Assignment 2 – Professional Reflection

North Umbria University

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Module Tutor: Hamid Jahankhani / Shelagh Keogh

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# Introduction

This document is meant to be a professional reflection on the previous proposal designed by the author. This document will convey the experience and the learnings of the author in this project.

Writing this document will help the author of this document to further gaze clearly into the work done and have a deeper understanding for it and through extra material that comes under consideration.

## Reflective Practice

This concept of reflection wasn’t accepted until late. It was accepted as a process that provides the opportunity to develop knowledge and skills in a domain. The process is defined as the regularly changing path of gaining knowledge from various practical experiences that lead to a better understanding of a particular concept. (Boud, Keogh and Walker, 1985) (Boyd and Fales, 1983) (Mezirow, 1981) (Jarvis, 1992). Although there are many approaches that are validated and published, the approach for professional reflection for this document will be the Gibbs reflective cycle (Gibbs, 1988).

## Gibbs’ Reflective Cycle

The Gibbs’ reflective cycle is a hypothetical reflection model that comprises of six stages in total. The model is favored for this research since it precisely gives the procedures that allow for description, analysis and evaluation of the experience of the author and provide healthy critique on their methods.

The new experience and skills gained from working practically have to be recorded and kept in practice regularly, reflection alone will not be enough. According to the Gibbs’ reflection model, the author needs to create a workflow plan and ensure action on the plan. This reflective plan makes the author review their methods and make enhancing changes.



Figure 1 - Gibbs’ Reflective Cycle (Gibbs 1988)

# Critical discussion of challenges encountered in the construction of each section of the proposal.

The proposal contained many a challenges for the author. The process that caused the most difficulty for the author was coming up with a topic good enough for the project. This process includes the refining of the topic and clarifying the sources for research on the topic. This process was most taxing with respect to time.

The identification of research papers that provided strong integrity to the project and a strong base for the literature review were extremely difficult to find due to constraints of the domain and the decrease in the release of valid papers on the selected domain in the years after 2014.

While searching for a proper research topic, the author first started with the creation of a broad sense of the topic and apply classification to it for focusing it. This was done using research papers from peer researchers in the same domain and revising articles to help understand the topic. Searching for relevant material on the internet for this topic was not easy since there was a lot of ambiguity in the keywords used for searching on the internet.

# Critical discussion of skills required /used for successful construction of the proposal.

The reflection cycle phase helped the author realize that the author already possesses the most of the skills required for this project. Not only this, but there exist people that are willing to help him where he falls short. Due to the author’s lack of time management, the project was divided into smaller portions with revisions from the supervisor to achieve project completion on time.

# Critical discussion of lessons learnt from the process and strategies to adopt to move forward.

Knowledge gained from practical experience has no contest. Reflecting and introspecting allows one to notice one’s downfall and improve on it. The Gibbs’ reflective cycle states that the learning cycle starts at the following phases:

## Description

This document is meant as a professional reflection on the previous assignment of this project i.e., the proposal document. The professional reflection is done by the same author. The task was to create a 3000-word report on any topic of the author’s choosing. The method of gaining experience from others through their work in the same field as the topic chosen by the author is how the author progressed with his learning.

## Feeling

The author is ready to accept any healthy scrutiny and critique from the seniors, teachers and supervisors. The author also realizes that he is but a novice and totally new to research so he will not be able to collect the best grade but his objective is learning.

## Evaluation

The author was brought face-to-face with his limitations. Limitations that would render it impossible to review all of the material related to his research topic due to the sheer volume of information. Therefore, the author laid down rules that would help filter the material he needs to review to increase the quality and efficiency of the process.

## Analysis

Upon reflecting on the scenario, with the knowledge gained, the author recognizes the actions he took which led to good and bad actions. The author overlooked the SMART objectives during the writing phase; however, it was included after a peer review. A point to reconsider is the lack of deeper depth in the arguments, which is a lesson the author learnt. Valuable marks will be lost but through reflection, which clearly shows that there are no guidelines to cover every event, the author will endeavor to provide and include in-depth critical discussion to his dissertation.

## Conclusion and Plan of Action

During the process of writing this document, the author introspected once more and reflected on the processes he had gone through. The author was confident in his work and believed that he had done everything to get the best grade. The author realizes the fact that the Gibbs’ reflection cycle was the perfect model for this application and there still exists room for improvement in the following points:

* Time management
* Intelligent researching methods that counter excess information with respect to the processing ability.
* Critical analysis and writing style.

# Summary

This experience caused the author to understand that Gibbs' Reflective Cycle helps people gain from encounters persistently and powerfully and surprisingly particularly in circumstances where there is negative advancement. It is an unmistakable and compact interaction which help the expert to have the option to basically and methodically consider every one of the six phases and to utilize their insightful abilities.

It is contended that, there are a few different ways to reflect and any technique picked will profit the expert. This cycle assists experts with turning out to be better students by allowing them to appreciate their solidarity and shortcomings. Toward the beginning of the examination proposition, the creator was apprehensive however after reflection, he has trust recorded as a hard copy the exposition. Nonetheless, as examined prior, the creator is excited about creating expertise in the spaces which have been distinguished to need strength in.

# References

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