

Reflective Journal

by

Maab Fatima

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UC1PBL054 – Problem Based Learning and Research Methodology

at

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UC1PBL054

Monday, 22 August 2022

Reflection on today's lectures:

Today's lecture consists of an introduction to the course which gives us information about the course contents, how the course is scheduled, and how the lectures are going to be broadcast. What we will achieve as a result. As I am not so much interested in this course but after knowing the delivery schedule, one thing is sure that it will not bore me. The other half of this lecture explains how our brain works and what the neural system is. I get to know about my brain and how it works. This lecture also shows me how many developments have been made in this field.

Lesson 1: Introduction to the Course

1. Course Format:

First, we are introduced to the format of lectures, guidance sessions, and assessments, which I find good and bad at the same time. Since the lectures and guidance sessions are in the morning and I cannot attend every lecture. I am a worker, so sometimes I might be able to attend the session and sometimes I may not, but the good thing is that the lectures are recorded, and I can find the guidance sessions information on Teams. In case of any queries, I can also contact my professor. Finally, the lecture slides themselves are a whole package of information that someone needs to understand the topic.

2. Learning Outcomes:

This section expands my knowledge and indulges me to learn more about this subject as I will come to know the important skills that help me in my future whether it is for academic use or practical life.

- I will learn about the importance of referencing the document and what happens if I do not reference my work.
- I will learn reflection techniques that will help me to adopt the modern style for successful learning.
- I will be able to learn some techniques that will guide me to write an effective journal and other writing projects.
- Since I am a student and a worker too, this course helps me in learning the importance of time management, which I need the most!
- I am a procrastinator, so this course corrects me to schedule the work from the very first day, so I can finish my task within the time limit.
- This course teaches me how to become a person with a creative mind.
- Asking for help from others is not a skill or technique, but I am a shy person, or you can say I am an introvert, so it is difficult for me to ask someone about something. This course tells me that it is not as difficult as I thought, so ask for help whenever I need it. Through this, I will have a big social network and people can interact with me in their troublesome times.

- After completing this course, I will identify a problem and solve it by searching for it within an avalanche of resources.
- I am not a reflective person until now, but after this course, I am a person with a critical reflection mindset.

3. **Modules:**

The course is divided into modules, which makes it easy and simple to digest the material.

3.1. **Problem Solving Skills:**

In this module, I will learn some skills that will help me in finding and solving logical problems. I will also learn how to manage my time throughout the day and learn skills on how to become a critical thinker.

3.2. **Research and Reporting Skills:**

This module will teach me skills that should be helpful in academic research and writing stuff. As I write the reflective journal and book chapter, this module is useful in this way.

3.3. **Reflective Practice:**

This module is mostly about the strategies that I can apply in the real world. I will learn to reflect critically on my progress and how I can become successful in active learning.

4. **Note-taking:**

Although I am not so good at writing notes during lectures that are not related to math and programming etc. But it is the importance of note-taking that pushed me to take notes for guidance in learning the material afterward.

5. **No Zero Days:**

Since I am a lazy person and easily distracted by other things, I find it useful to do something every day toward the main goal. I will do a little bit of what I want to achieve in the future.

6. **Difficulty in the adaptation of new habits:**

Yes, it is true. There lies a big hurdle between me and the new habit because for me it is not easy to develop a new habit. I am lazy at this and cannot get the motivation to develop the habit. The solution to my problem hides within this lecture. This lecture teaches me that adapting a habit whether it is of small benefit or significant in being successful requires some energy. This activation energy depends on the goal. If my goal is small, it will be okay but for the bigger results, I want something like a catalyst that keeps me indulging in achieving the result. If my goal becomes easy

by making the habit my routine, develop it, and thank myself in the future. (*L01_Introduction 2022-2023.Pdf*, n.d.)

7. Tutorial Activities:

At first, I am not a book person, so I find it boring to read articles like "IT Doesn't Matter." It feels like I am reading the article and it vanishes at the same time. I cannot understand a single word of the article except the title itself. Now comes the good part of the tutorial activity in which I have read the article "Reading for University" where I come to know about the following techniques which help me in reading articles and journals.

7.1. Surveying:

This is an immensely helpful technique to me because by only know the table of contents, article heading, and summary of the article. I can decide about reading it or not, which saves me time.

7.2. Scanning:

I simply scan the entire article in a few minutes by looking at a specific piece of information that is related to my purpose of reading or not.

7.3. Skimming:

After surveying and scanning, I can skim my article by viewing the entire article headings and the tables which illustrate some topics individually. This technique teaches me to skim first if I am willing to read the article otherwise it can be a waste of my golden time.

7.4. Questioning and Reading:

I am not a follower, but this technique helps me in remembering the past by questioning myself about the topics whether I knew it before or if is this the first time I am learning about it. This technique is of so much help as I come to know myself and how much I remember from my earlier knowledge and the experiences I gained. Now read it thoroughly and answer the question at the same time, it helps me to understand what I am reading.

7.5. Reciting:

This technique helps me to remember what is read by me and why? It helps my brain to work beyond its limits in remembering the main points of the reading.

7.6. Reviewing:

Since I am a person who cannot dedicate all her time to one thing with whole concentration, this is useful for me to review my reading after a break (long break 😊). (*AS01_Activity Sheet_Reading.Pdf*, n.d.)

