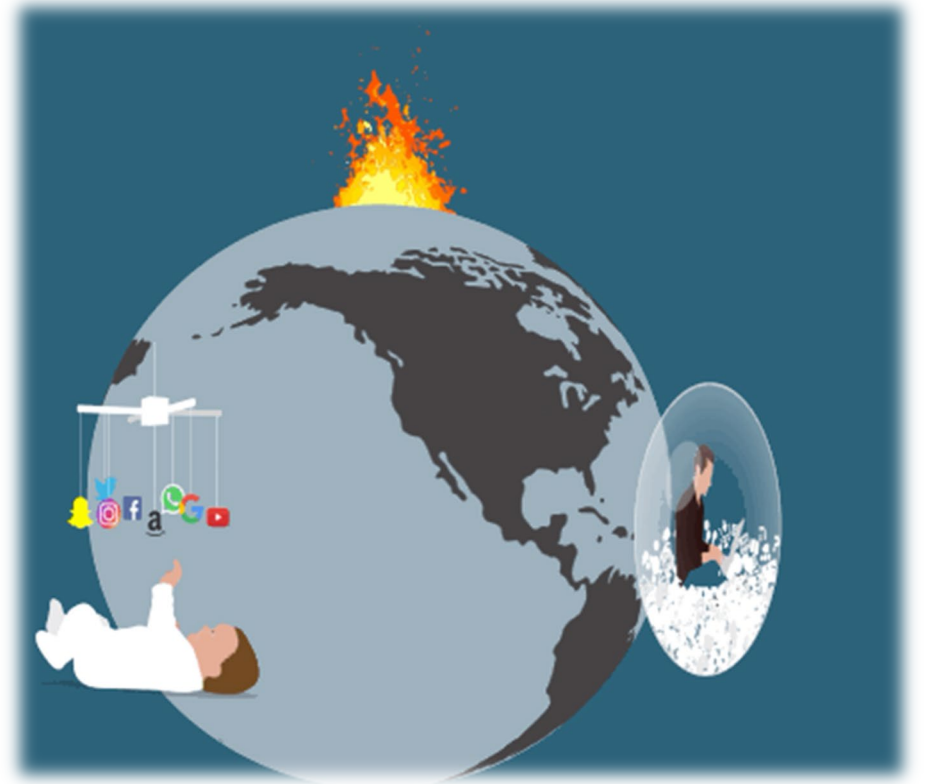
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Scenario: How innovation changes the world

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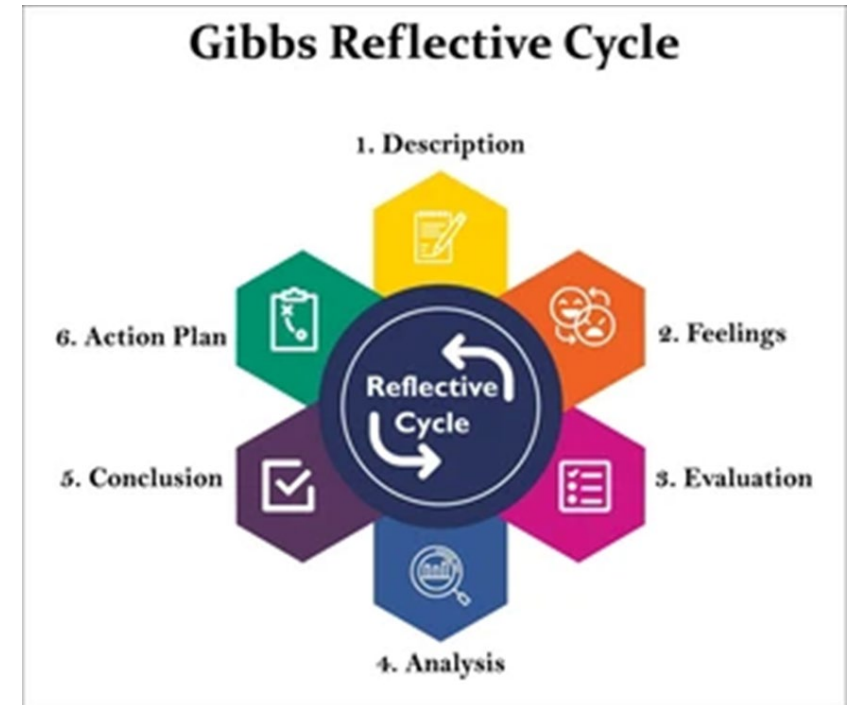
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1. Description

Describe an innovation or technological advancement that you find interesting.

