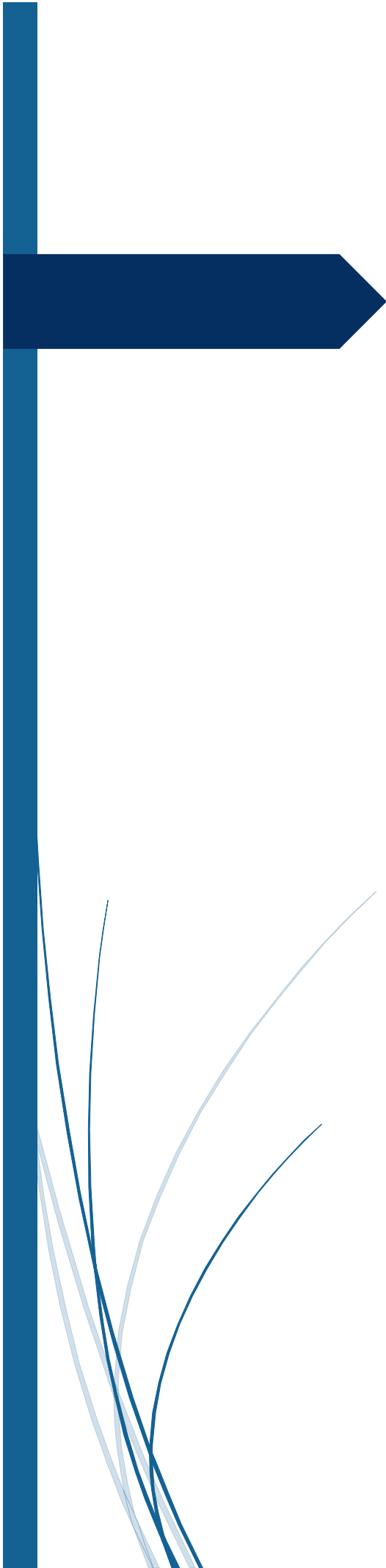




# Assignment 2

Learning in the Digital Era

Module Name: Learning in the Digital Era

Module Code: ACCA 4025

Student Name: Hamed Huffi

Student ID: 2528907

Group: 1

Lecturer's Name: Koushik Modak

Video Link:

<https://youtu.be/kuNQC11RPEw>

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LONDON CAMPUS

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# Introduction

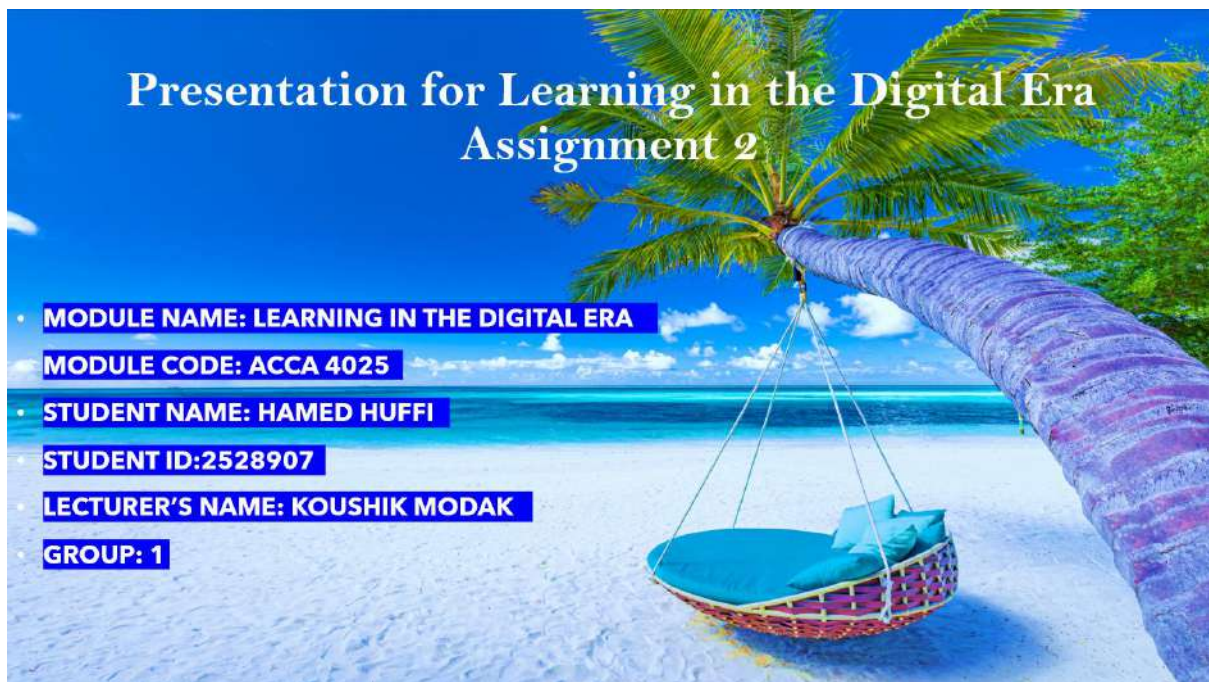
For my Learning in the Digital Era assignment 2, I discuss and reflect on 3 tasks and 1 reflective model. These are the Gibbs reflective cycle, a self-evaluation, a professional development plan, and a chosen topic from Unit 4.

