

University of Wales Trinity Saint David

Community Engagement. Assessment 2

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Introduction

Gibbs reflective cycle

There are few well known and widely used methods for self-reflection models. Through the years, these models have evolved along with life and business change. One of these models sustains over the times and, it is still relevant to nowadays. Gibbs's reflective cycle is a framework used by individuals and organizations all around the world. It is applied for an activity or event that happened in a certain period. In his book, Gibbs (1988) introduces six main stages of reflection. These stages are associated with a certain sequence as follow:

Description – Where the writer lays down the main topic as well with the relative importance related to it and other involved people.

Feelings – In this part, the writer put himself/herself in the state of feeling and emotions at the time of the process. In other words, what was his/her thinking or feeling?

Evaluation – In this part, the writer is using a sort of benchmark upon which the results are the judge. In other words, the results met expectations or not and so what was good about it and what was bad about the experience.

Analysis – Analyse of each component that should be made here. Detailed questions should be asked in this section.

Conclusion – The main purpose of the GIBBS model is to learn from real experience. To do so, the writer should express his/her with a high degree of honesty. In conclusion, the writer should evaluate the overall outcome as with his/her contribution and the contribution of the others.

Action Plan – The writer writes down a practical plan of how it will be acting if the situation repeats (Gibbs, 1988).

My self-reflection through GIBBS

a) Description

-Where am I?

Since I moved to London with my family four years ago, I am trying to improve myself and progress both personally and professionally constantly. I have a stable job within the customer service sector with a regular salary that gives me a feeling of security. Based on this situation, I have decided that I can make the next step in my progress and so to start my study in the United Kingdom. I've seen an opportunity to gain knowledge in an area that I have deep interest, as well as improving my English skills. Furthermore, a diploma from a British university would give me much more opportunity for professional progression. Additionally, that would also allow me to meet new people and look at the world from a different perspective.

-Who was there? Why was I there?

My family supported me since I have decided to study. In the beginning, I started preparation for the entry tests. That was in the recruitment agency that was supporting me along the way. There I met some of my future colleagues. We all strived to acquire more knowledge and be prepared for the challenge.

-What happened?

After a month of preparation, almost everyone passed the test and was accepted into the chosen university.

b) Feelings

-How did I feel when the event started?

In the beginning, I had very mixed feelings. From one side, I was excited about the new adventure, but also a bit worried since I had not been in such an environment for almost ten years. Also, I was not so confident about my level of academic English, and so I did not know what to expect, which made me feel a bit insecure.

- What was my thinking at this time?

The first weeks were very challenging for me. At many points, I was thinking

about whether I made the right decision to start my study at this time of my life.

There were many new things that confused me. The process, the activities, and the whole way of teaching were different from those that I used to have back in my home country. Even with all the hard time I have experienced, I knew that I will probably regret if give up now, and so that gave me the strength to continue.

- What did other people's actions and words make me think then?

Our class constituted of people with different cultures, habits, and beliefs. Even though there was one thing in common: We all were under stress because of the unknown. Also, we were confused because of the new academic literature that we had to listen to and use. The terminology made me and my colleagues were asking the teachers about different words and phrases. Everyone realized that we would have to put an additional effort on improving our academic literature knowledge to learn and write as proper students. We had to form groups of five or six people and work together over the given tasks. There were written assignments as well as PowerPoint presentations. Within the working process, we became much closer to each other. The unity around the common goal made me feel much stronger and to believe that we will succeed in the end. Also, each one of us contributed knowledge and ideas, and so we had a chance to learn from each other. Of course, the work in a group of people had some downsides due to the different characters of the people.

Probably the biggest challenge for me was the writing of individual assignments since it was a completely new thing for me. I was not completely sure how I had to approach it and how it should look like in the end.

Then the coronavirus came, and the quarantine conditions pushed every school into the online type of study. This situation created even more struggle for us, because of the inability to have face to face contact with our teachers. I do believe that such contact is very important for the student as the teacher can help the student to understand the material more practical.