- What is it, and how does it work?
- When and where did it emerge?



Innovation: Artificial Intelligence(AI)

- AI involves the development of machines or software that can perform tasks that typically require human intelligence, such as learning, reasoning, problem-solving, and understanding natural language.

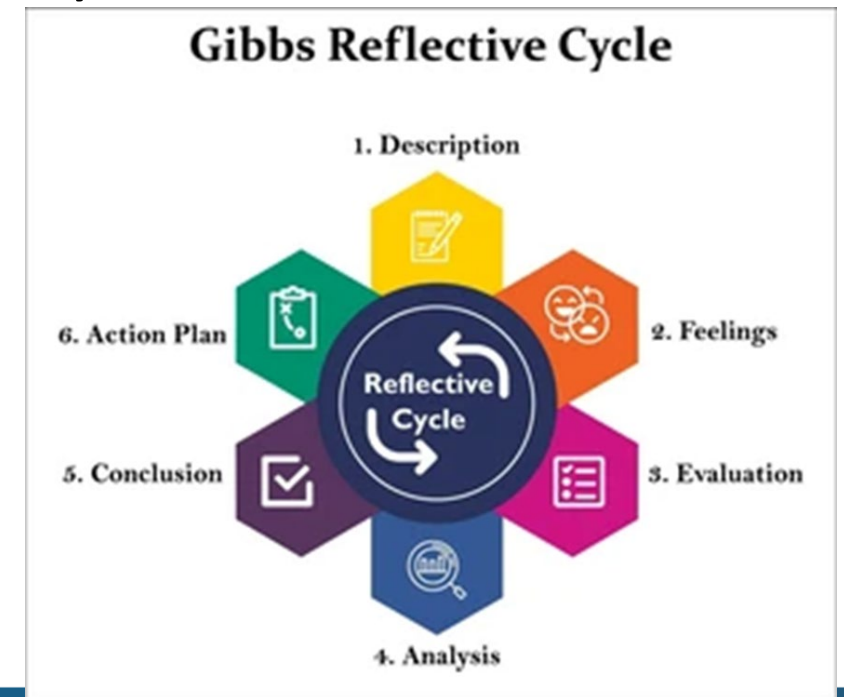
Description Prompt:

- What are its key features, and how does it function in replicating human-like intelligence?



2. Feelings

- How do you feel about the innovation you described?
- Were there any moments of excitement, curiosity, or concern?