## Main Body

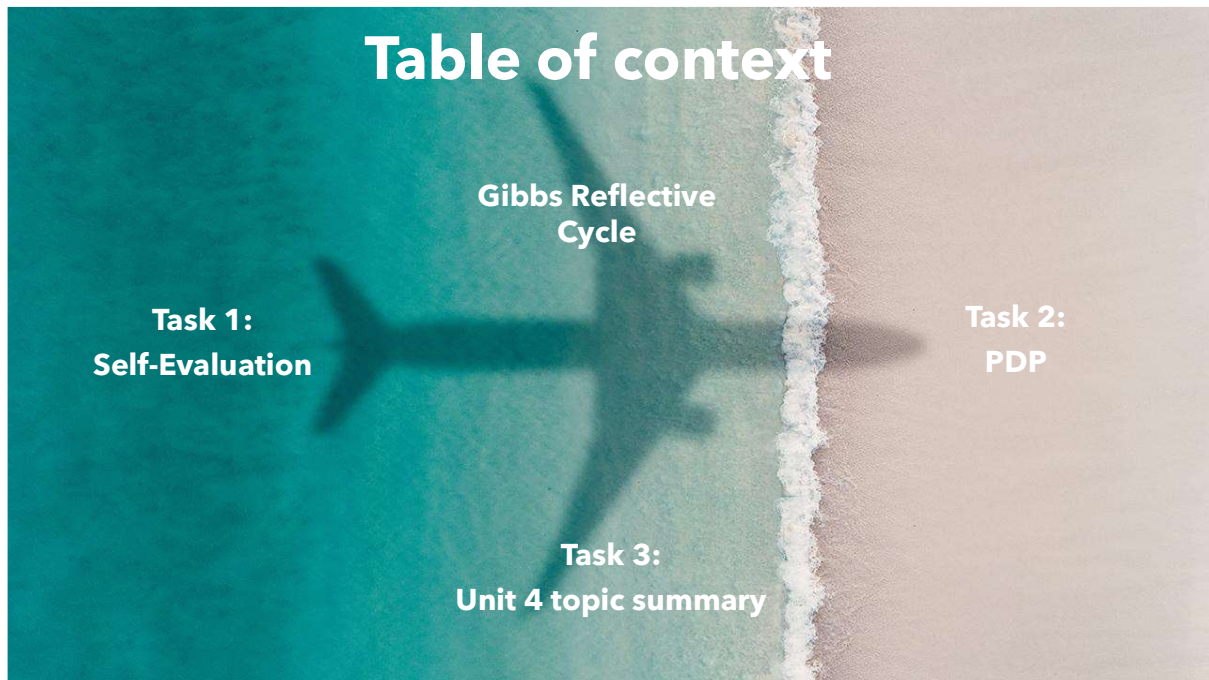
Using the Gibbs Reflective Cycle, I understood the effects and impacts it has on experiences and understanding of outcomes. Also raised my self-awareness by listing my strengths, weaknesses, and traits, and, for future improvements, I used the SMART model to effectively achieve goals. The topic I have chosen also gave me insight into how to reduce stress and anxiety, as well as the importance of health and well-being.

