

Assessment 2

Learning In The Digital Era

MODULAR NAME: LEARNING IN THE DIGITAL ERA

MODULAR CODE: ACCA 4025

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GROUP: 2

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VIDEO LINK: <https://www.youtube.com/watch?v=JescTYVm5gE>

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LONDON CAMPUS

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Introduction

In this presentation, it is established that self evaluation builds self awareness, helping you to gain insights into your strengths are weaknesses. With these insights, we make plans to improve or gain more knowledge, plans that are specific, measurable, achievable, realistic and time governed, SMART. Once this is mapped out, Gibbs reflective model helps in more understanding through structured analysis. We approach adversity with a clear unbiased mind, and we use this experience, not as a stumbling block but stepping stone to propel us to greater understanding. Together, resilience to dealing with adversity is strengthened, making it easier to overcome, bounce forward and learn from the experience of it.

I am using this paper to look inward at my short comings, positively, devises a plan and with available resources, achieve them.

Main body

Video Link: <https://www.youtube.com/watch?v=JescTYVm5qE>

Slide 1: Cover Page. This page shows what the presentation is all about.



A presentation on Self-Evaluation, Professional Development Plan and Assigned Topic: Bouncing Forward.

Module Name: Learning in the Digital Era
Module Code: ACCA 4025
Student Name: Ayokunle Odesanya
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The cover page features a dark blue background with white text. On the right side, there is a large hexagonal image showing two men in a meeting, and a smaller circular inset image of a man in a video call. The text is arranged in a clean, professional layout.

Slide 2: Agenda: stating the topics to be discussed.



Slide 3: Introducing myself and experiences had and reason for studying this module.

Hello, and a very good day to you. My name is Ayokunle Odesanya, also known as Damie. I am an adult learner at the University of Wales, class of '26, currently studying computer skills for the workplace.

I bring over 20 years of experience across social care, sales, and logistics, having worked with housing associations and various organizations. My decision to pursue formal education is driven by a desire to stay relevant and competitive in today's rapidly evolving digital landscape.

My long-term goal is to become self-employed, work as a consultant in the field of cybersecurity.

Today, I will be presenting slides on Self-Evaluation, Professional Development Plan, and my aspirations for Bouncing Forward.

Slide 4: Discussing Self Evaluation and reasons for this plan



Self-evaluation is a useful process that is rigorous and enables you to be critically reflective about yourself. This is a structured and supported process undertaken by a learner to reflect upon their own learning, performance or achievements and to plan for their personal, educational or career development [1]

Self-Core evaluation is positively related to work engagement [2]

self-evaluation should support you to:

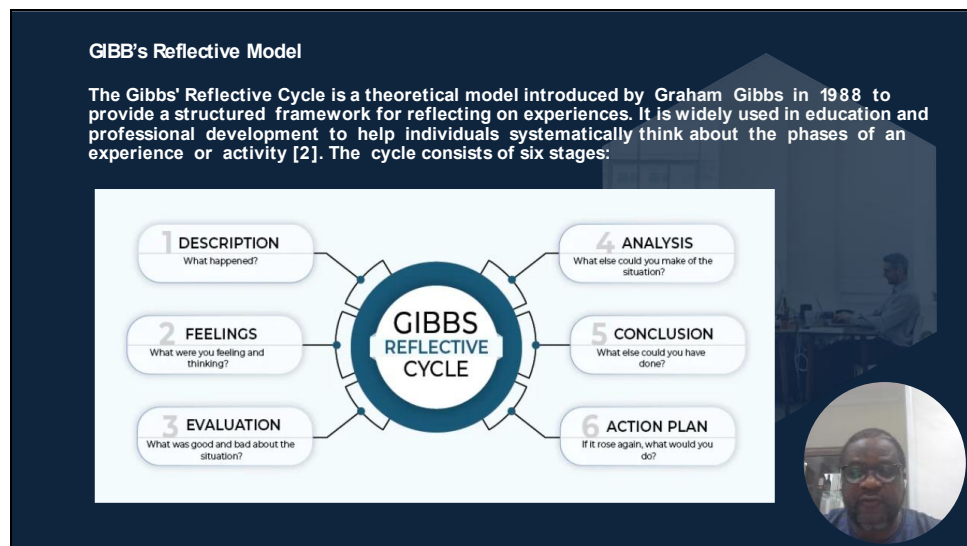
- Reflect on what you have done
- Maybe it's time to wonder where things could go from here
- Consider your own progress and development
- What shapes how you act at work begins with knowing yourself in that space. Your growth doesn't just sit in training - it moves into choices each day. That shift shows up when others see you respond differently

