

# Reflective Journal

by

Insert author name

Submitted for Assessment in

## Insert Title

at

Noroff University College

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# 1 Introduction

This is the introduction page. . .

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## 2 Lesson 1:Introduction

Original URL: « link to the original blog post on the Moodle blog»

### 2.1 Reflection on the days lecture and tutorial

«Add critical reflective thoughts about your learning experiences. Delete this text»

#### Lesson/Topic goals/Study Plan:

- Why...
- What...
- How...

### 2.2 Reflection Topics

«When there are guided topics add them as sub-headings and include your critical discussion of the topic(s)»

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#### 2.2.1 Provided topic 1

«topic 1 example reflective discussion»

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### 2.2.2 Provided topic 2

«topic 2 example reflective discussion »

```
# This is a simple python code for testing.  
  
def mySquareFunc(myVal):  
    myRes = int(myVal) ** 2  
    return myRes  
  
mySquareFunc(input("Type in a number to square"))
```

Listing 1: This is a Python code

## 2.3 Key Take-Away

This subsection outlines key information from the day's lesson in bullet points.

1. Main Item 1.
  - (a) sub item 1 1
  - (b) sub item 1 2
  - (c) sub item 1 3
  - (d) sub item 1 4
  - (e) sub item 1 5
  - (f) sub item 1 6
2. Main Item 2
  - (a) sub item 2 1
  - (b) sub item 2 2
  - (c) sub item 2 3
  - (d) sub item 2 4
3. ..
4. .

## 2.4 Lessons Learned

*Below text are example only!!!*

This subsection summarizes the day's lesson topic.

### Databases

Databases is an element of modern information infrastructure.

Organized data/information by following examples.

- Catagorization
- Quantify
- Itemization
- Relation etc.

Redundant data are problematic:

- Storage, takes space
- Overhead, when updating
- Integrity, data consistency

### Glossary:

Word/expression	Elaboration / Comment
3rd Normal Form	A database schema design see "Other source material" table in section 2.6. Ensures update and insert integrity to the database.

## 2.5 Action Points - Further Reading/Enquiry

Action Point	To-do description	Assigend to	Target date	Comment/Status
1	Create home-lavb environment for the course	Self	ASAP	Assigned

## 2.6 Other source materials

Resource Type	Source description, Book title, URL, etc.
Wikipedia	<a href="https://en.wikipedia.org/wiki/Third_normal_form">https://en.wikipedia.org/wiki/Third_normal_form</a>
Row 2	Cell 2

[www.bing.com](http://www.bing.com)

[www.wikipedia.com](http://www.wikipedia.com)

[www.wolframalpha.com](http://www.wolframalpha.com)

## 2.7 Issues Noted and Area of Improvements

Issue number	Issue description / Area of Improvement
1	AOI description. Lorem ipsum
2	Issue description. Lorem ipsum

### 3 This is body\_section2 heading

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## 5 This is body\_section4 heading

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### 5.1 Sub Test

This is a pharagraph

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## 6 Conclusion

### Conclusion

```
print('Hello World')
```

Listing 2: This is "Hello World" in Python

This is the conclusion page with a code listing.

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## A Appendix

This is the appendix

## B Bibliography

Bibliography