

Reflection on My Self-Development

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Foreign Languages and Cultural Awareness (BMIH5003)

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Reflection on my self-development:

In this reflection paper, I am discussing my self-development journey by using Gibbs' Reflective Cycle where I learned a lot from a cultural misunderstanding.

Description: When I was involved in a program to learn about cross-cultural communication, I found myself in a situation where I was working with people from various cultural backgrounds. Each person had their own way of seeing things and communicating (Ting-Toomey and Dorjee, 2018). Our group was a good example of how diverse the world is which seemed exciting at first. But I soon realized that these cultural differences could both make our teamwork better and sometimes cause challenges.

Feeling: As the project continued, I went through a range of emotions. At first, I was excited and curious about working with people from different backgrounds. But as we got deeper into the project, I started feeling more and more frustrated and confused. We often had misunderstandings, which made our team feel less united. This made me doubt myself and feel anxious about whether I could handle these cultural differences.

Evaluation: In assessing the experience, I realized that while the original enthusiasm was well-placed, I had undervalued the complications of cross-cultural collaboration. I honoured the significance of admitting and esteeming these cultural nuances. likewise, I had taken for granted the need for clear and open communication to ground the gap between different perspectives. Frequent misconstructions and pressures within the platoon were a harsh memorial that cultural diversity, when not duly understood and managed, can lead to significant challenges (Maheshkar and Sharma, 2018).

Analysis: After thinking about it, I realized that the main problem was that we did not have a good understanding of different cultures and how to communicate across cultures in our team. We did not appreciate and adapt to the differences in how we communicate, understand non-verbal cues, and view punctuality and deadlines. This lack of awareness led to misunderstandings and made it hard for us to work together effectively. It became clear that we needed to take a more thoughtful approach to learning about each other's cultures and communication values to collaborate better (Ting-Toomey and Dorjee, 2018).

Conclusion: In conclusion, this experience stressed the vital part of cultural capability in the moment of the globalized world. I learned that admitting and appreciating cultural differences is not enough; laboriously developing intercultural communication chops is important for successful cross-cultural collaboration.

Action Plan: Considering the difficulties and lessons I have learned from this experience, I have created a plan to improve my cultural awareness and communication skills. I am starting a journey of learning. This involves studying literature about cross-cultural communication and participating in training programs that focus on understanding different cultures, as suggested by experts (Wagner, Conlon and Byram, 2018). My goal is to build a strong foundation for comprehending various cultural aspects. I am also working on developing an open and flexible mindset, which means I am willing to learn and adapt to the unique challenges of intercultural relationships. By putting these efforts together, I hope to not only overcome past challenges but also be better prepared to handle future cross-cultural situations with confidence and success.

Reference list

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