

Assessment 2 – Written Essay

Changemakers: Creativity and Value Creation



(Quotefancy,2022)

Introduction

The objective of this essay is to identify the essential points of what I learned through online learning classes and discuss how can e-learning be helpful for me in the future. In the development of the essay I choose a topic from each unit such as Unit 1-Ideas and value: topic 2, I choose to discuss (Who Am I? My Sense of Self).

In unit 2- creative solution, I identify topic 2 which discusses about storytelling, Unit 3- mobilising support: Topic 4 (Be in to Win it) and the last is Unit 4: Evaluation which discusses on Measuring Success. This essay is about reflection on my personal experiences and competences.

Unit 1- Ideas and Values

Topic 2- who AM I? My Sense of Self

In this session, I Learned about the idea of self and understanding philosophical concepts.

According to Descartes, passions are real curiosity, it is an idea that approaches him without his permission, what I mean is passion is an emotion uncontrollable that comes and goes. He said that the idea of passion is based on the body or mind.

(philosophy,2018). In my understanding, I consider passion as a momentary reaction that attracts a feeling.

The human mind or soul has the ability to experience or feel a range of diverse passions, starting from anger to hope or fear to tiredness, the passions are divided into basic six. (wonder/Desire/Love/Hatred/Joy/Sadness)

(Sadler,2013)

I will give some examples of the passion experience that I had:

When I have assignments due and I didn't start to do I start to worry about when I will start or make time to begin until I finish the assignment the feeling of worry goes out.

Sadness, normally I felt sad when I can't achieve better grades in one module that I've understood well the content and given my best.

In conclusion, these passions can create an idea because it is through our mind and emotions that we can create an idea for example I want to be a child psychologist, in order to succeed in my goal before I have to think if I am passionate about this area if I am able to control my emotions because I will be dealing with patients it is about all about passion and doing what you enjoy.

In session 2 I learned about how other people's ideas, feelings, and thoughts can influence on my ideas.

Charles Cooley introduced the topic of looking glass self which means how can others people think of your social identity. He said that your opinion and feelings about

yourself it is influenced by what other people perceive and analyze you.
(Nickerson,2021)

During this topic, I could understand that what other people think about me influenced me not only in a good way but also in a bad way because people have different opinions but I am the one who decides what is best for me.

The last session 3 I learned about creative confidence, it is important to have creativity because it takes us to success and help solving problems , we all are born creative but each have more than others, creativity is about innovation, it is unique and something different without following rules.

Unit 2 Creative Solutions - topic 2: Storytelling



In session 1, I learned that to make stories we need to have competencies, and these competencies that help us to learn as a person and become successful in life “lucky”

There are some stories that can be confused as a fact. It can be helpful for me in the future because it is through the stories and experiences of other people that I can learn, also make my own story and be successful in my career.

In relation to session 2, I learned about Entrecomp which is the “European framework that identifies transversal competencies that define an entrepreneurial mindset.” (European Commission,2021). It is divided in 15 Entrecomp competences and 3 categories that are Ideas and Opportunities, Ressources and Into Action.

-Ideas and Opportunities include Spotting Opportunities/Vision/Ethical& Sustainable thinking /Value Creation and Creativity

-Into Action: Learning through experience; taking the initiative; Coping with ambiguity; uncertainty & risk, working with others and Planning Management

Resources: Mobilizing Resources, Mobilizing others, Financial & Economic Literacy, self-awareness& Self-efficacy, and Motivation Perseverance

The third session I learned about how to implement competencies in my stories

I will give an example of my little journey in the uk:

When I first came to uk I didn't realise I could learn English so fast in just one year I was speaking well English in college also I discover that I like reading books by some activities made in class, even my lecturer told me to start writing but I wasn't sure because it wasn't something that I wanted to do for life just hobbies. I left college to start a course in childcare and I also was successful, I finished entry level 3 ,the bad part is that I couldn't complete the 3 levels of course because of my age and I wasn't working so I decided to go to university and choose a course that include children and Adults, I chosen health and social care as I want to be children psychologist, I am still learning new things at university but I am planning to focus more on this area and after finishing this course to start another course about psychology so I can develop more knowledge and skills to start my career in future.