**Video Link:** <https://youtu.be/kuNQC11RPEw>

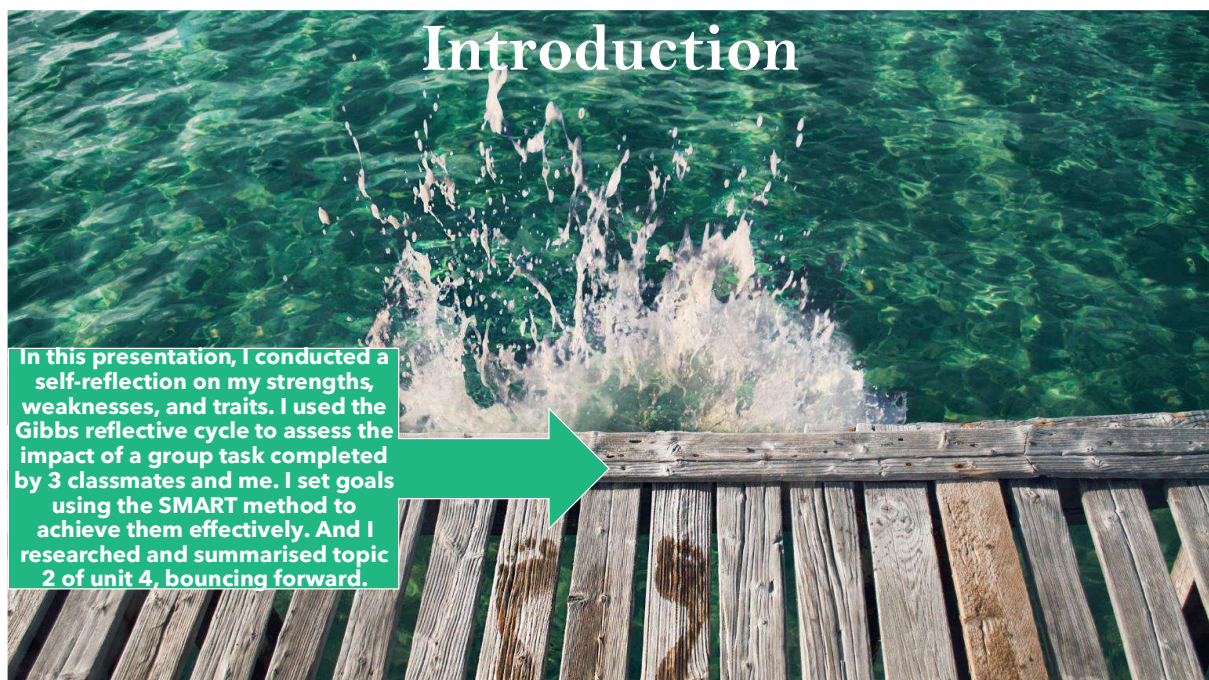
Slide 1 Cover Page:



## Slide 2 Content:



## Slide 3 Introduction:



## Slide 4 Main Body:



## Slide 5 Gibb's Reflective Model:

Gibbs' reflective cycle

## Reflective Model

Professor Graham Gibbs created a six-stage reflective model in 1988 titled the Gibbs Reflective Cycle [1]. Implementing the Gibbs Reflective Cycle allows students to improve skills and plan strategically for future situations [2].