- The emotions that I have experienced from the start until the end of the event
My emotions were mixed. Stress and anxiety were dominating since it was very hard to understand the lectures from the slides. Subjects like accounting were extremely hard, because of the calculations, which I could not understand. From

the other side, I have felt excitement, because of the reason that I will finish my first assignment in United Kingdom University, which is a great achievement for me. After the initial disappointment, I have felt motivated to overcome the situation and to do my best and finish the work.

- *What is most significant as an outcome for me.*

I do believe that the hard time I went through made me much stronger and prepare for future challenges in school, but also in life.

c) Evaluation

- *What was good about the experience?*

I found that writing an assignment of two thousand words is not an easy job. To prepare a good work, you have to be dedicated. It needs deep research, analyses, and interpretation of the information about the given topic. With all the spare time that I had during the quarantine, I found that time management has a vital significance in the completion of such a task. I am sure that I will take away much more knowledge of how to organize my time, as well as how to search for relevant information. The writing skills that I have developed also are something very useful that I will continue to improve in the future. Also, I had the chance to use very important tools such as SWOT and PESTLE analysis and understand how they are helping organizations to understand their internal and external environment better. I also gained detailed knowledge about the well-established brand such as "Clarks" and their structure, culture, and organizational strategy.

- *What was bad or did not go well?*

I do believe that there were so many positive sides; however, I would do even more in the future. In general, the biggest problem was that we were unable to meet face to face our teachers and understand the material better. I do believe that one student could understand the information much better if it is provided in a more practical way, rather than written words. But also, I am thankful that we had a chance to continue in this difficult situation for everyone.

d) Analysis

- *My contribution to the outcome*

I do believe that I have made a good assignment paper because I have tried to

make a more practical approach. On the other side, I may improve on academic writing. However, in the future, I will strive to do it so. Having in mind the conditions at the moment, for every student, it was hard to produce the best work, because we needed more time in class as first-year students. I also think that once the quarantine period ends and we come back to the class, we will be more productive after this experience (Mark, Gudith and Klocke, 2008).

- Contribution of the others to the outcome

I am very pleased that I have found such friendly and helpful people in my class. We all help each other by being in touch throughout this time and sharing valuable information.

e) Conclusion

- What else could I have done?

I have realized that I would probably more ways and sources to learn. For example, videos from YouTube may help me understand the material better, as I found that I am more of a visual learner. Also, something which I did not have a chance to do now is to visit the library. I hope that for the next assignments everything will be ok and we will have access to the university library.

Managing priorities

I realized that time management was the most vital amongst all other factors. It has huge importance for the completion of any task and coursework in particular.

According to (Piscitelli, 2013), there is a limited time that we can use in our week. Piscitelli, 2013 suggests that we have around 36 hours to study and prepare for coursework per week, which is a bit more than 5 hours per day. If we use this time effectively, we should be able to finish everything on time. However, in many cases, we are willing to use our precious time for less important things, such as chatting or watching videos on the smartphone. Gloria Mark (2008) study suggests that it take nearly 25 minutes to focus back on activity once after you have been

interrupted. Also, I have realized the importance of keeping my study area solely for the purpose of studying and writing assignments instead of mixing them with other activities.

f) Action Plan

Now I am fully prepared to start the process again. I will take more books from the library and will start reading them in order to understand any subject much better. I will also start watching videos where I can see more business cases.

Also, I will implement the RED model into my routine immediately in order to make important decisions and plan my schedule. The model will help me to apply critical thinking to different aspects, hence make better decisions at the beginning of the process (Piscitelly, 2012).

Conclusion

Impressions and recommendation for future

By the use of the "GIBBS" reflective cycle, I was able to understand and analyze my first assignment work and how the pandemic period affects the process. Each experience is giving us another perspective for a given problem or challenge in order to have a better solution in the future (Bassot, 2015)

Now when I can see the whole process from such a detailed perspective may conclude that there are certain points where I can definitely improve myself.

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