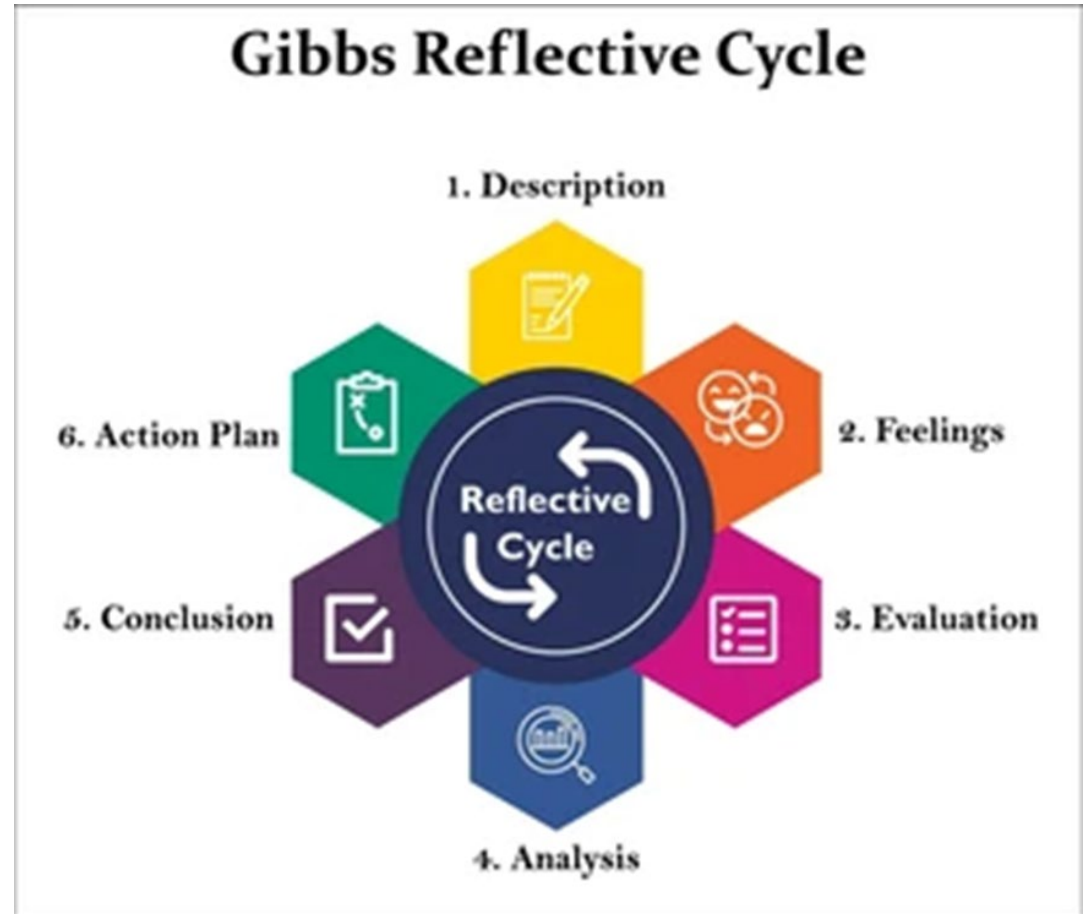
2. Feelings

- **Initial Feelings:** The initial encounter with AI sparked a mix of fascination and curiosity about its potential applications and impact on various industries.
- **Feelings Over Time:** As AI became more integrated into daily life, there were moments of amazement at its capabilities but also concerns about job displacement and ethical considerations.



3. Evaluation

- What positive impacts has the innovation had on society?
- Are there any challenges or drawbacks associated with its implementation?