**Fig. 1 Gibbs reflective Cycle [3]**      **Effects and impact when applied**

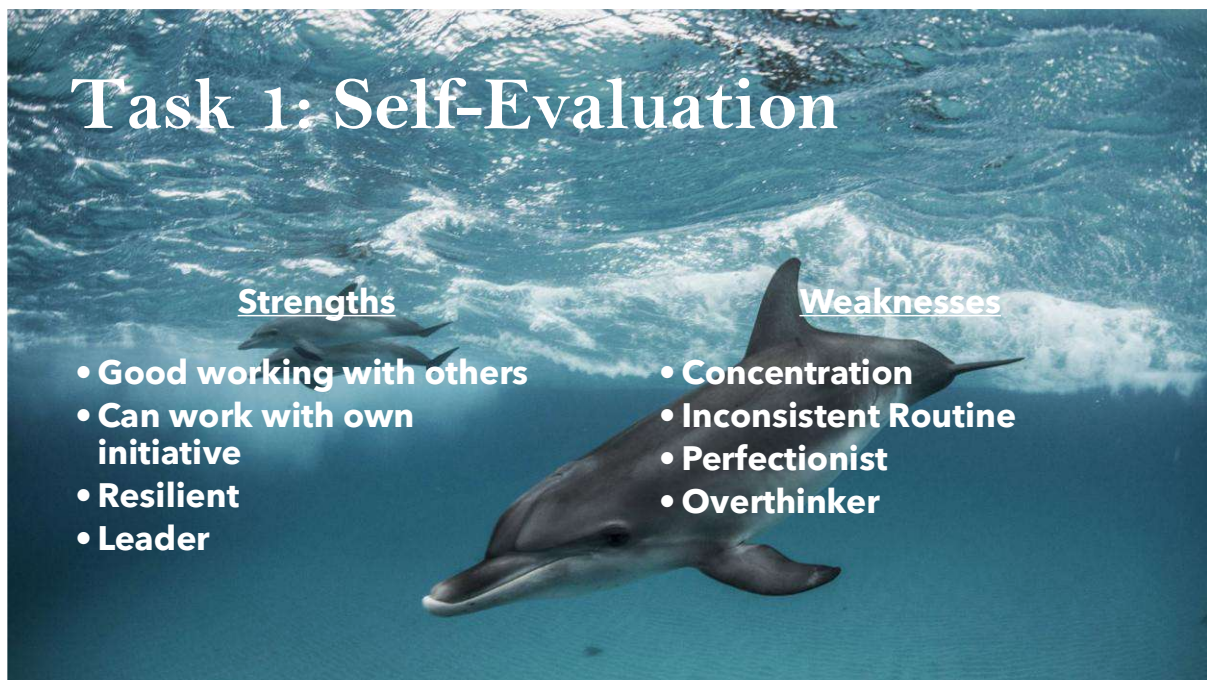
- **Description:** During a group task in LDE 1, 3 other students and I had to create a collective mind map.
- **Feelings:** At first, I was anxious because of the outcome, but everyone pulled their weight and completed the task.
- **Evaluation:** The lecturer wanted it to branch out rather than be in paragraphs, so we worked on it as a collective and the task.
- **Analysis:** Initially, we assumed writing it in paragraphs was okay but, it was corrected by our lecturer.
- **Conclusion:** I learned to ask again if I'm not sure.
- **Action plan:** In future group tasks, I will not jump to assumptions.

**Brief explanation:** When implementing the Gibbs Reflective Cycle, it enables individuals to improve their skills and plan strategies for future situations using the six stages. Which are...

- 1) **Description:** This phase recounts what happened, including key factors such as who was involved, what the situation was, when and where, and the outcome.
- 2) **Feelings:** Reflecting on emotions and thoughts during an experience. How you felt before, during and after the experience and recognising other people's feelings. This stage helps understand and gain emotional intelligence.
- 3) **Evaluation:** Reflects on what went well and what went wrong, identifying positive and negative aspects, highlighting strengths and areas for improvement.
- 4) **Analysis:** Examine the reasons behind the outcomes. Connecting experiences with relevant theories to gain a deeper understanding and identify regular patterns or factors.
- 5) **Conclusion:** Summarises the key lessons learned. Reflects on what you could have done differently and any new information about yourself, your work or interactions with others.
- 6) **Action Plan:** A plan for future situations. Highlights the main steps to improve, which support continuous learning and professional development.

In implementing these six stages, I reflected and gained insight into when 3 students and I completed a task on LDE 1.

