

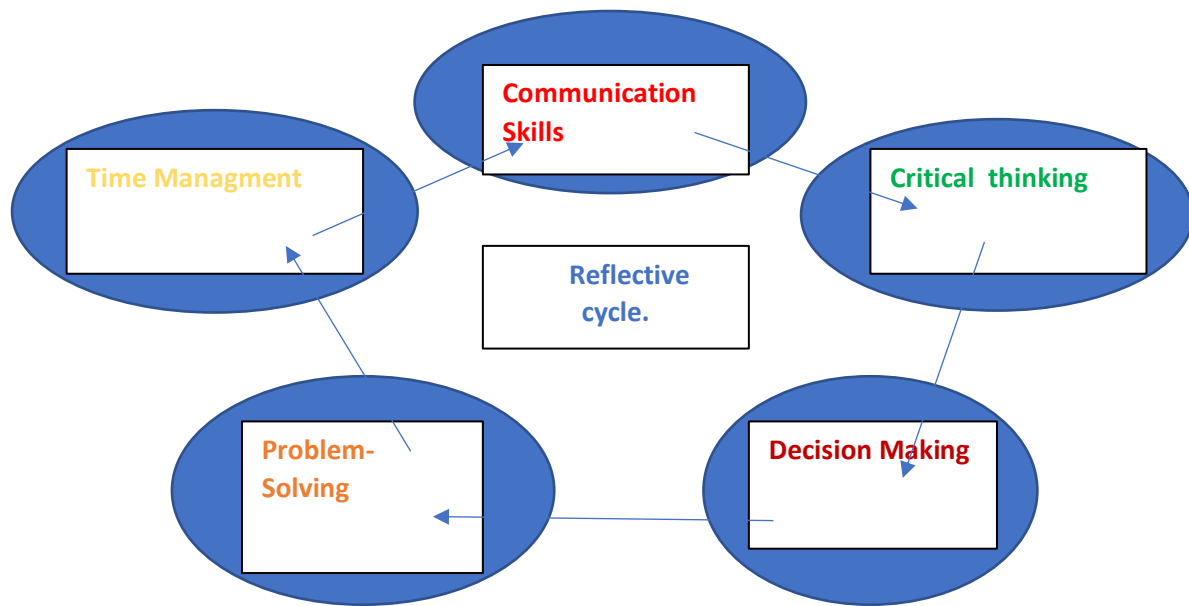
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Reflection using Gibbs' reflective model,

The Gibbs reflection cycle was developed by Graham Gibbs in 1988 to structure learning from experience. It provides a framework for, validating experiences, and because of their cyclical nature, they are particularly well-suited to repeating experiences, so they can learn from what works and plan accordingly.

Because of the Gibbs cycle, I learn a lot of skills such as managing my time which can be called **time-management, communication skills, decision-making, critical thinking, problem-solving, and self-management** etc. These types of skills will help me in the future, and even some of these skills that I have is helping me now, during my daily routine, such as walking up early in the morning and preparing breakfast, which is the most important thing to start your day, do some laundry after cooking breakfast then take a bath then get ready for the day. These skills of mine can be called self-management. Communication skill is what I'm using daily, especially at work, I always use these types of skills every day during at work because as a crew manager at the store where I'm working communication is the most important, because without communication, you can't make progress in the work, and you can't manage the whole Crew, and if I can't manage the whole crew then the business manager will be disappointed at me.

