

Reflective Report.

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Introduction

It can really be challenging when you are doing a course in the higher education, well this is great for stretching and at the same times the pressure can also be frightening especially when you are starting at the university or college for the first time and start thinking about what you might be taking on or how you going to manage the situation, joining a new group, doing study tasks this can bring a lot of distress but all the same it can enhance development[Cottrell,2019,p151]

This report will be reflecting on my time at the university and what I want to be in the future, my background, professional aims, swot analyse, smart analyse, PDP and the role play on my interview presentation. Reflective practice in a way is about thinking what you did in the past and what happened and decide in case such thing happen again next time, what you would have do differently and to develop insights into them, very closed to the concept of learning from your past experience like is a good thing to get into the habit of reflective practice as this will be useful both in academic life, at work and at home (skillsyouneed, 2020)

My Vision

Is like you have your eyes closed and you start to think of a future that is not exiting and the ability to see all the difficult things in front of you, cleaned it up and hopefully to look onto a better future that does not yet exist, I believe everyone should have a vision for he or herself because without vision you have no clue of what you should be doing or maybe what you are doing. This we make me to say my vision is to have my degree and become a Social Worker likewise having a positive impact in the life of my family and friends as the case maybe is good that anything you care about you should have a vision for it (Weerawarana, 2017)

Background

Basically I am a family Man from Nigerian very hardworking, enthusiastic, committed and professional in anything I am doing and also someone that had the believe that with determination one can achieve something people see as impossible because life make me to understand that you just have to keep pushing yourself till you get they.

Professional Aims

Any time we start looking for a job it is important to have it in mind that which post we are going to occupy, as we all know all occupation have their own certain requirement to be develop upon. For the fact that the same apparently involve knowing the tools, materials and mastering some certain procedures the most important thing is that my professional aims is for me to know the job that is more suitable for my personal and professional characteristics, this is the reason I want to become a Social Worker that has always be my dream (oficinadetreball.gencat.cat, 2014)

Future Goals

My goal for the future include learning and keep developing myself until I eventually get my dream job, in the couple of month hopefully I would have be able to sharpened all the academic skills I need, to take on this tasks and using my expertise to mentor others and becoming a social worker professional will be something of a dream come true (job-applications.com, 2020)

My SWOT

A SWOT analysis is a simple and yet another powerful strategy to enhance development and it stands for Strengths, Weakness, Opportunities and Threats. You might be thinking you already know it all to be successful in life but when you take the time to do a SWOT analysis of yourself this we make you to have a change of mind and start seeing things in a new way and directions at the same time it can help you uncover opportunities that you would not otherwise have see (Parsons, 2018)

Here is my SWOT analysis below.

STRENGTHS	WEAKNESS	OPPORTUNITIES	THREATS
IT skills	Being too honest	White collar job	Young graduates
Good communication	I may run out of confidence sometime.	Be able to assist my daughter in her assignment.	Economic crisis
Driving license		Having my degree.	Lack of time
Organizing skills	Focus too much detail.	To be more confidence of myself	Age difference
Team Works			
Adaptability			
Self- reflection			

SMART Analysis.

If I can be able to have an idea how to plan, it will be a good thing to my daily life also the same as a student because time is something we do not have control over but learning how to manage it gives me some significant control higher sense of control in whatever I do. Think if I can map out time and plan during my time as a student I strongly believe I will achieve three things in a very easy way. Firstly, I will be doing much better in my course work and secondly there we be no delay in my assignment also I will be able to finish in time before other course-mate and have some time for relaxation and lastly so that I can be able to show how I can manage time properly and good planning skills to my future employers[Morgan,2017,p38]

Specific: To complete my assignment and secondly to finish my certificate in skill for workplace program and went on to complete my degree in health and social care.

Measurable: Getting feedback from my lectures then if everything is okay I will then proceed to do my degree program.

Achievable: With hard work and commitment I think it can be achieved

Realistic.: Having my laptop some textbooks and assessed to online resources.

Time: By January/February 2021, I would have completed my level 4 in health and social care.

PERSONAL DEVELOPMENT PLAN

I believe no one know everything in life, but this should not prevent us from plans and action that we make us a better person in future, personal development plan can gives a clear sense of who we are and what we want to achieve. Good sense of purpose we encourage us to make good use of our time as well to come out with a better choice and have a better control over the future, this we also develop to reflective strategic and creative thinking as this we make to gain more than a degree.[Cottrell,2017,p48]

Here is my personal development plan.

The skills that I need.	What I need to do.	The things that I need to do it.	Starting date	Time for reviewing.
Presentation skills	Practicing rehearsing and looking at the mirror.	Family, Friend and Books.	Every weekend	5/10/2020
Teamwork skills	Joining a group	Classmate	Every term	05/10/2020
IT skills	YouTube practice and online course.	Laptop	Monday and Tuesday	30/09/2020
Oral communication skills	Engage in a lot of public speaking	Socialize with friends.	Every weekend	12/12/2020
Writing communication skills	Doing my course work and doing a lot of reflection writing.	Laptop, Books and Pen.	Every day of my life.	10/02/2020

Interview Reflection

Reflection is a way of giving yourself some training or method that enhance and promotes that can lead to progress the mind of a learner, as someone who is studying it will be a good thing to always have a bright reflection to have a balance of what is going on around us. Of which I know sometime it may require a lot of time and reflection practice but this is good because it can improve effective learning that will lead to development in all area of profession as the saying says to learn from past mistake. (Nursinganswers, 2019)

Description

This make me to flash back on our task 1 assessment which is virtual interview on a role play for job interview which came up on Wednesday 19 of August 2020 at 16:10 I was been peered with one of my class mate as a partner for both of us to interview each other with our lecturer watching as an observer including the rest member of the class watching as well through online platform [Team].

After formal introduction I was asked to start the interview process and we were giving five minute time slot for each person this means we both have ten minute to spend on the session and I started by me asking her some logical five interview question and she respond to all the question very well.

And he was my turned to be interview, she started by asking me to tell her about my self of which I did every thing was going on well but not until the last question that take me by surprised was when she asked me were did I see myself in five year time? My response was I will be working for them and likewise seeing myself to be very competent in this role and to be well respected by my work colleagues, supervisor and peers and likewise due to the length of time I would have been in this position and experience I most have gained and also to be willing to train up other people in similar role, and everything ended.

Feeling

At the start of the interview I was so nervous and frightened because it was my first time having public speaking in a virtual way while having people watching but as moved a little bit into the interview I started gaining my confidence back.

Evaluation

My observation about everything is that it will improve my presentation skills and gives some confidence in case I am going for interview in the future also make me to evaluate my self in terms of public speaking and presentation skills.

Analysis

The whole situation was fun all the time but assume we were giving enough time it would have been better but what can we do we just need to work the time that was giving.

Conclusion

I believe I could have asked my presentation partner so that we can have a lot of practice before the interview I think I do not put in much effort because I was not looking at the camera as much.

Action plan

In case of next time I will make sure I do a lot of practice before the time and to be more confidence of my self and try to make I always keep that eyes contact with my interviewer at all time.

CONCLUSION

This report make me to understand that reflection is supposed to be what we do at all time because with this practice our critical thinking analysis we improve and it we enhance our education performance and this course that with dedication and hard work someone we achieve a lot of things.

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