In the model that follows we provide the theoretical model for self-evaluation (Rolheiser, 1996). Research indicates that self-evaluation plays a key role in fostering an upward cycle of learning. When students evaluate their performance positively, self-evaluations encourage students to set higher goals and commit more personal resources or effort to them. The combination of goals and effort equals achievement. A student's achievement results in self-judgment, such as a student contemplating the question, "Were my goals met?" The result of the self-judgment is self-reaction, or a student responding to the judgment with the question, "How do I feel about that?" [3]

Slide 5: Highlighted my Strengths and Weaknesses



slide 6: Gibbs Reflective Cycle explained.



The Gibbs' Reflective Cycle is a theoretical model introduced by Graham Gibbs in 1988 to provide a structured framework for reflecting on experiences. It is widely used in education and professional development to help individuals systematically think about the phases of an experience or activity [4]. While designed for learners at universities, its strength lies in bringing order to reflection. Each phase builds on the one before it, shaping raw events into

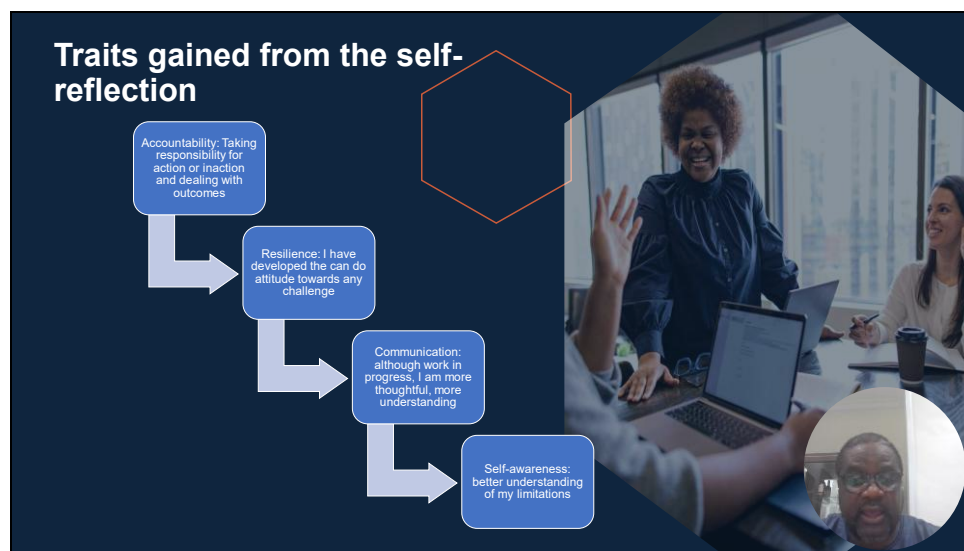
thoughtful insight. Starting with what happened, it moves slowly inward - first capturing facts, then emotions. From there, judgment enters, followed by deeper sense-making. What emerges is not just understanding, but direction - a plan shaped by looking back carefully.

Recalling moments becomes easier when details join emotions, shaping personal insight. While describing experiences, the mind notices reactions it might otherwise overlook. Because feelings attach to specific scenes, understanding grows through reflection. When thoughts mix with sensory elements, awareness sharpens without effort. Though memory fades, layered recollection preserves depth over time.

Looking at strengths and weaknesses helps connect real-world actions to ideas, making learning stronger. When people examine their work closely, insight grows through comparison with established concepts. Thoughtful review leads to clearer thinking by bridging what is done with why it matters. Understanding widens once experience meets explanation. Insights emerge where reflection meets knowledge. Seeing gaps becomes possible when methods face reasoning. Learning gains depth as examples meet frameworks [5].

What triggers reflection really, it has been established that facing challenges is a common cause. It is a way of studying ones experiences to enhance the way and manner one works. Reflection develops a person's confidence and become a more proactive and qualified professional. A person engages in inflection when problem in practice arises and an attempt is made to understand and resolve it .