Decision-making is a skill that you can use to run your day, this means that early in the morning you walk up, and after your breakfast, you need to decide what you need to do next, this means you need to have a plan and make the decision of what you going to do, and this can help me in my future if I keep doing it, keep planning and keep deciding, these skills help me on my assignment as well as my assignment due on May 5, 2023. These skills help me to decide what I need to do, and when I'm going to start doing it, to submit on time and not going to be late again. critical thinking skills are so important especially when it comes to making a judgement, you need to think very carefully, especially to those in the service, like the magistrate, Magistrates are required to think very carefully when they are judging someone in the court because they can be biased when it comes to judgement if they don't think very carefully because magistrate should be thinking to both sides not just one sides, according to my research source from the, (court and tribunal judiciary,2023), The magistrate should be the fairly impartial and transparent decision, The magistrate must be able to form reasonable opinions that are fair, impartial and transparent by following a structured approach to deliberation, judges must also be able to absorb large amounts of information and identify relevant issues. That is why critical thinking is so particularly important.



This reflective cycle that I made is what skills I have and what skills I have discovered in the past month that I have been doing my assignment. I learned this type of skill because I know that every person on the planet has a different type of skill, but they have not discovered yet.

Goals that I want to achieve	How to get progress.	What support will I need.	Personal aspirations.	Timeframe for the achievement of my goals.
Specific	Measurable	achievable	relevant	Timebound

Specific:

I want to gain more weight and improve my stamina to be prepared for the upcoming bleep test, in order to pass my police degree, and in order to achieve this in the future, improving my police officer fitness and gaining more strength will help me in the future if I become a police officer, achieving a massive strength can,

Measurable:

In order to pass the fitness test, I need to prepare for the fitness test, the bleep test last 3 minutes and 35 seconds and consists of 35 shuttles of 15 meters between two points. Driving speed starts at 7.9 km/h and accelerates to 9.9km/h. source from, (Preparing fitness test for police, UK) the idea is to reach the other side before the next beep. After all, trainee officers have to be healthy to do the job well, but with proper preparation, I can have a best chance of success if I just keep up my training,

Achievable:

To achieve my goal, my girlfriend is supporting me of my fitness, she always encourages me to go to the gym to do some cardio and maintain my stamina, and maintain my diet, diet is so important when you are doing training because, if you are not being serious to your diet you won't be able to progress your stamina, when it comes to stamina you need to eat healthy foods, and you need to avoid drinking cool drinks like Coke and avoid sleep late at night, at least every morning I need to run even just 10mins to 20mins, this will help me a lot to get progress to my stamina if I have no time in the morning to go out for a run, then I go play tennis at the weekends with my girlfriend, and if my girlfriend is busy I go the gym, and do some cardio and lifting, and the most important that is tracking my progress is my watch, and sometime I ask some advice from some site, like fitness tips website,(#1 software for fitness professionals)

Relevant:

I was working out to hard in order to pass my fitness test, to pass in the police, and to be police officers in the future because the required standard for the officers requiring a PTS as part of their role is 5.4. this means that you are running at level 5 in time for at least 4 shuttle beeps. The entire test at least 3 minutes covers 525 m, (College of Policing), fitness test is so important to completion of the requirements for successful recruitment as a police officer. The mains reason is to ensure that a prospective police officer has a minimum level of aptitude for conducting training. The recruit criteria set was extended to incumbent officers following the approval of the Winsor Review Recommendations, this annual test applies only to officers who are required as a part of the role. (College of Policing)

Timebound:

I am applying to become a Police Officer, so I need to train harder and harder until I pass the test, because I know if want to be a police I need to be serious about the role because this role is not easy this role is protecting the safety of the public, this role is more than just way to hard if you're not being serious about it, being a police officer is like risking your life, so I was thinking if I want to be police I need to be the focus, study hard and keep reading and reading, in order to achieve what I want to achieve, a career in the police can be extremely rewarding, both for you as an individual and for the communities you serve. Police reward becoming a police officer opens up opportunities for personal and professional growth and allows you to make a positive difference in your community, and earn while learning more about the benefits of policing, diversity and inclusion in policing in order to present and work with the communities, it is important that the people with a sexual orientation volunteer for the police learn more about how to promote inclusion and diversity in policing, that's why I want to become a police officer no matter how hard was the fitness test I will pass that, and I don't care how hard is it.

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