

Through the reflective model of Gibbs where the reflective cycle enables me to gain skills by providing a pattern in order to help to analyse from experiences and information gained. Through this my note taking skills have improved significantly from the start of the year as through the stages of the cycle i was able to improve on the way i note take. The first stage being 'description' where it had led me to ask questions such as what happened? In order to take my notes more clearly and independently which was something that I struggled with at the start. Further on the second stage of Gibbs reflective cycle is feelings throughout my work where in some places where I felt engaged and confident which was when we were learning about the 4Ds, this was drop which is when it is unimportant, delay where the process can take longer then expected, delegate which you can pass the work on to someone where you trust and feel they can perform the same as you would and do where the job that needs to be done is important and must be completed straight away. Whereas the reflective cycle on the second stage can also impact on places where I felt not confident in my notes. The third step of the cycle is evaluation which has enabled me to understand what is good or bad about the notes i have taken and whichever ones are not as good on how to improve them in order to have the best standard of notes written. The fifth and final step of the reflective cycle is the conclusion where I go over my notes thoroughly and summarise key facts I may have missed out and understand how I can improve in the future when taking notes again. Overall with Gibbs reflective cycle i could have done summary notes with key headings in order to be much more organised and have key details written down in summary so it can be much easier to read and understand this also links to the 'action plan' where it will help me to see how i will use my notes in the future and help me towards learning.

Further on through the reflective cycle of Kolb I was able to develop my reflection skills. The reflective cycle of Kolb helps with improving reflection by giving a structured process which helps us in reflecting on our actions and experiences throughout the courses. The four stages of Kolb's reflective cycle include the first stage being the concrete experience. This means that it makes me think back and focus on main parts of an experience that has taken place and take out key information from that certain event to summarise it down. The second stage is reflective observation which gives me the opportunity to reflect back on what went well and what I can improve on in the future in order to have the best possible understanding through reflecting on the goods and bads of the work I produced. The third stage of the cycle is 'abstract conceptualization' where this allows me to reflect back on the experiences and connect this to different theories or broader ideas. Overall Kolb's third stage allows me to get a meaning from the experiences. The final stage of the cycle is 'active experimentation' . This gives me the chance to apply the skills I have learnt to future tasks and get a better understanding of those experiences and to carry on improving. Through learning about QR codes among the course at first i was not very confident in reflecting on what i have done well and what i can improve on however through Kolb's reflective cycle it has enabled me to look back at my work get a more general but deeper understanding and be able to apply what i did not do as well in the future allowing me to reflect on my work and improve my understanding for future experiences. Overall through the reflective cycle of Kolb I learnt skills such as having clear stages to follow about reflection so I do not miss any important information out. The more I use the cycle and apply it to my experiences and knowledge it

enables me to improve on my reflection skills and gain better understanding and improvement over time.

Finally through the cycle of Driscoll I was able to improve my summarising skills, meaning that if something was too complex where I would struggle to understand, applying Driscoll's cycle has enabled me to break those down and summarise key complex points into much more simple notes. Driscoll's model makes individuals focus on three questions which are What? So what? Now what? In order to get the most important information out of the complex notes and summarise it. Through the first question of 'What?' This has enabled me to read through information and pick out key and important parts where the less needed information becomes not needed. This enables me to build skills such as being able to pick out key information from the text that is relevant.. The second question being 'So what?' This gives me the opportunity to understand why specific parts I chose are important and why I chose those certain facts in the first stage. The final question being 'What now?' is where I have chosen the facts I will include in the summary and understood why those specific ones I have chosen are important, therefore this stage includes creating the conclusions and understanding what to improve for next time. Overall through these three stages it enables me to pick out key information, understand why I have chosen these key facts and conclude the summaries with important and meaningful information. Therefore by using Driscoll's cycle I was able to improve on simplifying complex information into key summaries for a better understanding. I can also link this to the topic of QR codes where it came across as a very complex topic however as I started to read the information and apply the key stages from Driscoll's reflective cycle I became able to pick out the important facts about QR codes where it enabled me to have a much better understanding of the topic and pick out relevant facts that are needed compared to other facts. Overall the use of Driscoll's reflective cycle allowed me to develop skills such as reflection on important information which is crucial for the improvement of my summarising skills.