Lesson 2: How the Brain Learns

1. Bermuda-Trio Brain:

I know it sounds crazy, but the word “**Bermuda Trio**” explains the functioning of my brain. Everything that goes into my brain vanishes just after entering my brain. They feel so comfortable in my brain that they do not like to give the knowledge back to me. ☹️ But here comes this lecture that tells me “How the brain works.” Tada 😊 Good things happen by chance, but the best part is that the lecturer in himself is a brain because of how he explains the brain, how it works, and why? This feels like his name is not Johan, it is a mistake. His name should be Brain. Besides this, I am curious about the upcoming lectures which develop my stormy brain into a brain-like black hole that digests everything in contact and stores their value with a reasonable name that can come forward on calling.

2. Myths about the Brain:

As a universal truth that every human being has a brain and a heart. Some use their brains, and some use their heart in making decisions.....

Yes, most people indeed use less brain as compared to others, but everyone uses it at some stage. I am happy to know that brain damage is not permanent and that my brain progresses over time. I am not an alcoholic but this myth about alcohol damages the brain. It is not true because I know so many people that drink alcohol weekly and they are smarter than me. They also listened to Mozart or some music when they were babies, as I am not the one who listened to it in my childhood. There are so many believers that an intelligent person is born with it, but my point of view differs from this. As I experienced, you learn how to become intelligent throughout your whole life. At one phase of life, you are not an intelligent person, but you will always be welcome to become one. Now I am not a smart person, but I am 100% sure that I will be in the future as I am in the developing process of my brain.

3. The Brain: We know more than you think!

By reading this sentence, I feel proud of myself as I am from the generation which knows more about the brain than the people from the past. Hey, past, you are smart, but we are smarter than you. Now after knowing about the achievements of human beings in dealing with the Brain, I will order my brain to function according to me, otherwise, I will reset your settings by insisting on chips inside you.

4. So How does the brain works:

I have a brain, how it works I do not know until today. I came to know that my brain consists of a huge neuron system, in which neurons send information to the other neurons, which register that information and transmit it between impulses which make unlimited patterns of improvements. I find it funny, although the brain is so small that it weighs only 2% of our body's weight the whole body must take orders from the brain for function.

Here arises the question:

How does the brain learn to grow?

This lecture calms me by giving the answer that,

“The brain grows by the repetition of cells and makes new connections between them.”

5. Role of the brain in our Survival:

As I discussed above my brain is rude, now I want to praise my brain and want to give it a medal that my brain vanishing information part is indeed a stage of my brain development. Thanks to this lecture, that tells me that my brain is on the right track (you dumb!). This lecture teaches me the incidents that happen by chance, our brain remembers them forever and whenever the same incident is going to happen. My brain comes in front of me as a savior and surrounds me as a shield. I have come to know that my brain is a specialist in forgetting boring stuff. (Aww My baby) So for learning the boring stuff, I must learn some skills that help me in learning. These skills are rehearsal and reflexive practice.

6. Principles of Brain-Compatible Learning:

- If the stuff is boring to me, do not leave it. Besides leaving, the practice it and give my feedback on that, this will help me in learning.
- Help others as I learn more by explaining to others.
- My brain learning involves better sleep, as I cannot get enough sleep due to study and my job, so I should sleep for 8 hours, take proper nutrition and my body should be hydrated.
- Exercise daily to keep my brain healthy.

7. Lecture Inspiration:

"We all get to set our limits, but once you set them, they are your limits" - Joe Wilson

This quote inspires me the most. This triggers me OKAY, What I did until now is enough! Now I must set my limits and give myself some challenges, by restricting myself to following four secrets to success.

7.1. Four Secrets to Success:

- **No Zero Days** – I will do something daily whilst it is to add one innovative word to my vocabulary.
 - **Past Me, Present Me, Future Me** – I will always be grateful to my past, for whom I am today, and do something for which my future thanks me.
 - **Read Every Day** – I am not a reading person, but I can read books related to my course which will help me in the future.
 - **Exercise** – Do one pushup daily.
- (*Active Learning - How Your Brain Learns - Slides.Pdf*, n.d.)

8. Tutorial Activities:

From today's tutorial activities, I have learned about the worst habits a person can have and how to get rid of those habits. I have also met an offer to grab the best strategies and techniques which will help me later in my study. Here is my reflection about the worst habits I have and what I should do after knowing the best techniques to avoid unhealthy habits:

- **Staying up late and waking up early to study.**

To be honest, I did not get enough sleep. I know that it is wrong, but the truth is I had no other choice. In the past, I had a particularly good grip on my sleeping habit but now I am bad at this because of workload, right now knowing the importance of good sleep is my way to success. I am thinking of adding more hours to my sleep at night as it refreshes my mind and gives me a good start in the morning.

- **Counting hours and massing.**

Since I started to study without any need for help, I spent long hours completing my homework without taking any breaks and on exam days I studied from day to night but after reading the advice given in the article. I acted upon it in my next period of learning and guess what it helps me a lot, so now I will take little breaks in my studying period, and it helps me in remembering.

- **Not knowing what to study.**

To be honest I am good at this habit; I never leave any topic in my syllabus whether it is of more importance or less. I know about every topic in my syllabus. I use the strategy of remembering headings, subheadings, tables, and charts. I learned all the syllabus in advance and on the exam day, I just revised them briefly.

