



University of Wales Trinity Saint David

REPORT

BAMB L4 T1G1

Moodle: Community engagement

Topic: Reflective practice as a skill

Assessment 2

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1. Introduction

Reflective practice in its simplest form, thinking about what you do. It is closely linked to the concept of learning by doing, thinking about what you did and what happened and deciding what you would do differently next time. Reflection is an active process of witnessing one's own experience to order to examine it more closely, give meaning to it, and learn from it. Reflection involves three elements: returning to experience, attending to feeling, and evaluating experience. With your decision criteria and career change alternatives in place, you can now gather information, evaluate, and reflect to make a decision. Keep all your work, and use what you have learned to create the actions required to complete the implementation of your career change decision. Evaluate, decide, and plan to manage the consequences and related decisions

2. Analysis of reflective practice as a skill

❖ Skills for reflective practice

- Problem-solving
- Ability to build on existing knowledge
- Ability to explore questions in depth
- Ability to be critically aware
- Open-mindedness
- Motivation
- Self-awareness
- Ability to recall
- Ability to learn from experience
- Ability to use theoretical perspectives appropriately
- Ability to create their knowledge.

“The first refers to mirror images and the second to act of deep thinking. In many respects, this gives us very helpful clues concerning what reflective practice is and what is involved. It can be linked to looking into a mirror to see our practice and ourselves more clearly and so give some serious thought or consideration to what we see.” writes from Bassot, B., 2016 “The Reflective Practice Guide: an interdisciplinary approach to critical reflection”, Kindle edition. The author points out is a major source of support, guidance, and inspiration for everyone in every field

and different aspect who wants to think about deepening practice, ask questions, approach, challenge, and gain more self-awareness.

I develop my skills as use sample principles and methods, for example, in-house training, frequent revues of practice, peer discussion, reading, etc. Everything of this is a reflection on myself and improving my skills on the better side as new awareness, new questions, new understanding, and new decisions. Each of my new endeavors reflects differently on my feelings, positively or negatively.

Elements of social systems are communication or community engagement. Communications have a rational, structural, and emotional dimension. The rational purpose of transmitting certain content is influenced by the structure of the communication situation, such as time, seating, infrastructure, and roles, as well as the emotions of and between the role players in the communication situation. I do my framework including the next criteria as my vision and personality, meaningful and valuable, fits my skills, flexible schedule, income, and personal growth.

3. Gibbs' reflective cycle

Many people find that they learn best from their own experiences, but if they do not think about their experience and if they do not analyze the situation how to do it next time, it will be difficult for them to learn anything at all. It is in this spectrum that the Gibbs reflex cycle is useful. You can use it to analyze situations so that they can understand what they have done well and what they might do better in the future.

I will illustrate my story, how it affected me, and what my conclusion is in the future, using a Gibbs' reflective cycle.

❖ Description

One day, while surfing the Internet, I did saw publication in social media, Facebook, and I have looking post for distributors for AquaSource, published by their distributor in a group of which I am a member. Going back in time, the publication was officially written, sample information for the reader, and interesting. Then, after attracting my attention, with an interesting advertisement to introduce the company, I decided to write to the distributor and start working as an independent distributor.

Aquasours is a superfood company, and what I knew up to that point, maybe not too much, was enough to have an effective way of working. After registering on their platform with the help of the polite girl, as a distributor I have products 30% ordering of natural products. Two or three weeks have passed since the registration and I

decided that I had to come up with information that would provide the customer with sufficient information about the company and their products, an interesting presentation in a creative way. Then, after learning about the information available on their site, their original catalog, the articles that distributors maintain on their pages, it suddenly occurred to me to create a catalog that would satisfy a person's need in an easily and conveniently way to absorb information, such as the benefits of products, their importance, etc.

My first thought was to start using the information in their original catalog to use, which gave me the plan and which one to work on. With the start of the catalog, I realized that this small project of mine had a positive effect on me and my qualities. The motivation I worked with every day was great. I wanted to create the catalog and I had no patience to wait to see the end result. For this, I worked on the catalog every day after work and my household chores. I was deprived of my own time, such as watching TV, film, listening to music, etc., at the expense of the project I started. Over the one month, I was able to find the right information, created easy-to-understand superfood schemes, made a logical structure of the catalog, and made the user aware of each subsequent page. One can continually improve oneself as a skill, but the best teacher is our experience, whether good or bad, we receive a lesson that we will use in the future.

