

Reflective Report

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This report reflects on my learning journey through the Academic Skills module. I will talk over key experiences and their impact on my academic growth. These experiences have been contributing to improving my perception of critical thinking, time management, and reflective writing. By reflecting on these experiences, I expected to find my strengths and areas for improvement and understand how this module has contributed to my personal and academic growth.

During the Academic Skills module, several experiences stood out. One significant experience was the critical thinking exercise, where we analysed arguments to understand their structure. This exercise improved my ability to evaluate the validity of arguments. We learned to show premises and conclusions, which are essential components of logical reasoning. This skill is crucial for academic writing and research, as it allows us to construct and deconstruct arguments effectively (Cottrell, 2017).

Another important experience was the reflective writing activity. We explored various reflective models, such as Gibbs' Reflective Cycle, which helped me analyse my experiences and discover areas for improvement. Reflective writing encouraged me to think deeply about my learning processes and outcomes. Additionally, we discussed time management strategies like the Eisenhower Matrix and the Pomodoro Technique, which provided practical effects for managing my study time successfully. These strategies have been particularly useful in balancing my academic workload with other responsibilities (Cottrell, 2013).

A particularly impactful lesson was demonstrated by Academic Lectures Sukhpreet Grewal, emphasizing the importance of being well informed before expressing opinions. This lesson tinted the need to use reliable sources when forming and sharing opinions about various topics, such as politics, the performance of President Donald Trump, the war between Ukraine and Russia, and the effects of this war on different countries. It underscored the value of credibility and accuracy in academic work, which are essential for maintaining academic integrity (SkillsYouNeed, 2020).

The critical thinking exercise was beneficial as it enhanced my analytical skills. Initially, I struggled to differentiate between premises and conclusions, but with practice, I improved. This exercise taught me to scrutinize arguments and identify logical fallacies. Understanding the structure of arguments has made me more critical and discerning when evaluating information. This skill is not only valuable for academic work but also for everyday decision-making. The lesson about using reliable sources before expressing opinions was particularly valuable. It taught me to seek accurate information and be well-informed before sharing my views. This has made me more cautious and thoughtful in my academic work. I have learned to verify the credibility of sources and ensure that my arguments are supported by reliable evidence. This lesson has reinforced the importance of academic integrity and the need to uphold ethical standards in my work.

From the critical thinking exercise, I learned the importance of logical analysis in academic work. It taught me to approach arguments systematically and question assumptions. This skill is essential for conducting research and writing academic papers. The reflective writing activity emphasized the value of introspection for personal growth. Reflective writing helped me understand my learning process and identify strategies for improvement. It has also helped me to involve, where I notice tasks as chances for learning and progressing. The lesson on using reliable sources reinforced the importance of credibility in academic work. It has made me more diligent in verifying information before forming opinions. This practice is crucial for maintaining the integrity of my work and ensuring that my arguments are well-founded. It has also made me more critical of the information I encounter, encouraging me to question the validity and reliability of sources.

These experiences deepened my understanding of the module content. Critical thinking exercises demonstrated the application of logical reasoning in real-world scenarios. They showed me how to construct and deconstruct arguments, which is a valuable skill for academic writing and research. Reflective writing connected theoretical concepts with individual experiences. It helped me see the relevance of academic theories to my own learning and development. The lesson on reliable sources underscored the significance of accuracy in academic work. It highlighted the importance of using credible sources to support my arguments and maintain academic integrity.

Although, learning various strategies, I sometimes struggle to apply them constantly. Efficient time management is crucial for balancing academic work with other responsibilities, and I need to develop better habits to manage my time more efficiently.

This module has significantly contributed to my personal growth. I have become more self-aware and reflective, enhancing my learning experience. I learned to evaluate my strengths and weaknesses objectively and develop strategies for improvement. The lesson on using reliable sources has made me more reflective and careful in my academic work. It has also made me more critical of the information I encounter, encouraging me to question the validity and reliability of sources. Overall, this module has helped me develop essential skills for academic and personal development.

In conclusion, the Academic Skills module has been pivotal in my learning journey. Through critical thinking, reflective writing, and time management, I have developed essential skills for my academic and personal development. The module has taught me to approach learning systematically, reflect on my experiences, and strive for continuous improvement. The lessons learned in this element, trained me for upcoming academic tasks and had supply me with tools to succeed in my studies. Overall, this module has been instrumental in sculpting my academic skills and personal growth.

References

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