- **Fixating on the volume of study material.**

In the beginning, I indeed panicked, when I see the whole syllabus which I must study, that is the worst habit I cannot change until now. But I have solved this. At first, I distributed my whole syllabus into small chunks having a fixed period of learning depending on the amount of syllabus. Secondly, I restricted myself to walking strictly on my schedule.

- **Procrastinating till you have all the notes or planning too much.**

I am a procrastinator on the one hand and a non-procrastinator on the other hand. Yes, it feels funny, but it is true. When I listened to a talk on TED about procrastinators, I just mirrored myself. When I am a procrastinator, I just spend my time planning my schedule and preparing my notes from different resources but after spending half my period of learning as a procrastinator. I started to act like a non-procrastinator and be strict with my schedule. This procrastinator thing sounds fancy, but it seems clumsy at the same time.

- **Not enjoying partying, gaming, dating, etc.**

I am not a boring person, so I just do not stop myself from having fun. If I am studying for long hours and I get bored, not a single word I can understand more so I just stop learning and do some stuff that makes me feel happy. I will talk to someone, or I will start dancing or singing as having fun and when I feel happy internally it motivates me to study more with concentration.

- **Neglecting food, water, and exercise.**

I am not so good at this habit as I stop eating, drinking water is out of my mind, and just study, study, study. But when I came to Norway this habit changes a little bit and continues to change over time. I eat something in between, have a water bottle on my desk so I do not get dehydrated, and go for a walk in the evening. So, I hope that at the end of my bachelor's I will be great at this habit.

(AS02_Activity Sheet Active Learning 2021.Pdf, n.d.)

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Monday, 29 August 2022

Reflection on today's lecture:

This lecture is quite informative as I learn how to get high-quality information online and how to check whether it is worthy or not. How to cite my references, as I will need this in my thesis? I will be able to become a critical reflective person and why I must be. As a result, I will know the truth that lies behind why Noroff emphasizes giving my reviews critically. This lecture also shows me some educational search engines where I can find all information within the field itself.

Lesson 3: Research Skills Part 1- Finding Information

1. Where do I start?

As we all know now the world is an avalanche of knowledge in every field, and if we want to search for some stuff, we feel lost, it becomes harder and harder as we dig in. I experienced this question which is unanswerable to me because I do not know where to take start and how! Many questions knock my mind in the hope of getting reasonable answers. For example, what is the purpose of this search? Is this important to my subject? Is the source quality high enough that I can cite it in my paper? It is difficult for me because I do not know which websites hold high-quality material. But thanks to this lecture, I learned about academic databases.

2. Academic Databases:

Before I used the google search engine a lot for searching but now, I know that Google is not for every search. This is the first time, I learned that for academic writing, I must search in academic databases like ScienceDirect, Google-Scholar, ACM Digital Library, ERIC (Educational Resources Information Center), and DOAJ (Directory of Open Access Journals) which gives me an environment where I can search and cite them in my work without any hesitation because these websites have verified journals, papers, articles, and conferences. Finally, the material on these databases is up to date.

3. Researching Strategy:

As the information world is so big holding good and false bugs, it is difficult to find the result. It takes a lot of time to think about how deep I must go and where I must stop. This lecture teaches me about the keywords that are useful in search, start the search from Wikipedia and then

stop at the peer-reviewed websites. This lecture shows me combinations of Boolean operators or keywords are also helpful in searching. I can use them to reach the right place.

4. Source Evaluation:

As we all know, not every piece of information is just like a cake, you make and eat it. Sometimes you must stir the batter with more force to make a perfect cake. The Same is with the source of information; every source gives me information, but I cannot use everyone. For that, there are some online websites or checker tools that will guide me with the source's credibility. One is "scimagoj" which shows me the quality of my journal and articles. It also tells me about the author's background in the specific field by showing me his/her ranking overall. I will also get the knowledge of my citing paper that how many other people cited this before.

After the source evaluation, I also learned to save my reference websites in one place, which saves me time afterward. For narrowing down a topic mind map is quite helpful, as it makes it so easy for me to reach my exact search and saves a lot of time. (*L03 Research Skills 2022 -2023.Pdf*, n.d.)

5. Tutorial Activities:

First, I learned about the cheat sheet which I use to search for anything. Before, I only knew how to find some information which sometimes found out easily, and sometimes it takes time, or not finding it at all. The activity about creating my cheat sheet makes my life so easy. Honestly, I worked on it and found out that it helps a lot when I am in a rush and need to find something specific related to academics.

I have come to know that with the use of some words and operators, it becomes easy. For example, if I want to draft a report on something so wide globally, it is difficult to search for something specific. But by using these operators it is easy to look for what I want.

From the tutorial activities, I learned how can I search for a specific piece of information and that source credibility is also an important part of writing, I must check my references before citing them in the paper. Through some of the activities, I learn the skill of speaking my thoughts, and how can I put my views forward on something with dignity.

(*AS03_Activity Sheet_FindingInfo V2.Pdf*, n.d.)

Lesson 4: Critical Reflection

1. Reflective Practice:

I am not a reflective person at all and now I must be a critical reflective person. This thing bothers me at first because I do not understand why I must criticize myself regarding my studies. What is it, what does it mean, what it is to be? Is it to be Intentional or not? If I reflect critically on my work, I recall the knowledge from the past that I learned before and combine it with the new. Why I must be a reflective practitioner, as I do not want to be. How does it help me professionally?