## Slide 6 Task 1 Self-Evaluation:



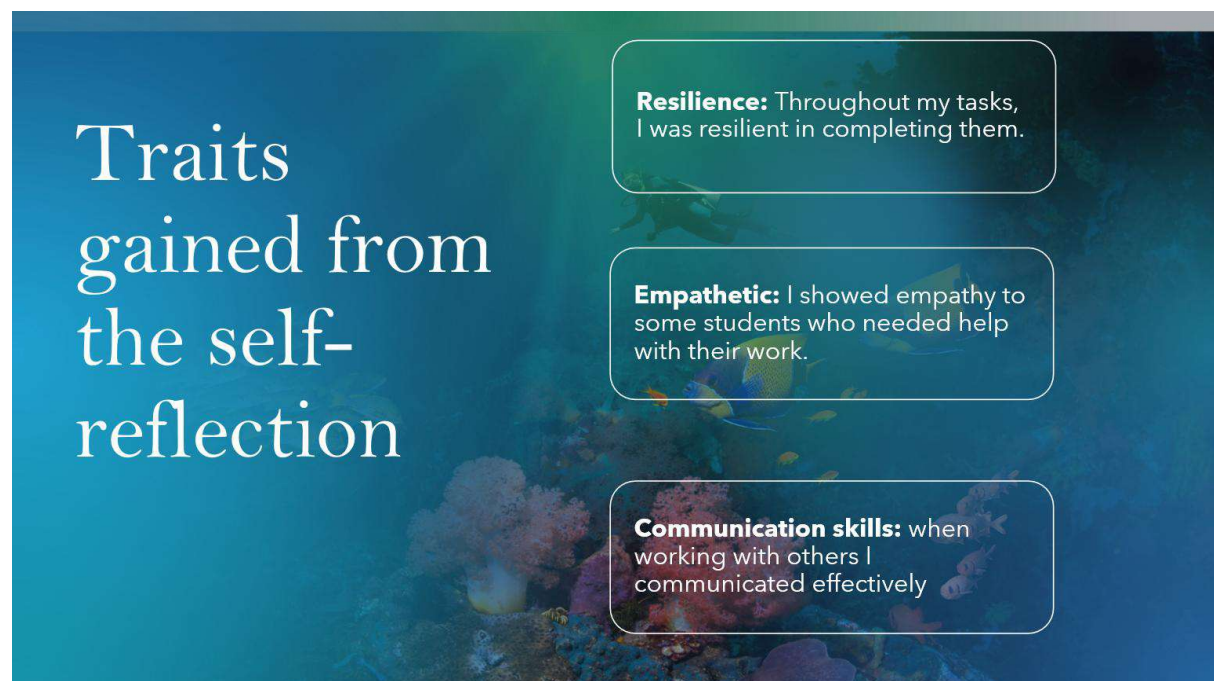
# Task 1: Self-Evaluation

| <u>Strengths</u>                                                                                                                                       | <u>Weaknesses</u>                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Good working with others</li><li>• Can work with own initiative</li><li>• Resilient</li><li>• Leader</li></ul> | <ul style="list-style-type: none"><li>• Concentration</li><li>• Inconsistent Routine</li><li>• Perfectionist</li><li>• Overthinker</li></ul> |

**Brief explanation:** **Strengths:** I am good at working in a team, communicating effectively, and taking initiative to achieve results. I never give up, which is why I'm resilient and a natural-born leader.

**Weaknesses:** I will improve my concentration by practising mindfulness and reducing distractions. And waking up at a consistent time will improve my routine. Lowering my standards will help stop perfectionism. Living in the present and crossing bridges as they come will stop me from overthinking.

## Slide 7 Traits Gained from the Self-Evaluation:



**Brief explanation:** In examining my self-reflection, I learned I have these traits. I never give up, even when facing adversities. I'm kind and empathetic towards others and have good communication skills.