Slide 7: Traits gained from self reflection;



The capacity to reflect on one's thoughts, emotions, and actions is central to self-regulation, self-evaluation, and self-criticism (Carver, 2003, Duval and Silvia, 2001). Social and personality psychology thus have a long interest in the causes and consequences of self-reflection [6].

Self-Awareness: A deep understanding of your strengths, weaknesses, thoughts, beliefs, motivations, and emotions.

Willingness to learn often begins when pride steps aside. Growth shows up where self-assurance meets doubt.

A fresh look at how you process ideas - stepping back instead of rushing forward. Seeing patterns others miss by pausing before responding. Questioning why reactions happen, not just accepting them. Clarity comes when emotion takes a step back. Self-awareness grows through deliberate reflection. Thoughtful pauses shape better decisions. Understanding yourself changes how you engage with the world.

Seeing your own imperfections clearly often leads to greater tolerance. Because self-awareness grows, so does kindness in how you treat people. When personal shortcomings come into view, criticism of others tends to soften. Recognizing limits within yourself changes reactions to those around you. Mistakes made by someone else feel less surprising once yours are acknowledged.

Better communication grows when emotions are clear. Honest expression emerges naturally, once inner signals make sense. Effectiveness in dialogue rises, since message and intent align.

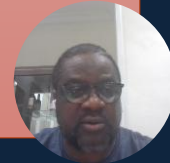
I tend to time to think about my actions before I act.

Slide 8: List of my SMART goals and how to achieve them.

Professional Development Plan with SMART Goals					
Goals	Personal Action Plan	Resources/ support required	Development opportunity with Professional qualification	Performance measurements	Expected completion date
Improve digital skills	Learn MS Office applications, and basic software tools	Laptop, online resources	MS Office certification	Complete 2 online courses	3 months
Time Management	Gain knowledge using planning tools for daily task	Calendars, reminders of task on emails	Organizing my workload	Complete 90% of tasks on schedule	1 month

Slide 9: SMART goals (continued)

Goals	Personal Action Plan	Resources/ support required	Development opportunity with Professional qualification	Performance measurements	Expected completion date
Communication	Practice presentation and public speaking.	Mentor, lecturer(s), peers feedback	Team leader or presentation of projects to stakeholders. MS office certification	Deliver Presentations as often as possible (2 or more)	2 months
Industry knowledge for Cybersecurity	Study and take certification exams	Enroll in online course (Coursera, UdeMy) (CompTIA Security+, , get books and publication and master security software	Boosts expertise and job market value	Study Hours Practice online mock test	4 – 9 Months



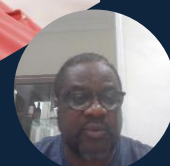
Although other goals are there to be improved on but these are the core ones.

Slide 10: Bouncing Forward

Bouncing Forward: Developing Resilience.

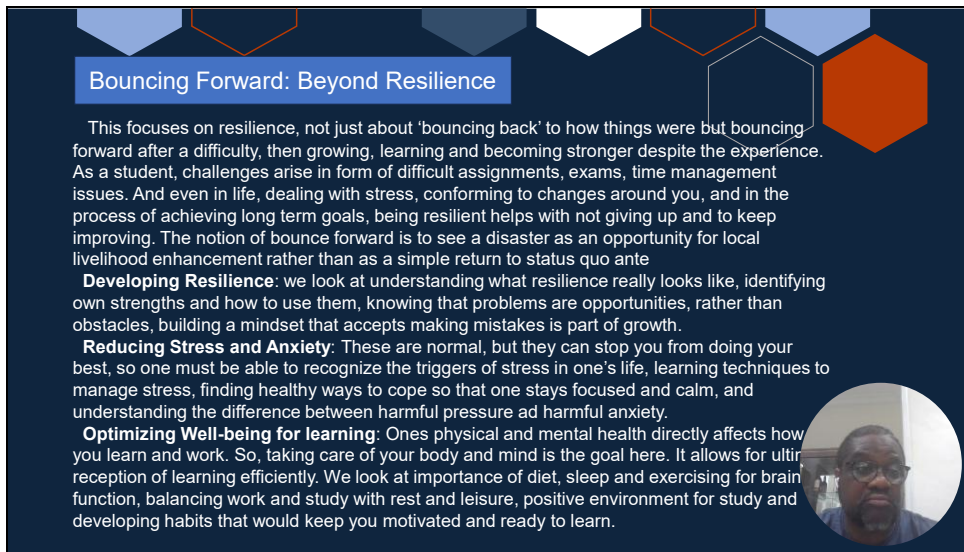
Emotional well-being is a desired state of mind and is particularly relevant in overcoming setbacks from academically challenging tasks [7].