Sorry to myself and thanks to this lecture I have met the truth. Being reflective is creative, as it shakes my mind to give reflections on myself like how am I doing, and did I meet with the results? If I reflect critically on my work, I recall the knowledge from the past and what I learned before and combine it with the new. This lecture shows me some practices which I can use in the reflection process. It also taught me to develop the ability to perceive and assess my thoughts and actions.

2. PDCA Cycle:

This approach is quite helpful in resolving problems. It describes the steps like planning what I am thinking of doing and then acting on the plan. After completing it check if it meets the result. I think of the book chapter which I must write. This approach helps me because of the steps that this approach describes, I need those for my start.

Now I know about getting a start but here comes the question of how to reflect critically. How critical must I be?

3. Critical Reflection Process:

The professor teaches me about this through his lecture that first examines a situation and then reflects on it critically by asking questions. For example,

- **What?**

Explain a situation and think what is it? What should I do to get out of this?

- **So what?**

After examining the condition, I ask myself how it is related to me, what improvements should be made and what actions should be needed.

- **Now what?**

After solving the problem, I must think about the improvements which must be made to save myself from the forthcoming situations in this matter.

This lecture teaches me an effortless way of becoming a reflective person, as I need it the most in the future.

4. Why do we Reflect:

From the above discussion, I understand why Noroff focuses on the reflective journal practice critically! Because it develops an ability to reflect on work which helps me to recall my earlier knowledge and digest the new one at the same time, by this strategy I learn more effectively. It teaches me to write some paragraphs or pages that should be related to one another and roam within the same topic.

From the reflections, I understand why this subject is important in my studies and the other subjects too that are not related to programming itself but teaches us because these all are interconnected with one another. (L04_Reflective_Practice 2022-2023.Pdf, n.d.)

5. Tutorial Activities:

Before the lecture and activities, I was not aware of the blog system and reflective journals. From the tutorial activities, I came to know the difference between a blog and a reflective journal. The blog is a type of reflective journal but in the sense of explaining my views to the world. From the activities, I have learned about how to reflect my views on a paper. While writing my first blog in a word document, I find it quite difficult to write, I spend more time thinking than writing. But after today's activities, I will surely digest how to write a blog and feel a good grasp on it, which helps me in future blogging.

I want to explain two different events by using reflective practice.

5.1. Gibbs' Reflective Cycle:

Through this activity, I want to share an event while working on a project in a group.

- **Description:**

I and my four colleagues were working on a project as a group. Everyone was assigned a specific task. We all started to work on it, but after some time one of my colleagues produced the excuse that he had some issues in his life and had no time to deal with us. This situation gave us a tough time with a combination of workload and anger.

- **Feelings:**

In the beginning, we are all excited and enthusiastic. With time, we all got annoyed with him as he was not participating thoroughly. Then his excuse made us think about his situation seriously and we decided to let our teacher handle him.

- **Evaluation:**

I had both experiences. This was my first time working in a group, so I learned a lot, but this terrible experience taught me to not rely on anyone so much.

- **Analysis:**

We divided the task among us, everyone shared his work burden. It feels bad at the same time but sometimes the resulting cost is high that you neglected the hurdles coming your way.

- **Conclusion:**

I realized afterward that we did wrong in the first place if we took the action before we did. Then it saves our time, and he also learned a lesson.

- **Action Plan:**

It will not be the same in the future because now I am aware of the facts. But who knows who, so if something similar arises again then I should step forward and act on the situation in the first place.

5.2. The 5 Whys:

Example: "I cancelled the invitation to the Halloween Party."

- **Why?** - I was not a social person so this was the first time I was invited.
- **Why?** - I did not have a costume.
- **Why?** - The party is in the evening, and the invitation was received by me in the morning.
- **Why?** - I did not have time to buy a new one.
- **Why?** - I did not have a car and the party place was far from my home.

Solution: Become Friendly.

(AS04_Reflective_Journal 2021.Pdf, n.d.)

In the first activity where I give my reflections according to Gibbs' Reflective cycle. I had this issue in the past but after giving reflections on that, it feels dumb how that thing happened if we all or myself think critically then the results had been different. I took time to write my reflections because thinking takes time for me. But after this activity, I surely

understand the weak points while working in a group. So, for our studio project, I will consider the strengths and weaknesses before making a group.

For the second activity, I find it difficult to go through with all the conditions because it takes time to think about the circumstances behind my cancelation. I never think of it this way before and now I feel myself an overthinker because after this activity if something does not happen according to my expectations or my way, I become a questionnaire and myself questions like why this happens and why it should not be.

If something happens again where I see myself in the same situation, either of being canceled, can go in a normal dress because by going I will become social and make new friends.

UC1PBL054**Monday, 5 September 2022****Reflection on today's lecture:**

Today's lecture clarified the formatting style and how the paper's presentation should be structured. There are specific formats for writing and presenting the work. I knew about communication skills in the manner of communicating with people orally but today I learned a different side of communication in the case of writing articles, journals, and papers like how I can interact with the audience, what the audience expects from me, and what reaction am I expecting from the audience. I have been writing since childhood but today I know that writing academically is not as simple as I was doing it before. I learn how can I restore my sources to be used after the work. How can I reference my sources in the paper with the correct style of citing?