## Slides 8 and 9 Professional Development Plan:

### Task 2: Professional Development Plan with SMART Goals

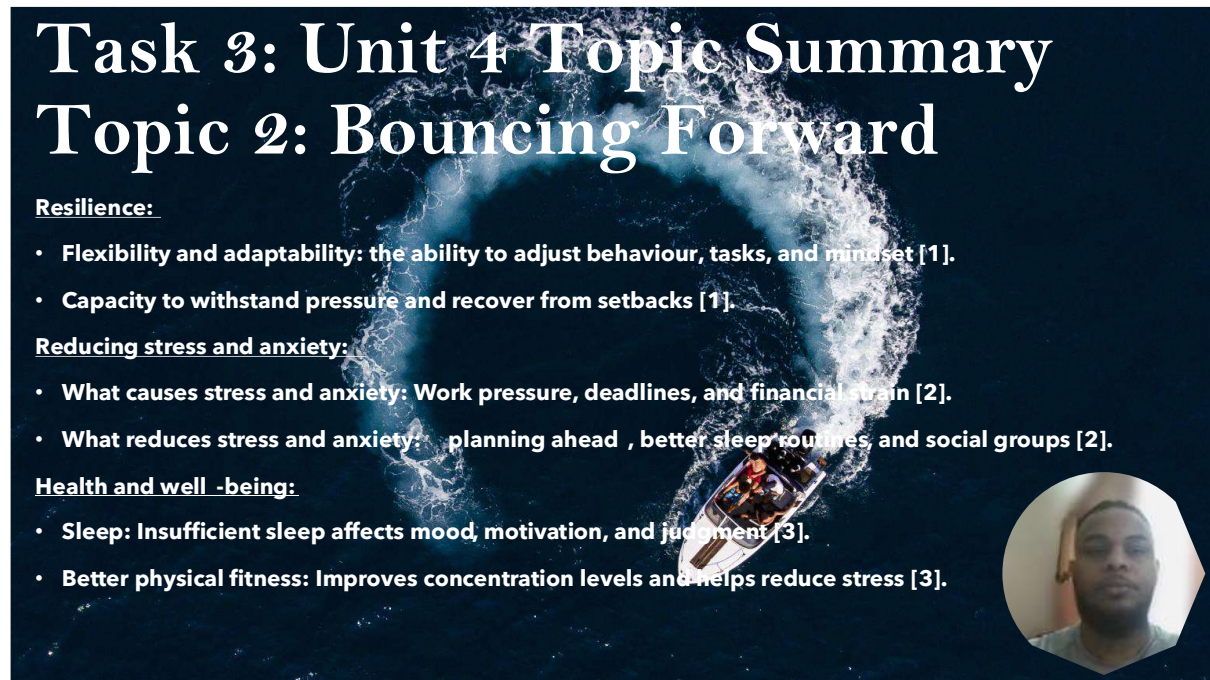
| Goal to Achieve               | Personal Action Plan                 | Resources and Support required            | Development Opportunity with Professional Qualification | Performance Measurement                   | Expected Completion Date |
|-------------------------------|--------------------------------------|-------------------------------------------|---------------------------------------------------------|-------------------------------------------|--------------------------|
| Learn Python                  | Learn basics                         | Complete 5 beginner lessons               | Begin with simple exercises                             | Build a useful tool for future tech roles | 4 weeks to learn basics  |
| Understanding algorithms      | Solve 5 dynamic programming problems | Complete algorithm topic every 3 days     | Start with foundational algorithms                      | Expand on problem solving skills          | 4 weeks to learn basics  |
| Basic cybersecurity awareness | Learn how to use password manager    | Complete 3 cybersecurity awareness videos | Learn one topic at a time                               | Learn about backups and encryption        | 3 weeks                  |

### Task 2: Professional Development Plan with SMART Goals Extension

| Goal to Achieve            | Personal Action Plan                             | Resources and Support required                | Development Opportunity with Professional Qualification | Performance Measurement | Expected Completion Date                    |
|----------------------------|--------------------------------------------------|-----------------------------------------------|---------------------------------------------------------|-------------------------|---------------------------------------------|
| Concentration              | Complete one task at a time                      | Focus rating after sessions                   | Start with 10-15 min deep focus                         | Finishing tasks faster  | Follow plan for 2 weeks and review progress |
| Inconsistent routine       | Wake up early even if free                       | Track routine                                 | Sleep at a consistent time                              | Feel more organised     | Review every Sunday                         |
| Perfectionism/overthinking | Submit assignments after one revision instead of | Track how long I spend overthinking on a task | Limit myself to one task per time                       | Reduce perfectionism    | Review weekly and adjust                    |

**Brief explanation:** I set three goals using the SMART model, which are learning the basics I will need to grow in this subject. Also, as an extension, I listed how I can improve my weaknesses, which gave me an effective and efficient way to do so.

## Slide 10 Unit 4 Topic Summary:



# Task 3: Unit 4 Topic Summary

## Topic 2: Bouncing Forward

**Resilience:**

- **Flexibility and adaptability:** the ability to adjust behaviour, tasks, and mindset [1].
- **Capacity to withstand pressure and recover from setbacks** [1].