❖ Feelings

After completing the online catalogue in its English version and being very excited by the result, I decided that I should make a Bulgarian version of the catalogue as well. I decided to do this because there are many Bulgarians on the island and the information will be much more accessible to people who do not speak English very well. The ultimate version as a directory is through the Flip Html 5. When I was creating the catalogue, I started creating pages on social networks Facebook and Pinterest. I had uploaded the Aqua Source logo, a description of the company, and what a superfood was, useful videos with more in-depth information from experts, and everything aimed for good marketing of products.

Cottrell, S., “The study skills Handbook”, 2013, Fourth edition, says “The brain encodes new information so that it can be represented in the memory. Codes may be oral, auditory, kinaesthetic (using touch and feelings), verbal, semantic (related to meaning), visual, emotional, or motor (using a muscle sequence).”

❖ Evaluation

The evolution of the situation had two aspects of good and bad. On the plus side, there was, that I was pleased with the result, I felt confident in myself and I wanted to repost new and interesting information, I had plans for a second series of catalogs, but in particular, how to prevent diseases, expect Aqua Source products, but I did think of creating information about natural products, foods, herbs, tea, shakes, etc. I have a little confused when I presented information on my page on Facebook because I have encountered is trust in people. The main reason for this situation was because capsule effectiveness is very useful, but the effect is very slow, while the pill companies in the pharmaceutical market for sale have a significant quick effect, but the damage that disrupts the proper functions in our body is big.

❖ Analysis

On reflection, I found in myself qualities like creativity, presentation of information, motivation with which I worked, new knowledge, exhausted all the positive things that I will be able to use them rationally in the future.

Speaking with my friends has helped me to figure out how to handle the situation. Currently, I use Gibbs's reflective cycle, today I analyze every stage I went through, in the first stage I describe the situation at the moment of experience, there are many desire, interest in the superfoods category and planning a new project. The second stage of the cycle is feelings, emotions, and interest in the work being done.

In my opinion, before you start any endeavor such as work, study, project, etc., if there is no desire and motivation, it is better not to start, because the result will not be expected with a good perspective, we should do what we feel "ours".

In the third stage, we observe a "balance", on the one side there is good and on the other bad. In both cases, we receive reflective practice in our skills and rediscover their evolution. There is no better teacher than ourselves and our experience. So before we decide to start a new beginning, we can make a little analysis of where we are, what we want, and to achieve and how to achieve it. If we can answer all three questions with a satisfactory answer for us, nothing is stopping us from falling into the situation and overturning the new, evolving one.

❖ Conclusion

Thinking about what happened today or before is a small or large part of being human. The difference between casual "thinking" and "reflective practice" is that

reflective practice requires conscious efforts to think about situations and develop an idea of them. Once you have the opportunity to use reflective practice, you will probably find it much more useful at work, at school, at university, and home.

In a personal project, there were emotions such as joy, uncertainty, sadness and surprise. The emotions in the project were aroused structurally. In the process of controlling the project, I felt the happiness of the successful presentation of the project, but also the uncertainty of poor feedback. Reflective practice helps us to explore theories and apply them to our experience in a more structured way. It encourages us to examine our own beliefs and assumptions and find solutions to problems.

❖ Action plan

Next time, when I start a new project I will have more experience and skills so I use tried and tested and a tried and tested approach. I could also seek advice from a specialist in the field. This will help me feel better organized and confident in the course of the event.

In the future, I will ensure that I build relationships with clients. Also, as a current student in business and management, I will be able to get good theory and practice that will influence me in any of my future endeavors and have the confidence to succeed. I will develop good communication skills with teachers and my colleagues, working in a team will help me, apart from being individually able to work with people.

4. Conclusion

The reflective practice of our experience is a mechanism to improve our learning, both as a student and about work and life experiences. Although it will take us a while to master the technique of reflective practice, it will ultimately save you time and energy.

Therefore, we gain the ability to reason on the integration of the practices we learn, the thinking patterns we use because it is linked to professional change and our growth is the essence of reflectivity.

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