Lesson 5: Formatting and Presentation**1. Communication with a Purpose:**

When I am writing my first entry in a reflective journal. I find it challenging while writing my views as I do not know the audience because it contains friends, colleagues, and professors. This lecture teaches me the proper style of communicating with the audience, whether I know it or not. The straightforward way is to put my views as a message so the audience can digest it intentionally.

2. Written Communication:

For written communication, I should know the style in which I address my written work. By asking the following questions, I make my writing effective. For example,

Why am I writing this? Is it Obligatory? What is the purpose of it and what is the main goal? Who is my target audience? What do they want from me and how should I address them? What should be my style of communication with them? How should I influence them with my written speech? Did they come to know my perspective? Did I explain my views well? Where is it being addressed? How should I deliver it? This lecture also shows me some examples and gave me some tips which guide me in my paperwork.

3. Structure and Presentation:

This lecture is quite helpful in this manner, as it explains how communication should be structured, and what language I must use in my written stuff so that the audience receives my message most simply. This lecture teaches me that the written format is important, as it depends on the audience due to unique styles for different audiences. So, make my views simple and clear in my writing, which helps the audience to grasp my given knowledge comfortably.

After this lecture, I know how to author a paper with authentic formatting and presentation style. Also do not forget to REVISE...

(L05_Presentation_and_Formatting 2022 -2023 v3.Pdf, n.d.)

4. Reflection Guidance:

4.1. How would the formatting and presentation of visual-verbal communication differ from written communication?

Honestly, the answer lies in the question itself because it is asked by the professor in the text, I do not know what I should write. I googled it for the complete understanding to write something in return. Visual-verbal communication differs from written communication in several ways. Preferably I am more comfortable visually than writing because I find it difficult to explain my views in written text.

Although the written way is older as compared to visual communication. But nowadays people prefer to deal with images, emojis, and presentations as compared to written text. I am not a book person, find it hard to understand in the text format but if the same message delivers to me in the visual format, I pick it up easily. Mostly I use visual communication as it makes my work easy, I do not have to write so much text as the images and emojis can straightforwardly deliver the same text message.

In our second lecture, we learn about the brain. The professor itself uses images for the explanation, if he did not explain through images and videos, then it becomes quite boring, and no one digests it.

4.2. What writing formats are frequently used?

Frequently used formats are APA, MLA, and CMS. In this course, I am using APA style for my reflective journal and book chapter.

(MLA APA & CMS: Guide to Properly Formatting Academic Writing, n.d.)

4.3. What formatting are the characteristics of academic writing? e.g., font size, spacing, etc.

Information should be delivered in the following characters for academic writing:

- ❖ Title in 14pt font size and bold, Times New Roman.
- ❖ Spacing should be 1.5
- ❖ The margin should be 1 inch.
- ❖ Sub-headings in 12pt font size and bold, Times New Roman.
- ❖ Text in Paragraph 11pt font size, Times New Roman.
- ❖ Section and sub-section headings should be numbered.
- ❖ The page number should be displayed.
- ❖ Images, graphs, and tables should be centered.
- ❖ Spelling and grammar should be checked
- ❖ In-text citations and references should be written where needed.
- ❖ The reference list should be published alphabetically.

(Furnell & Other, n.d.)

Lesson 6: Referencing and Document Management

1. Why Reference:

As this world is an avalanche of information with the same content, highly reviewed or just depends on someone's personal views. If I want to write something that leaves an expression on the reader, I must prove my work by supplying evidence from valuable sources and citing them. But before citing them I should check the authorities who they are and how many other people cited their work. This will create a good impression on the audience as they have come to know that I am aware of the field. I learned from the lecture that citing not only proves my work but also develops my understanding of the field.

2. Why should be Referenced:

If I am writing my views, my analysis on something, or giving my reflections according to my experience and common knowledge then I do not have to give any reference. But if I take evidence to prove my views from the internet or some other person then I must reference it in my work.

3. Referencing Style:

There are so many referencing styles I can use in my work. For example, APA, Chicago, MLA, and Harvard. For academic use, mostly APA style is preferred in which the font size should be 12, the spacing would be 1.5, the page number should be displayed, and the margin should be 1 inch. The style depends on the type of written work.

In the end, there should be a reference list that is easy to read, so that the reader can go through all the references effortlessly. As there are so many authors who contribute their work in different papers, so be specific in the references, and do not confuse the reader with the same author's references. Be honest in writing the references, only show those sources in the reference list which I cited in my work. (van Niekerk, 2020)

4. Tutorial Activities:

A few years ago, I did my bachelor's and master's thesis which gave me a tough time. I struggled a lot in giving decent shape to my work. Since today's lesson is about referencing and managing the document, I learn how to store my references and their citations in the text. I get myself comfortable with the referencing tool, I use Zotero for myself as I find it easy to use and it has many options, which makes it worth using. (*Activity Sheet 06_2021.Pdf*, n.d.)

5. Reflection Guidance:

5.1. What are the benefits vs trade-offs in using an author-year referencing style, as opposed to a numbered referencing style?