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Slide 11: Bouncing Forward: Developing Resilience (continued)



Bouncing Forward: Beyond Resilience

This focuses on resilience, not just about 'bouncing back' to how things were but bouncing forward after a difficulty, then growing, learning and becoming stronger despite the experience. As a student, challenges arise in form of difficult assignments, exams, time management issues. And even in life, dealing with stress, conforming to changes around you, and in the process of achieving long term goals, being resilient helps with not giving up and to keep improving. The notion of bounce forward is to see a disaster as an opportunity for local livelihood enhancement rather than as a simple return to status quo ante

Developing Resilience: we look at understanding what resilience really looks like, identifying own strengths and how to use them, knowing that problems are opportunities, rather than obstacles, building a mindset that accepts making mistakes is part of growth.

Reducing Stress and Anxiety: These are normal, but they can stop you from doing your best, so one must be able to recognize the triggers of stress in one's life, learning techniques to manage stress, finding healthy ways to cope so that one stays focused and calm, and understanding the difference between harmful pressure and harmful anxiety.

Optimizing Well-being for learning: One's physical and mental health directly affects how you learn and work. So, taking care of your body and mind is the goal here. It allows for ultimate reception of learning efficiently. We look at importance of diet, sleep and exercising for brain function, balancing work and study with rest and leisure, positive environment for study and developing habits that would keep you motivated and ready to learn.

Resilience isn't just about returning to where you started after facing difficulty. It's about moving ahead: becoming stronger, gaining insight, and adapting in ways that better equip you for future challenges. This kind of progress doesn't come automatically; it's developed through deliberate, ongoing self-care. Three core habits form the foundation of this growth: sufficient rest, nutritious eating, and consistent physical activity.

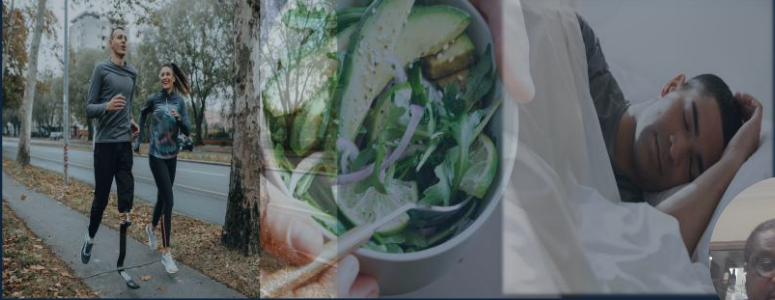
Core Elements

- **Quality Rest:** Sleep and intentional downtime are far from passive, they're essential recovery periods. It also restores mental energy, improving your ability to think creatively when solving problems.
- **Nutritious Diet:** The food you consume directly affects brain function and how your body responds to stress. A well-balanced diet strengthens the physical base needed to endure emotional and mental strain.
- **Regular Physical Activity:** Exercise is a proven way to build resilience. It reduces stress hormones, triggers the release of endorphins that lift mood, and increases physical endurance.

Slide 12: Resilience and Bouncing Forward

In conclusion

Resilience is developed one small healthy choice over time. You prioritise good rest, essential nourishing diet, and regular exercise, you not only just recover from adversities, but the experience of it all propels you into growth, positively. These practises are daily work-outs, not something you have to struggle to achieve, they are part of everyday essential tools for purposeful life.



Resilience grows through small, consistent actions. By focusing on restful sleep, wholesome eating, and regular movement, you don't just recover from difficulties, you use them as opportunities for development. These practices aren't optional extras; they're fundamental tools for living a resilient and meaningful life [8].

Slide 13: Lesson Learned.