**Reducing stress and anxiety:**

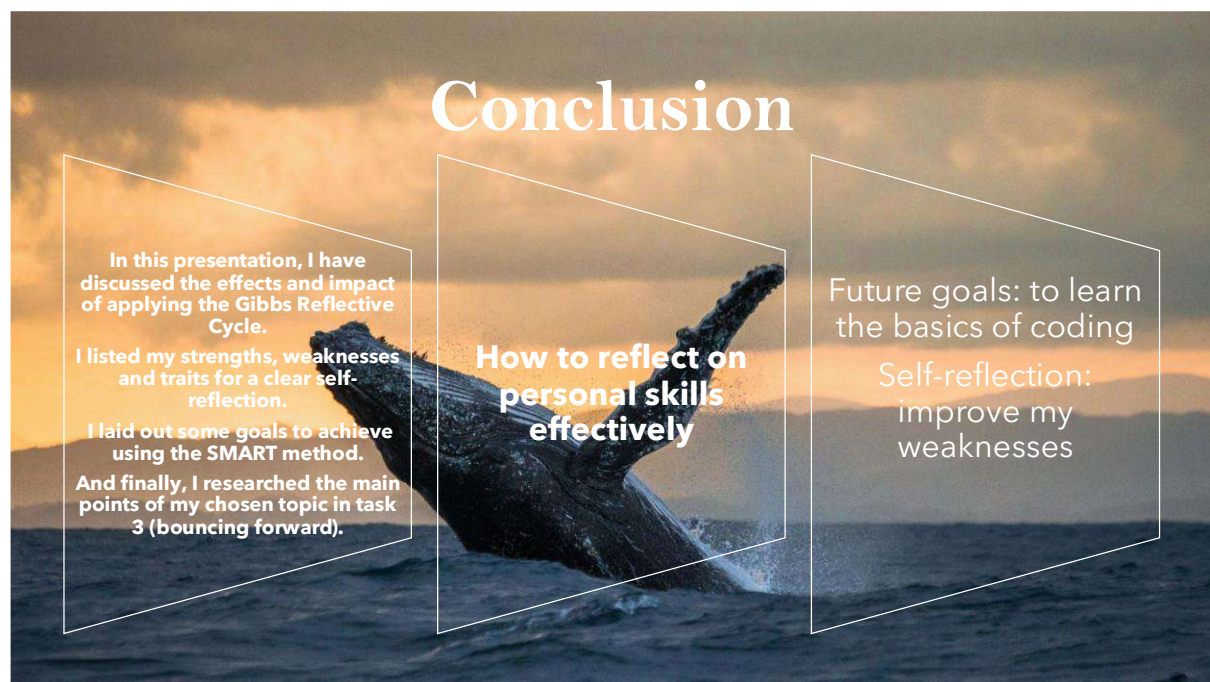
- **What causes stress and anxiety:** Work pressure, deadlines, and financial strain [2].
- **What reduces stress and anxiety:** planning ahead , better sleep routines, and social groups [2].

**Health and well -being:**

- **Sleep:** Insufficient sleep affects mood, motivation, and judgment [3].
- **Better physical fitness:** Improves concentration levels and helps reduce stress [3].

**Brief explanation:** The topic I have chosen in Unit 4 is Topic 2 Bouncing Forward. It reflects on what the definition of resilience is and why it's a strong trait to have. Also, it discusses the factors that produce and reduce stress and anxiety, and, lastly, it speaks on the importance of physical and mental health and well-being.

## Slide 11 Conclusion:



# Conclusion

In this presentation, I have discussed the effects and impact of applying the Gibbs Reflective Cycle.

I listed my strengths, weaknesses and traits for a clear self-reflection.

I laid out some goals to achieve using the SMART method.

And finally, I researched the main points of my chosen topic in task 3 (bouncing forward).