- **Author-year referencing style:**

- Advantages:

- By author-year referencing style, I came to know about the authors and the publication period of that journal, at the same time which shows me what the status of the written document stands for, is it outdated or not? If the author is famous, then I do not go to check the bibliography for assurance of work. Citing the work of famous authors in their field proves that the written person knows well about the topic. This referencing style also helps the writer in making the flow of sentences.

- Disadvantages:

- Sometimes it becomes handy or messy if there are different cited papers having the same author's name. Also, if there are so many in-text citations in the paragraph then the reader gets confused and cannot understand the message behind the paragraph. By using this style, the number of words can produce a problem, as it adds so many words to the text. (Snijderfrey, 2019)

- **Numeric referencing style:**

- Advantages:

- The numeric referencing style is easy to use, as I just made a reference list and cited them by numbers, it takes less time and the reader can easily check the citations, as they are listed in number order. Also, it is less distracting to the reader and conveys the message easily. This style eases the writer in the word count.

- Disadvantages:

- It makes the reader go back and forth while reading. (Himmelstein, 2018)

5.2. What benefits can you see in referencing arguments in a non-academic environment?

Referencing arguments in a non-academic environment can be beneficial because I can provide solid support to my views, which influences the audience.

UC1PBL054**Monday, 12 September 2022****Lesson 7: Academic Writing Part 1****1. Reflection on today's lecture:**

From this lecture, I learned the difference between formal and informal communication. This lecture confuses me as I am communicating in the same way within my every writing. Did I use the proper way of communicating or not? It raises a lot of questions for me. The answers meet my questions as I go through with the lecture. I have come to know that there are assorted styles for different writings. It depends on whom I will communicate with.

For example, communicating with family and friends is different. I communicate with them the way I like, and questions like are the grammar is okay, and if the meaning of my sentence is right do not matter. But here comes the difference between academic and formal communication. An email to my friend and professor differs from each other. Emailing a professor or some unknown person must hold a certain pattern. This type of communication needs a proper meaning, it cannot be based on something which has flaws in it. It must be meaningful and based on the truth.

To make my way of communication more decent, there are some strategies that I should consider. I must think to whom I am communicating, then plan and structure it accordingly and check it at the end for my satisfaction. (Reid, 2020a)

2. Reflection Guidance:**2.1. What type of formal and informal logic structures do you see in documents and communications you frequently interact with?**

If I am interacting with someone who knows me a little bit or does not at all, then my communicating tone is solemn, I am strict in my grammar and communicate with them in short sentences. I interact with them for some reasonable purpose. But if the front person is my loved one or a colleague, then I do not care about the grammar at all, I use emojis or crack jokes to make communication interesting.

2.2. What methods, besides the classical method, exist for forming logical arguments in writing?

There are two other methods besides the classical method for forming logical arguments in writing.

2.2.1. **Toulmin Method:**

This method gives the writer the authority of supporting the arguments with strong allegations.

2.2.2. **Rogerian Method:**

This method is appropriate for dubious issues between two parties.

(*Organizing Your Argument - Purdue OWL® - Purdue University*, n.d.)

Lesson 8: Academic Writing Part 1 (Plagiarism)

1. Reflection on today's lecture:

Here comes the haunted lecture, you might laugh a little or get an angry expression, but it is up to you. For me, it will be as I explain because now plagiarism is a word that haunts me whenever I author an academic paper. Before this lecture, I was not familiar with this word. I do not know if I cited improperly and represent others' work as my own, I get caught in a serious crime which is known as plagiarism.

This lecture is proof to me that sources should be important, and citations must be in the correct format. As the lecture starts, the first thing that gets my attention is that this lecture is not owned by my professor, so he took permission from the author. This showed me that citation is important if I am standing on someone's work and the other reason is that the reader can appreciate my work because citation gives the reader the background of my work.

2. Types of Plagiarism:

Now comes the main part of this lecture "plagiarism." There are several types of plagiarism in which I get caught. After learning about the types, I feel demoralized because if I cannot write this way, that way then how should I write? But thanks for explaining how I can save myself from being caught. I learned that I should write in my own words, if my argument is based on someone's work or idea then I should cite that person in my work. After finishing the work, I can also check if I am plagiarizing or not as I am also a human being, with the help of online tools. (Thomson, 2020)

3. Reflection Guidance:

3.1. What are the similarities between plagiarism and having a musician steal another musician's work?

After learning so much about plagiarism, the work which is not mine 100% is plagiarism, this is all I have to say. So according to me, there are many similarities between plagiarism and having a musician steal another musician's work. There are some cases where the musicians take others' work and with manipulation, they give it their name. This is the same as I write someone's work as my own.

As plagiarism is a serious crime in academics, stealing someone's music is also a crime if the owner does not give copyrights so the accused person can confront the court for this crime. Plagiarism is not only for academic purposes, but it also applies whenever someone wants to stand on the shoulders of others.

3.2. Musicians performing a song copyrighted by someone else must pay royalties to do so.**Do you think something similar would be good for academic work?**

No, I do not think it is good to pay royalties for academic work. If this is going to happen, then every second person wishes to become a writer. There is also a chance that the less quality material arrives in the market due to minimum references, because why does someone pay royalties? As for myself, I write less but do not pay royalties to anyone.

3.3. Lecturers usually spend a lot of time developing their lessons. Who do you think should own the copyright to such a lesson?

