



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

REFLECTION

Student Name: Liben Janet Mascarenhas E Dias

Student ID: 2427681

Module Code: LCLM4001

Module: Academic Skills

Lecturer: Thomas Adeyemi

1 Introduction (~100 words)

Reflection is a process which helps you gain insight into your professional practise by thinking analytically about any element of it. Reflective thinking and writing involve a large element of self-discovery. (Cottrell 2010) pointed out that the reflective process is challenging. This is because we do not always like to discover the truth about ourselves and the things we need to know can be the hardest to hear. We should not be discouraged if the process of reflection does not come naturally or quickly. I do faces up to difficult aspects of my approach to learning then there will be great benefits. Reflection encourages us to develop a greater understanding of our own strengths and weaknesses and values.

Reflection is a purposeful activity in which we analyse experiences our own practice skills responses to learn and improve, justify actions, solve problems deeper meaning.

2 Description of Experiences

(~200 words, 2-3 paragraphs)

Academic skills are things like planning your work, conducting research, critical thinking, note taking, editing the work and refencing. The academic skills will allow us to achieve the requirements of our assessments; it will help me produce high quality work and uphold academic integrity.

Skill is a knowledge and ability that enables you to do something well to perform operational tasks. To complete tasks successfully, I should have the knowledge,

ability and competence which are called skills, and which can be developed to help you gain expertise in a special field.

Skill is a term that encompasses the knowledge, competencies and abilities to perform operational tasks. Skills are developed through our life and work experiences, and we can also learn through studies.

Reading comprehension, writing, mathematical skills, critical thinking, problem-solving, and decision-making, programming, teamwork and collaboration are the skills in education. Skills allows us everyone to select the most appropriate behaviour or action to suit task requirements. Skills are important for academic achievements, professional development and personal growth making them a cornerstone of effective education. The key takes away points I learned are to keep everything organized, set time limits for tasks, and time management and develop self-discipline.

3 Personal Reflection

3.1 Evaluation

(~200 words, 1-2 paragraphs)

As a student at the university first thing I thought was that, to achieve my goals in life I need to focus on my studies which I have decided to study. I need to improve my habits like notetaking during the class lectures focusing on them, identifying my strengths and weaknesses, discussing the points which is not understood. Making reading habits and by reading the articles and books gives our more knowledge which I need in my studies. I was quiet behind on my quiz task because of my work and I did not do good in the quiz test and I was not happy with that , but I created a plan to catch up and made time-management to give time for my studies and to complete my tasks in time .I felt very miserable at times and felt that I don't have abilities in me to discuss the points or give response to the teacher in class. I thought I was not given time to reflect on the points discussed and then to answer to the question asked.

I was not satisfied when I had the quiz in the class, I realized that my focus on my studies was not effective and so I decided and pushed myself to try to make more time for my studies and to do more progress in my other study projects. Before I achieve my goals, I need to more improvements that will make my personal growth and well-beings. Through this studies it helped me to understand the importance of academic skills, and this will help me in future

upcoming. I will try my level best to achieve the goals which I have planned in my up-coming plans of life.

In Academic skills class I have learnt the importance of Referencing correctly is an essential skill, which I found it difficult to understand and to cite it properly.

But I am trying to reflect on what I have learned and to put in to practice and reflects on the past mistakes and to improve them and make better decisions for future action work. I realised that everyone feels nervous in the beginning of the classes and how to complete the assignment task in time and submit in time.

3.2 Analysis

(~400 words, 2-3 paragraphs)

I have experienced working in groups, and each one has a say what is needed and included in the assignment they want to work on, and this way it helped many of us. I have discovered when I'm working by myself, I enjoy working in areas that match my strengths. I think the fact we hadn't planned how we were writing and structuring the sections led me to this situation. I feel I need help in paraphrasing, and I searched through google search in what ways to write the tasks. Working in groups section in the class and doing the Assignment, I thought this approach will save our time when piecing together the sections.

Writing honestly is very important as it encourages us to work and promote in academic environment. Students usually get engaged in their work and put into practice which supports our learning abilities, which also helps us to avoid plagiarism and then participate with full enthusiasm. Having integrity helps us to gain trust with the colleagues and teachers. More attentive and engagement in the class helps us to reflect on what we have studied. I always tried to be punctual and attend the class in time; I felt that I needed to focus more on the teaching of paraphrasing and Evaluation.

When I was preparing the for the Individual task writing in the class, I was so distressed and had no ideas what topic to choose and write on that topic, got confused. Then I succeeded to utilise online data and source material to support my topic to write on and improved my grammatical mistakes. My average grades were improved, and I got confident in my writings and group projects too. I also need to focus more on reading comprehension and understanding complex

academic texts and identifying key concepts. I will organise my time effectively to meet my assignment deadlines and complete the tasks in time.

4 Conclusion

(~100 words)

First thing I have learnt in this first semester that how I should make time management, note-taking, punctual, concentration and attentive in class. I was very excited what I am to study at academic skills.

I learned to read the articles carefully highlighting the important points and taking notes as I am reading, reading the introduction and the conclusion together and compare them what the author set out to do and what will be the outcome. When including a summary as part of a larger text, its essential to properly cite the source we are summarizing. The exact format depends on our citation style, but it usually includes an in-text citation and full reference at the end of your paper.

I will make sure that I am well prepared in doing my assignment with the help of the notes taken down and summarizing carefully making sure that I have understood the contents and the authors argument.

5 References

<https://www.deakin.edu.au>

<https://www.collinsdictionary.com>

Gibbs (1988, p.49)

<https://www.scribbr.com>

Research article 1997-2006, University of Washington

Royal Literary Fund (2020) 'Quotes and references'.

<https://www.rlf.org.uk/resources/direct-quotation-paraphrasing-referencing/>

(accessed 1.11.2020)

University of Leeds (2020) 'Academic writing: How to incorporate evidence'

https://library.leeds.ac.uk/info/14011/writing/106/academic_writing/4

(accessed 1.11.2020)

(***These are just sample references, please use your own***)