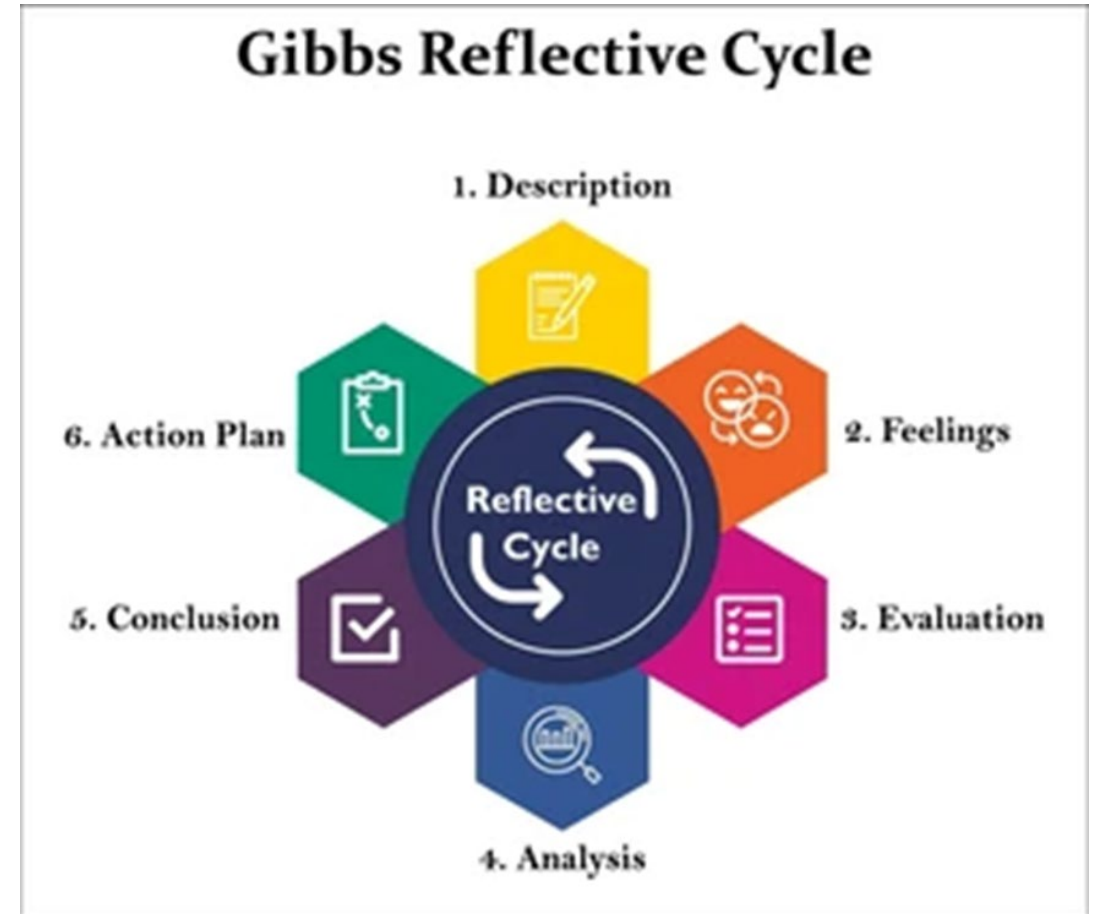


3. Evaluation

- **Impacts:** AI has led to significant advancements in fields such as healthcare, finance, and transportation. It has the potential to streamline processes, enhance decision-making, and contribute to scientific breakthroughs.
- **Challenges:** On the other hand, concerns about job automation, biased algorithms, and the ethical use of AI in decision-making processes have arisen.

4. Analysis

- Reflect on the broader implications of the innovation.
- How has it influenced industries, economies, or the way people live



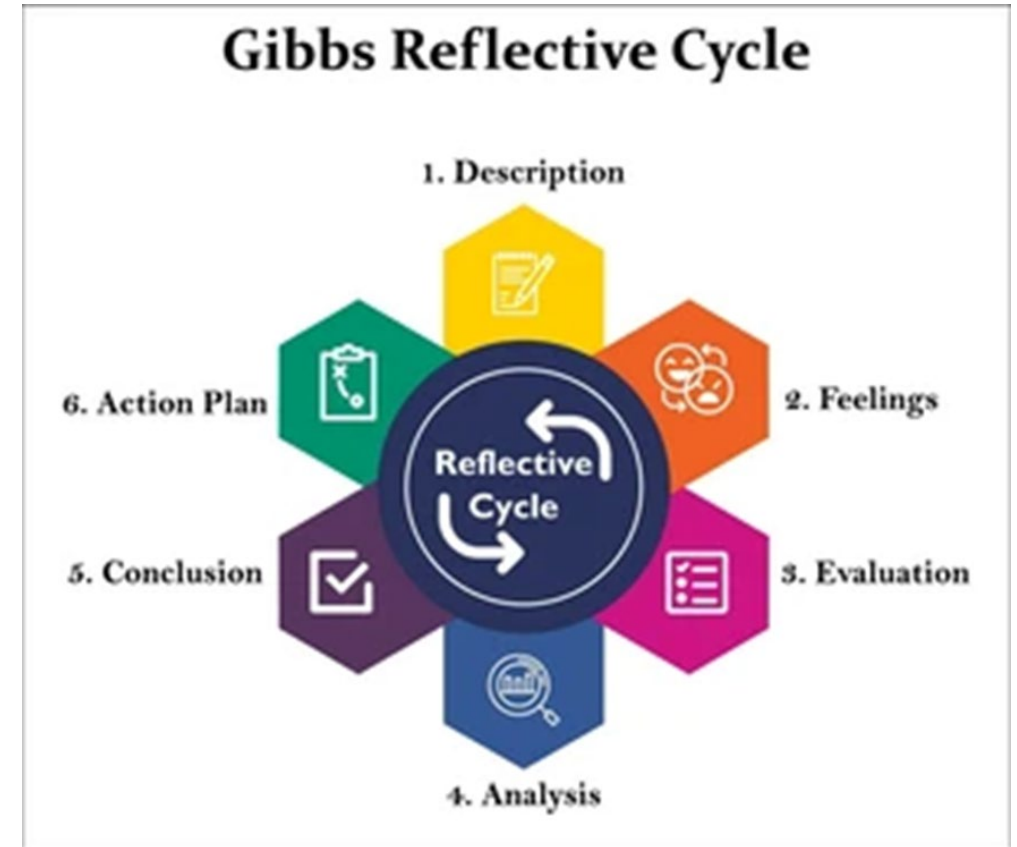
4. Analysis

- The widespread adoption of AI has implications for the future of work, privacy, and the relationship between humans and technology.
- It is reshaping industries and influencing the way society functions.