I find this question a little bit funny, because after knowing the importance of personal work. The lecturer owns the copyrights to his/her lecture. Today's lecture is the answer to this question itself, as the lecture is not developed by my professor, he told us that he took permission from the real author before representing it to us.

3.4. If you had to cite today's lesson, what would you need to consider creating an appropriate reference?

Since today's lecture slides are not Iain's (my professor's), I will cite the real author. I can cite Iain, but he is the secondary source. So, I will reference this,

In text-citation: (Thomson, 2020)

In the references: Thomson, K.-L. (2020). *Citing Sources and Plagiarism*. 47.

UC1PBL054**Monday, 19 September 2022****Lesson 9: Academic Writing Part: The Golden Thread****1. Reflection on today's lecture:**

Today's lecture is important to me when authoring academic papers. This lecture is about "The Golden Thread" like how I can plan my paper and what shape it must have. I am reading and authoring academic papers for the first time. So, I feel nervous about myself, but this lecture handles me by showing some tips on reading and giving me a guide on how to structure my paper while writing.

I learned that authoring an academic paper is crucial, but I cannot write everything, my paper must be giving some message to the reader, so it must hold a specific message. I should plan my argument by dividing it into small chunks with logic and presenting it in a way that readers keenly urge to read it. I should support my argument with references so that the reader knows that I am aware of my defending argument.

Now I know how to write but here comes the main question, how should I find the perfect literature which holds back my paper? What should I have to include and exclude? This lecture gives me a list of things that I can search for while reading the literature that supports my argument.

After this lecture, I will have trust in myself that I can structure a good paper if I strictly follow the steps described here. I will use this lecture as a guideline in authoring my book chapter. (L09 Academic Writing - The Golden Thread 2020.Pdf, n.d.)

2. Reflection Guidance:**2.1. How does academic writing differ from writing in fiction?**

Academic writing is different from fiction writing. Fiction is untrue, based on the writer's imagination or some fantasy. I can be influenced by fiction writing in an illogical way, but in a meaningful manner, it is just some stories that I can read in my free time. On the other hand, academic writing is based on research and logic, it is based on actual events that happened in the past or are going to happen in the future. Academic writing is more concise and up to the point as compared to fiction one.

2.2. How easy/difficult is it to maintain a golden thread in your work? How do you think you can improve this?

This is my first time authoring a reflective journal, so it will be difficult for me to maintain a golden thread. In the start, I followed the steps clearly but with time passing, I am more likely to act as a procrastinator and it becomes messy. But it is not going to happen in authoring a book chapter because I will draw out the structure and write key points on the paper which I can see while writing. It helps me give the proper structure to my paper and keeps me in the right format.

Lesson 10: Academic Writing Part 3 (Tools)

1. Reflection on today's lecture:

This lecture covers the academic tools which help me in effective writing, which seduces the reader, finding decent quality material, and structuring my references. Different tools help me structure my topic and suggest some useful tips while writing, prompt out my sentences that sound low in grammar and meaning. My professor recommends these tools when dealing with referencing and formal writing. There are so many tools that have different purposes. It will be up to me which tool I find relevant. (Reid, 2020b)

2. Reflection Guidance:

2.1. Which tools and services are you choosing to use in your studies and general productivity routines?

- **Readability scores:**
For the accuracy of my journals, I will use Grammarly and SJR to check the quality.
- **Referencing:**
For saving my references I should use Mendeley.
- **Collaboration tools:**
For collaboration with others, I prefer Discord and Teams.
- **Writing Tools:**
For writing, I like to go with Word and Google Docs, as I am comfortable with them.
- **Mindmapping:**
For structuring my topic in the form of a Mind map I will use Draw.io, XMind, and Coggle.
- **Spelling/Language tools:**
For my work to meet the readers' expectations I use Grammarly.

2.2. Why have you selected these tools?

SJR and GRAMMARLY:

I have selected SJR as I can check the quality of my journal before adding it to my work which saves my time and makes my work efficient. I will also use Grammarly because it will show me the readability score which defines my document overall.

ZOTERO:

I will use Zotero for referencing, as I feel comfortable with it. It is easy to use, and I can easily attach it to my work. I can manage my references according to the work by creating folders, which saves me from juggling between different subjects' references.

DISCORD and TEAMS:

For now, I am using Discord to collaborate with my fellows, share the workload, and discuss different topics to get a grip on them. I use Teams to have contact with the professors in terms of guidance.

WORD and GOOGLE DOCS:

For academic writing, I will use Word and Google Docs. These tools make it so easy to write. If I write something and forget to save it, these tools save the file automatically for me, which I can open afterward.

Draw.io, XMind, and Coggle:

For mind mapping, I will go with xmind at first because I am familiar with it, but it is not so creative. I want to become more professional so, this time I want to explore more and try new tools.

GRAMMARLY:

For spelling check, I will only go with Grammarly, as it makes life easier by pointing out the problems themselves and giving suggestions to make the document more efficient. It also informs me what my documents' status is, whether it is formal, informal, or professional.

UC1PBL054**Monday, 26 September 2022****Lesson 11: Groups and Teams****1. Reflection on today's lecture:**

Today's lecture focuses on a mutual working environment. My past told me that most of the time I worked alone, so I am an introvert when it comes to working. But this lecture opens a new world for me. I learned that working alone is quite helpful in small tasks where I do not have to attend any meeting which takes my time, and I can simply work on my own without any stress of proving my work to others. But for the bigger picture, I need to work with more people as they can contribute their experiences and guide me. Working as a team gives excellent work in an abbreviated time.