This topic has helped me to know more about and identify my competencies and how can I use it, by getting an experience from the stories of other people, I learned also that for me to proceed in life I have to accept where I failed and keep trying.

Unit 3: Mobilising support- Topic 4

Be in to win it



(magazine,2018)

In session 1 I learned about social media and how can be useful content in a proper form.

The word social media is defined as computer-based technology, that facilitates the exchanging of ideas, thoughts, and information through virtual networks and cities. Social media is based on the internet and gives users fast electronic communication of information, including personal, documents, content, and videos. The people that use networks communicate with others through tablets, smartphones, or applications. (Dollarhide,2021)

According to smart insight, the number of digital media sites is diverse (smart insights,2020).

Normally the social media that I used the most are Instagram, Whatssap and Facebook, Instagram I think is useful for me because I like to post sometimes pictures of me or with my friends just to have fun is like a distraction, I can also look at important news that happens in the country it can be related to health, famous people, content about life or experiences that help me to learn.

WhatsApp is another way that can be very useful for me in terms of communication with close people or family but also can be dangerous because of strange people that can access to my contact and hack my phone. Facebook is the first social media that I used to communicate with my family that live far.

In session 2 I could get knowledge about creating my professional persona online and face to face.

The first step is to create a profile with good picture with a professional username and an email address, in relation to grammar pay attention to the grammar and spelling. The second step is to organize my experiences, skills, and accomplishments that show my recent profile and update it. In relation to the third step is start conversation with forums and online groups related to health and social care

To finish the last step is to create a blog or portfolio it is essential to identify my experiences and create connections. The first impression is important because when you go to an interview present a manager the good skills related to you he will think that you are capable of doing the job but when you just talk about your weakness he will not accept and the interview will be failed.

In session 3 I learned about LinkedIn it is defined as “the world's largest professional network on the internet”. It is beneficial to find good job and also I can learn about skills that I must have to have success in my career. (LinkedIn Corporation,2022)

Unit 4: Evaluation- Topic 3

Measuring Success

In this topic I learned about the concept of success and what can I consider to be successful when finishing a goal.

Success is when you achieve wealth or something important in life, which can be identified as a person or “something that succeeds”. (Goalcast,2023).

There is no right definition of Success because each person has different personal experiences and views of society. For example, I have different people from my family and friends that finished a course in university and found a job that they love, I consider this as being successful because it is a goal that took time to conquer, even though they knew is going to be hard they choose to do what they like and not giving up.

In my point of view, Success is doing what you enjoy, facing difficulties, and focusing on what is best for me, is about achieving a goal that I know it will make me feel good and proud of myself.

In the second topic, I could get knowledge about Pygmalion Effect

This is about what can other people expect of an individual, it can impact either positive or negatively on the potential of the individual, for example, what other person expects in me will make me change the way I see myself, I agree with this effect because it happen to me as well many times people say that I don't believe in my capabilities, that

I am able to do better in things and this makes me feel good and keep me doing the better of me is such as motivation.

The third topic is about Success and wellbeing,

What are Success and Well-being?

Well-being is related to success because for me to have success I must have a healthy life in terms of staying well physically, and mentally, including all good things that make me feel happy.

For example, Once a friend of mine was trying to succeed on her goals but the bad thoughts did not let her move forward, then she decided to give up and I realized that her mental well-being was not good, I tried to speak to her and change her mind, and making her think different about her goals. All these situations make me understand that well-being is essential for me to have success and to be successful in life, also if I really want good things to happen I need to think positively.

Conclusion:

In Conclusion, this e-learning class has helped me to reflect on myself, my passions, and past experiences and also I could understand how the thoughts of others can influence on my opinion, but I learned that I cannot always care on what other people say about me, but what I know about myself because at the end of the day is my choice. The storytelling has taught me that the experience of others can make me discover my competencies, and things that I do not know I could do.

Social media is very important in nowadays because I can get access to different news about what is happening in the health sector and in the world, it also has different online platforms that people can be connected to doctors, midwife, and psychologists. I get knowledge about how to create a professional persona online and on LinkedIn, they are beneficial for me to get attention from professionals and get a good job.

In general, all the topic is linked to have success because I have gotten an understanding about what I am capable of doing, for example being creative when dealing with making a new project or coming up with new ideas

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