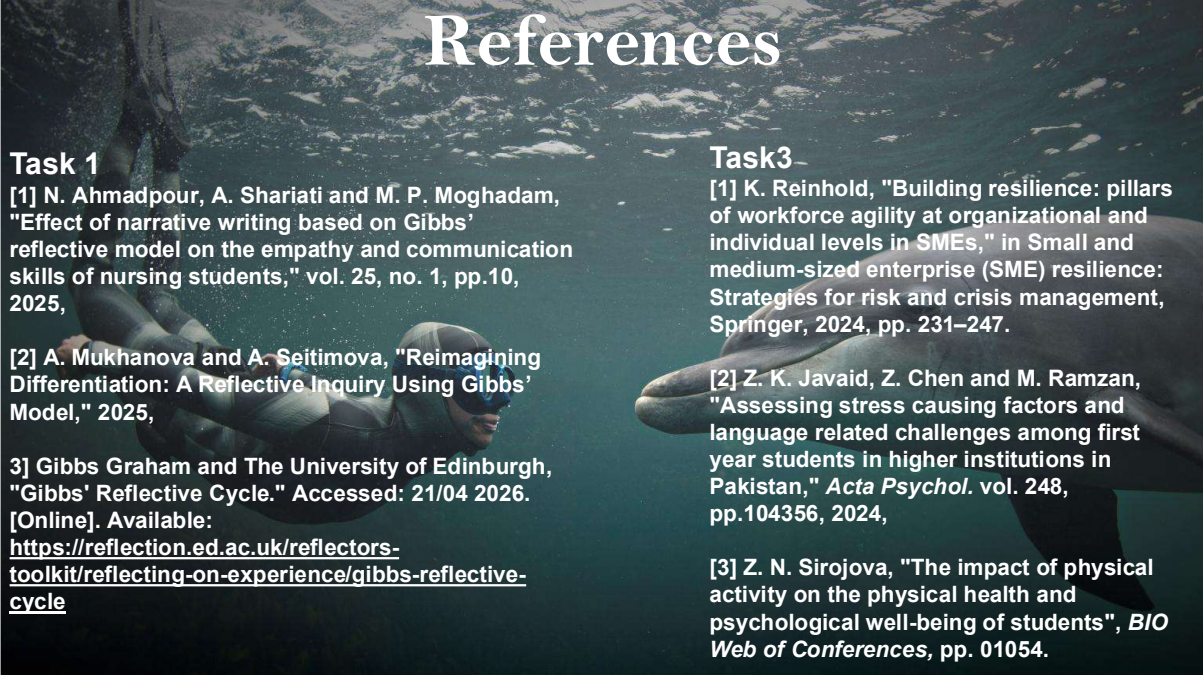
### How to reflect on personal skills effectively

Future goals: to learn the basics of coding

Self-reflection: improve my weaknesses

**Brief explanation:** In this presentation, I have discussed and presented the effects and impact of applying the Gibbs reflective cycle when dealing with experiences and understanding your reactions. I listed my strengths, weaknesses and traits for a clear self-reflection. I laid out some goals to achieve using the SMART method. And finally, I researched the main points of my chosen topic in task 3 (bouncing forward). Assignment

## Slide 12 References:



# References

### Task 1

[1] N. Ahmadpour, A. Shariati and M. P. Moghadam, "Effect of narrative writing based on Gibbs' reflective model on the empathy and communication skills of nursing students," vol. 25, no. 1, pp.10, 2025,

[2] A. Mukhanova and A. Seitimova, "Reimagining Differentiation: A Reflective Inquiry Using Gibbs' Model," 2025,

3] Gibbs Graham and The University of Edinburgh, "Gibbs' Reflective Cycle." Accessed: 21/04 2026. [Online]. Available: <https://reflection.ed.ac.uk/reflectors-toolkit/reflecting-on-experience/gibbs-reflective-cycle>

### Task3

[1] K. Reinhold, "Building resilience: pillars of workforce agility at organizational and individual levels in SMEs," in Small and medium-sized enterprise (SME) resilience: Strategies for risk and crisis management, Springer, 2024, pp. 231–247.

[2] Z. K. Javaid, Z. Chen and M. Ramzan, "Assessing stress causing factors and language related challenges among first year students in higher institutions in Pakistan," *Acta Psychol.* vol. 248, pp.104356, 2024,

[3] Z. N. Sirojova, "The impact of physical activity on the physical health and psychological well-being of students", *BIO Web of Conferences*, pp. 01054.

## Conclusion

In conclusion, I have learned that evaluating my strengths and weaknesses will clarify the steps I need to take for growth and the attributes I already have. Listing my targets using the SMART model will help me achieve my goals effectively. Analysing a piece of literature thoroughly will help extract the main points, and finally, how to present and create a PowerPoint presentation.

## References

### Task 1

[1] N. Ahmadpour, A. Shariati and M. P. Moghadam, "Effect of narrative writing based on Gibbs' reflective model on the empathy and communication skills of nursing students," vol. 25, no. 1, pp.10, 2025,

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### **Task3**

[1] K. Reinhold, "Building resilience: pillars of workforce agility at organizational and individual levels in SMEs," in *Small and medium-sized enterprise (SME) resilience: Strategies for risk and crisis management*, Springer, 2024, pp. 231–247.

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