Working in a team is good but if the team is not giving 100% then it leads to failure. I am afraid of this thing the most, as I had bad experiences, where my teammates make me think that I am less educated and un-experienced as compared to them. It leads to low self-esteem. But there is good and evil in everything. So, I learn a lesson and move forward. On the other hand, if the team is good and everyone is indulging in giving a result that makes them feel proud of themselves, it would be a great honor to work with these people as a team. (Reid, 2020c)

2. Reflection Guidance:**2.1. What role do you typically take when working in a group?**

From past experiences, making judgments of myself, I should typically take the role of "Chair." Since I am good at leadership, it frightens me because I demand 100% from everyone which sometimes becomes a horrible dream for the team. I feel angry if anyone is not fulfilling his/her duties toward the goal. It sounds haunted, but I must make hard steps and complex decisions in achieving the big goal. So, I should take this role as I aim to work and indulge everyone for their contribution to the task. Every team member is obliged to take on their responsibilities with dignity.

2.2. How can you move more towards collaborating in a team and focusing less on individual achievements?

Thinking of the answer gives me goosebumps, as I am not so good at collaborating with others. I will help them surely, but it takes some time to convince myself. I am neither an open book nor a loud person. I am comfortable within my zone. For collaboration, I must get

out of my zone and burst my bubble. It makes me uncomfortable, but as a team, I must! So, when working in a team, I should focus on the aim and try to be in contact with others for the sake of better results. Although everyone wishes to be superior in achievements and I am also a normal human being, I will keep aside my wishes when working as a team.

2.3. What software have you selected in your previous tool exploration which can be used for team collaboration?

I have selected:

- Discord for meetings and discussions.
- Teams for sharing our work.
- Google Docs for saving our work.

Lesson 12: Procrastination and Time Management

1. Reflection on today's lecture:

From this lecture, I came to know that I am a procrastinator. From the beginning I am, but thanks to this special day I mirrored myself into one word when it comes to doing academic tasks. In the past, I remembered my exam days when I studied until exam time as I have a mix-concept that if I learned everything just before the exam then I can remember every word of it. This whole procrastination is a fact behind my worse time management. I am easily involved in other activities that have no relation to my task.

I also came to know about the strategies that guide me where I get stuck. Reverse the trigger technique is not helpful to me all the time, as I consider it for the stuff that is only for a fleeting period. I am not so good at convincing myself, so my resistance level is low. The TED video is quite interesting, I take this into account and surely work on it in the future.

Through today's lecture, I learned not to do things in a complex way, as it is time-consuming and stressful at the same time. Do it as a gesture of fun, so I will thank myself later for being happy all the time. (Upper, 1974)

2. Reflection Guidance:

2.1. What are your triggers that lead to procrastination?

I became a procrastinator due to the following reasons:

- When I did not want to do the task at all.
- When the task is challenging, I find it hard to solve, so I take more time than usual or leave it to the end.
- When I cannot prioritize between multiple tasks; it disturbs my schedule which leaves me in a bad mental condition for not focusing on anything.
- When I cannot find the task meaningful to myself.
- Digital gadgets are also a major addition to being a procrastinator, as I jump into them to feel free from stress.

2.2. What strategy will you try first?

I will try “**The POMODORO Technique**,” as I am easily distracted by the things around me. This technique suits my taste because it has a break. It keeps me indulging in the task, in greed of a break. After the break, I will start the same thing with new energy and a fresh mind. Throughout this whole period, I am working on these triggers to overcome with the help of strategies defined in this lecture. It seems like a failure as I cannot have control of

all of them, but some are buried which is a sign that I am starting to control myself. All thanks go to this course. Thank you for coming into my life as a lesson

Reflection to the Course itself:

Firstly, I find myself curious about the course name itself which is “Problem Based Learning and Research Methodologies.” My first expression about this course is why this course is important to us. How would it be related to our studies? How do this course and the material lie in it help me in the future? Why does this course lie at the beginning? This course reminisces of my English course books in college. At that time, I found them the most horrible thing in my life. After finding that this course is compulsory so I cannot skip myself from this, it feels like some horrible dreams do not leave forever. However, why cry over spilled milk? So, I stepped forward and did some research on this topic, and the answers to my questions surprised me!

I got to know that it is related to my studies about academic writing which helps me in the final thesis and how to become a successful person by being creative in solving problems and in adopting some research and reporting skills.

Over time during this course, I learned a lot of useful skills that will help me in the future with written communication. There are so many tools and techniques that will surely be with me, holding me back. The best technique I learned during this course is to reflect on myself. Critical reflection is one of my genres now. I am grateful for this because I feel confident, not 100%, but I have become a critical thinker, having little of something is good, right?

After writing the reflective journal, I feel proud of myself for giving words to my thoughts. I am not so desperate for the assessment grade, but through this assessment, I have seen a whole different side of me. At the beginning of this journal, I am exhausted like how it goes, does it go well or not? Now it does not matter at all. The thing that matters to me is, I have done it. I was not expecting this from me but sometimes you know yourself by jumping into it. It has given me a new road to walk on!

All I can say is “**Thank you.**”

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