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Academic Skills: LCLM 4001
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Assignment Title:
Task 3 – Reflective Report

Reflective Report on My Learning Experience in the Academic Skills Module

Introduction

Today I'm going to reflect on my learning experience during the Academic Skills module, but before I start let's remind ourselves "What is academic skills?"

Academic skills are a range of abilities and strategies that enable students to succeed in educational settings and beyond. These skills encompass various aspects of learning, including reading, writing, critical thinking, time management, and more. Developing these skills can improve learning, test-taking, and overall academic performance. (Drew,2024)

In this report I will describe and analyse the key activities such as Task 1 (academic skills quiz), Task 2 (application exercise), and the weekly class discussions. I will also reflect on the impact of returning to the classroom after many years, the teaching environment, and my personal engagement with the module. These experiences have been significant in my learning journey because they have helped me rebuild my confidence as a student, improve my academic techniques, and understand how to meet university expectations.

Description of Experiences

Coming back to the classroom after nearly twenty years was an overwhelming but exciting experience for me. On my very first day, I was impressed by the modern setting: the classroom was bright and clean, with a lovely riverside view, well-maintained bathrooms, and even a cool water fountain nearby. These small details created a positive atmosphere and helped me feel comfortable in a new academic environment.

One of the most important experiences was Task 1, the academic skills quiz in week 5. The quiz covered time management, note-taking, referencing, and academic writing. I found it challenging at first because many of these skills were new to me, but I managed to complete the quiz in the given time and learned a lot from the process.

Task 2 in week 7 was also very impactful. This 90-minute exercise required us to take notes from a text, paraphrase individual sentences, and then write a

paragraph using academic conventions. It was a practical test of the skills we had been learning, and it really showed me how important it is to listen carefully and manage time during assessments.

The weekly sessions themselves were interactive and student-centred. The lecturer was enthusiastic and always encouraged us to participate. We discussed key topics such as academic misconduct, how to structure paragraphs, and effective reading strategies. I enjoyed attending these sessions because I always learned something new. However, not everything was perfect. Some classmates were distracting; a few people arrived late, spoke during lessons, or used their phones, which affected my concentration and overall learning experience.

Analysis and Personal Reflection

When I evaluate these experiences, I can see both positive and negative aspects. On the positive side, I discovered that one of my strengths is active participation. I rarely missed a class because I genuinely enjoyed them. I asked questions whenever I was unsure about a topic, and I shared my ideas during group discussions. This helped me understand complex subjects, such as how to paraphrase correctly and why referencing is crucial to avoid plagiarism.

I also faced challenges. One major challenge was adapting to the fast-paced nature of the sessions. After being away from education for so long, I initially struggled to keep up with the lecturer's speed. If I lost focus even for a moment, it became hard to catch up because of the limited class time and the complexity of some topics. I realised that I need to improve my time management outside class, spending more time reviewing notes and preparing before each session.

The importance of skills in academia is twofold. Firstly, it allows you to reach your academic goals by increasing your skillset. Secondly, you keep these skills after your time in higher education, and they can help you in other areas of life, such as in the workplace. (Indeed editorial team 2025)

Another challenge was dealing with distractions from other students. A few classmates regularly interrupted lessons by arriving late or talking during explanations. In one session, a student even interrupted the lecturer repeatedly, which I found frustrating. This taught me to develop strategies to maintain focus, such as sitting closer to the front and taking clearer notes to keep my attention on the lesson.

Looking at my personal growth, I feel a clear change in my academic confidence.

It took me through a roller coaster, At first, I felt very confident as we went through the sessions, then came the tasks which were rather daunting, whether I could keep up after so many years away from education. The Academic Skills module reassured me that learning is a continuous process and that it is never too late to improve. For example, after receiving feedback on my paraphrasing attempts in Task 2, I practised more at home by rewriting paragraphs from academic articles. Over time, I noticed improvement in how I expressed ideas in my own words.

I also learned a lot from Task 1, the quiz. I realised that I already had some basic organisational skills from my previous work experience, such as planning my time. However, the quiz showed me areas where I needed improvement, such as understanding proper referencing. I then read an article online called “A quick guide to Harvard referencing” (Caulfield J,2023) to learn the Harvard style properly.

This module has helped me grow not only academically but personally. I now approach my studies with more discipline and curiosity. I have learned to value structured note-taking, careful reading, and academic integrity. I feel proud that, despite initial fears, I have adapted to the academic environment and even enjoy it.

Conclusion

In conclusion, the Academic Skills module has been a very positive and transformative experience for me. Through activities such as Task 1, Task 2, and engaging classroom discussions, I have developed important academic skills and regained my confidence as a learner after many years away. My strengths include active participation and teamwork, while I recognise the need to improve my time management and maintain focus despite distractions. Overall, this module has had a strong impact on my personal and academic development, and I will carry these skills forward into future studies.

References

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