



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

ACS report Task 3

Student Name: SANDA DOBRE

Student ID: 2415765

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Lecturer: Sukhpreet Grewal

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1. Introduction

This report is a reflective module showing how learning has helped me develop my academic skills. On 15 February 2025 I started studying Academic skills at Trinity St. David's University, I had a relaxed schedule with classes only on weekends starting at 2pm, we discussed new topics each time. I will talk about the following three academic skills: notetaking, paraphrasing and reflective skills. I aim to show how the above skills helped me progress and developed my skills during the first semester and as Cattrell (2024) says, "Learning is the key to studying, and the brain is the key to teaching."

2. Reflective mode

In this report I will use the Gibbs model (Gibbs 1988), because it uses series of questions that are very easy to follow and answer, because they are very understandable and easy to express my opinion of thinking about his module. The Gibbs model has a series of questions like: What? How? Why? When? It is all for me to describe what I understood, what I felt or in the end how it helped, was useful and what will be my future plan. As Gibbs (1988) says this module is a good way to work in an experience.

3. Personal Reflection

In the second lesson we discussed notetaking, we learned about working memory and how much information can be retained at once. Five note-taking styles were presented: diagrams, tabular form, mind maps, linear style and the Cornell method for better assessment. Initially, at the beginning I felt overwhelmed by the amount of information, I was afraid that I would not retain so many topics, but along the way, with the help of the teacher who explained in a way that everyone could understand, I did not have time to get bored and I even relaxed, understanding everything she had to teach

3.1 Evaluation

I will try to improve my skills by taking notes in every class, the third hour I discussed References I understood not to trust anyone before finding out the source where the subject comes from even if it is a book, website, journal or social media, the third hour I discussed CRAPP right before class we talked about politics and we developed how a criminal accused can defend himself if he has clear and obvious evidence. In the fourth lesson I learned about Paraphrasing when we write someone else's idea in our own words, when we paraphrase, we must change the words but keep the same meaning. When we paraphrase when we want to use a reference, we must use synonymous words to change the word order we change the format and use positive or negative forms. Now I understand the meaning of paraphrasing because understanding a text written by me avoids plagiarism and helps me clarify ideas. As Future Learning says, successful paraphrasing requires the use of many techniques every time. I will try to focus on improving my synonym learning. My plan in the future is to read more and use a dictionary to find more synonyms.

3.2 Analysis

About reflective reports we started writing in the sixth lesson we learned to reflect on our experiences. Reflection means thinking about what you have learned so far and how you can improve in the future. Reflective writing shows how we apply knowledge in practice by analyzing a situation to find solutions to problems. During the lesson, although that day I was a little stressed because of being late to class, I understood all the information taught by the teacher and I am convinced that it will help me in reflective writing to justify my actions and plan my future. In this course I also learned about the Gibbs module (1988) which helped me to write this report because I must read more to get more information. According to Watton, Collings and Moon (2001), reflective writing is based on personal experience and other sources and types of evidence to better understand the experienc

4. Conclusion

In conclusion, this report highlighted the accumulation of information during the course because I did not miss any lessons and it is essential to develop my skills, I will even use the Pomodoro method because it is very practical learning 25 'and 5 'break, the process being used four times. This module demonstrated that organizing studies using techniques such as paraphrasing and note-taking helps me understand the information more easily. The experience gained during the semester gave me a way of working to learn better and achieve a goal for my future academic career.

5. References

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