Lessons learned

Self reflection is non negotiable, as it improves academic outcomes. When there is honest reflection on strengths and weaknesses, setting a goal is attainable.

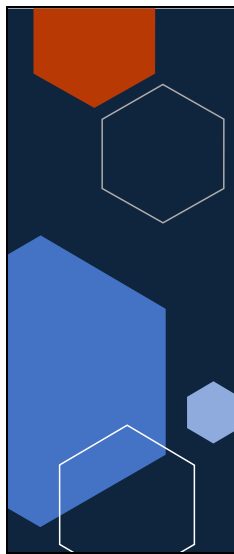
Attaining digital skills must be foundational, not only for academic knowledge, but essential for employability.

Adversity reveals inner strengths, as when challenges are experienced, some capabilities one does not know they posses comes into surface. This aids growth.

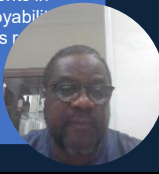
Goals without structure fails.



Slide 14: Recommendations for all stakeholders.



Recommendations		
For Students	For Educators	For Institutions
Adopt a SMART goal diary to review as often	Self evaluation should be structured into courses taken	Create Peer mentoring networks for at risk students
Invest at least 2 hours weekly to improve digital skills	Provide adequate tools for digital training.	Track and assist students in employability outcomes
Understand that every set back is an opportunity to improve		



Slide 15: Summary



Summary of Presentation

Self Evaluation is basically assessing your strengths, weakness and progress. It gains a direction when it is combined with SMART goals, specific, measurable, achievable, relevant and time bound outcomes. These structured goals create a clear roadmap to manage challenges, track progress and maintain motivation even when crises strikes.

Gibbs Reflective Model gives a perfect framework and guides you through a structured cycle of describing feelings, analysing outcomes and drawing unbiased conclusions. The model directly links to self evaluation, and goal setting, it helps to know what worked, didn't, and why. This strengthens one's SMART goals over time.

This given knowledge helps to move past adversity, not just to return to where you were but grow stronger and wiser, by adjusting your goals based on what you have reflected on, applying lessons learned, and transforming those challenges into stepping stones. This grown **Resilience** helps in **Bouncing forward**. Our pastimes also affects how resilience we get, our diet, exercise and environment in a positive way



Slide 16: Mind Map for personal Growth and Resilience



Personal Growth and Resilience

Slide 17: The references are more in the reference section.

References

- [1] P.J Silvia and A. G. Phillips, "Evaluating self-reflection and insight as self-conscious traits," vol. 50, no. 2, pp.234–237, 2011.
- [2] J Oviawe, "Application of Graham Gibbs model of reflection to improve teaching understanding among technical education students in Ambrose Alli University Ekpoma Edo State," vol. 3, no. 2, pp.1201–2617, 2020.
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- [4] Ö F Demirel, B. Tatar and M. Elçi, "From Self-Evaluation to Work Engagement: The Roles of Job Crafting and Work Meaningfulness," vol. 9, no. 2, pp.203–217, 2025.
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- [8] C. Walker, A. Gleaves and J. Grey, "Can students within higher education learn to be resilient and, educationally speaking, do matter?" vol. 32, no. 3, pp.251–

Conclusion

Self-assessment plays a central role in both personal and professional growth. It requires honest introspection to identify strengths, recognize challenges, and pinpoint areas for development. To monitor progress effectively, it's important to set SMART goals—objectives that are Specific, Measurable, Achievable, Relevant, and Time-bound. These clear targets transform broad aspirations into practical, actionable steps.

The Gibbs Reflective Cycle enhances learning by linking experience with understanding. By systematically moving through its stages—Description, Feelings, Evaluation, Analysis, Conclusion, and Action Plan—it provides a structured approach to reflection, encouraging deeper insight and more thoughtful outcomes. This process helps turn everyday experiences into meaningful learning opportunities.

With consistent practice, reflection strengthens resilience and supports the ability to "bounce forward." Instead of merely recovering from setbacks, individuals use their insights to advance in more intentional directions. Each challenge becomes an opportunity to refine strategies, reconsider goals, and continue developing.

References

- [1] P. J. Silvia and A. G. Phillips, "Evaluating self-reflection and insight as self-conscious traits," vol. 50, no. 2, pp.234–237, 2011,
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