5. Conclusion

- What conclusions can you draw about how innovation changes the world?
- What insights have you gained from reflecting on this topic



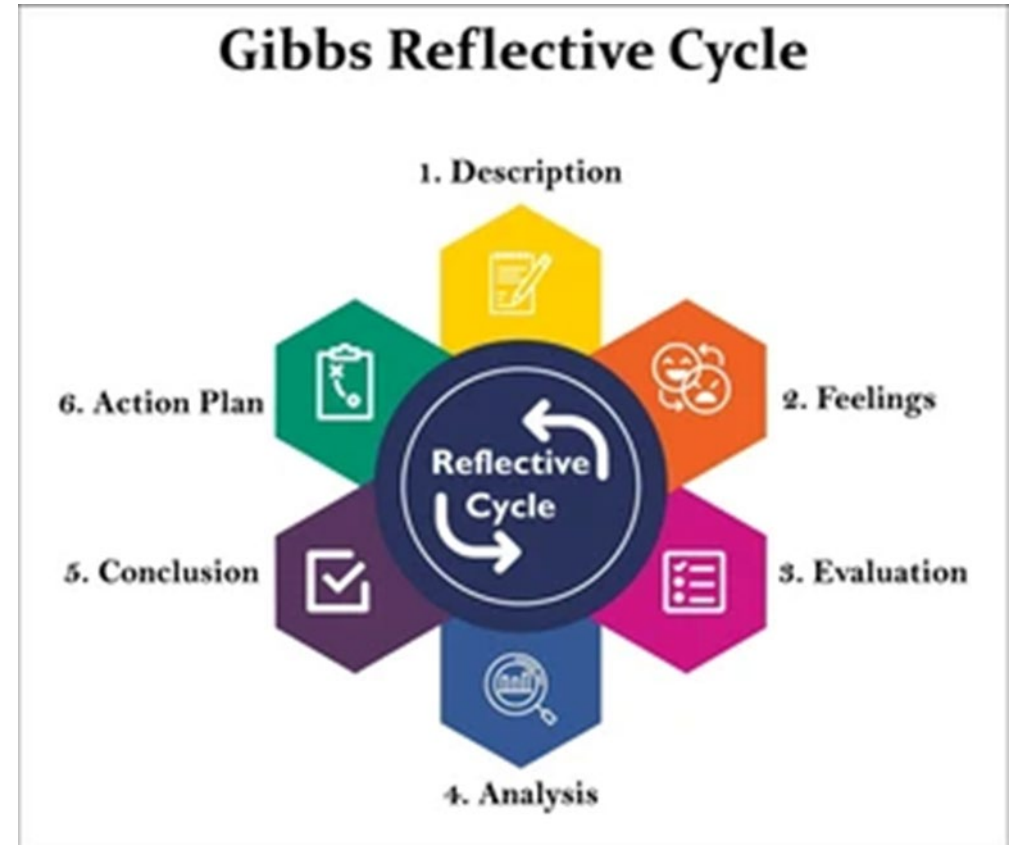
5. Conclusion

- Reflecting on AI, it is evident that technological advancements can bring about both positive and challenging transformations in society.
- **Personal Growth:** The exploration of AI has deepened my awareness of the ethical considerations and societal impacts associated with cutting-edge technologies.

6. Action Plan

Based on your reflection,

- How can individuals contribute to or navigate the rapidly changing landscape of innovative technologies?



6. Action Plan

- **Stay Informed:** Continually educate oneself about the latest developments in AI to stay informed about its applications and potential impact.
- **Advocate for Ethical AI:** Emphasize the importance of ethical considerations in AI development and usage, advocating for transparency, fairness, and accountability.
- **Encourage Inclusive AI Development:** Support initiatives that promote inclusivity and diversity in AI development to mitigate bias and ensure fair representation.
- **Participate in Ethical Discussions:** Engage in discussions and debates on the ethical use of AI, contributing to the dialogue on how to responsibly integrate AI into various aspects of society.

List of References

- Smith, J. A. (Year). Innovations in technology and their impact on society. *Journal of Technological Advancements*, 10(2), 45-67. doi:10.1234/jta.2022.1234567
- Brown, M. R., & Johnson, S. P. (Year). Artificial Intelligence: A comprehensive overview. *Journal of Advanced Computing*, 15(4), 123-145. <https://www.jacjournal.com/article/example>

Recap

- **Models for reflective writing**

Gibbs Reflective Cycle, which has 6 parts:

- Describe Describe what happened
- Feelings How did it make you feel?
- Evaluate What was good or bad?
- Analyse What sense can you make of the situation? (Include external issues)
- Conclude What general and specific conclusions can you draw?
- Action What next, or what will you do next time?