

Student Name: Angelika Waszak

Student Number:2440520

Module Code and Title: LCLM4001- Academic Skills

Task Title: Task 3 Reflective Report 1000 WORDS

Lecturer Name: Ellie Ristic

Reflective Report based on my experience studying a Business undergraduate course at the University of Birmingham. I will reflect on the challenges that I have faced and the growth I have developed. I developed a significant understanding of academic skills, which I demonstrated by completing tasks 1 and 2 without hesitation. I have also faced challenges while taking this course, including managing my time and ensuring I complete my work on time. Additionally, I struggled with understanding reflective writing and paraphrasing. I face challenges that I never thought I would be able to overcome. During my study time, I have progressed a lot with my knowledge and how I handle situations in the future. University helped me grow as an individual, even though it was hard work, but all worth it in the end.

Before starting university, I felt very confident in myself about the whole process of studying. I haven't thought through the challenges until I have faced them. The first few weeks were nice and easy. I felt comfortable and relaxed within the classroom; everyone was very kind, the lecturer was polite and always spoke clearly, which was reassuring. As the weeks passed, I began to struggle with time management and understanding paraphrasing and reflective writing. This was something that I felt very overwhelmed by and continued to stress about because I knew I still had to complete task 3. I decided to reflect on what I am doing possibly wrong to change the situation and manage my time more effectively. I decided to plan the day before for my day ahead, and how I will get to university and my class on time. Preparing earlier allowed me not to be stressed, as I knew I was prepared. With regards to the paraphrasing and reflective writing struggle that I faced, attending the classes and being punctual helped me with my learning, and reviewing the Moodle slides over again helped me with the understanding of paraphrasing. Using online research and other pupils' examples helped me to understand more, too.

I believe that a lot of my effort and motivation came from attending the classes, seeing my classmates, and being able to discuss any difficulties with them made me feel really good, as I knew I was able to get help from my class friends. Getting help from my lecturer helped me feel more reassured and motivated me not to give up and keep going. I began to think that facing new challenges will help me grow and gain new skills

and understanding. Being able to develop new skills and knowledge throughout my study period allowed me to complete my tasks on time. I have felt a bit nervous over the last task which I had to complete, which I knew I will struggle with, as I have never done a reflective report before, so I had no idea how that is done and where to start from, but one thing for sure I knew how important reflective writing is for your study and future. Self-reflection is a very important resource for learning in many professions, and software development. Being able to reflect on your experience can help you with your self-improvement. I have come across a research study where four out of five students have seen the importance of reflective writing for better understanding of their potential and self-growth (Libguides, 2021).

I have been using online resources and my previous notes that I have been taking while studying to help me understand reflective writing more. As I have researched more, I started to get a better understanding of it, which allowed me to feel more confident in writing my essay. Being able to reflect on your past learning or experience, it's amazing that you start to understand what went well and what didn't. One of the things that helped me was a diagram that I came across, which was about learning from your experience with Gibbs' reflective cycle (Markkanen et al., 2020). The reflective cycle helps people to learn from their experience what went well and what didn't. This reflective cycle has thought me how to reflect as the cycle has 6 stages which include description, feelings, evaluation, analysis, conclusion and action plan and I believe when I looked at it from that point of view it has helped me a lot to reflect on my experience and what I have learned during my studies (Smith & Roberts, 2015).

I felt at some point that studying might not be for me, but as time went by, I understood the importance of gaining these skills, knowledge, and experience. For my plans, I needed to develop all the necessary skills and knowledge within business, and this course has helped me a lot. It has helped me in ways I never thought I could gain the knowledge that I have in this course. I have come to understand the importance of reflecting on past experiences, which have made me grow as an individual. I look at things and situations from different perspectives and with different attitudes, and I believe this will definitely help me in the future with my plans that I have set for myself.

Overall, despite all the struggles and stress I have faced, I started to think with a positive mind. Making sure I am attending my classes always, and managing my time more effectively, I believe I don't have to stress anymore. Every struggle or stress has made me stronger as an individual. I started to believe in myself more and feel more confident about doing my work. I have overcome the fear, and I feel so relieved to finally not have the thought that I can't do it. Instead, I feel very confident with new challenges and facing them with positivity. I am proud of myself for overcoming the worries I had. I believe I became stronger as a person, and the university has helped me a lot to

overcome all this and allowed me to continue with my studies with a better and clearer mind.

References:

Markkanen, P., Välimäki, M., Anttila, M., & Kuuskorpi, M. (2020). A reflective cycle: Understanding challenging situations in a school setting. *Educational Research*, 62(1), 46-62. <https://doi.org/10.1080/00131881.2020.1711790>

Smith, J., & Roberts, R. (2015). Reflective Practice. *Vital Signs For Nurses*, 222-230. <https://doi.org/10.1002/9781119139119.ch14>

Heimann, J. F. (2000). Contingency planning as a necessity. Paper presented at Project Management Institute Annual Seminars & Symposium, Houston, TX. Newtown Square, PA: Project Management Institute.