

Individual Reflective Summary

Participating in this project gave me a deeper understanding of critical thinking and how it applies to real-life situations. Before starting, I believed the waste problem at KRMU was simply a matter of discipline. I assumed that if students behaved better, the campus would automatically look cleaner. But through this project, I learned that problems are rarely that simple.

The most useful learning experience for me came from the Fishbone Diagram. It helped me visually see how many different causes exist behind one issue. I was surprised to realize that factors like bin placement, vendor packaging choices, lack of monitoring, environmental conditions, and student habits all contribute equally to waste accumulation. This changed the way I analyse issues—not only in academics but in everyday life too.

The 5 Whys technique taught me the importance of not settling for the first explanation. Each “why” revealed something deeper, and eventually we discovered that the true root cause is the absence of a coordinated waste-management system on campus. This was a strong reminder to always look beyond what is visible.

The Six Thinking Hats method made the project more engaging for me. I enjoyed shifting between emotions, risks, benefits, facts, and creativity. It helped me realize that structured thinking does not limit creativity—it actually enhances it. The green hat, in particular, encouraged me to think of innovative ideas like behaviour-nudge posters and vendor regulations.

Teamwork was also an important learning experience. Our group worked smoothly, and we respected one another’s inputs. I learned how valuable it is to communicate clearly and share responsibilities. It also made me aware of my own biases, especially the normalcy bias. I used to ignore litter on campus because I had gotten used to it, but now I feel more responsible and aware.

This project helped me grow intellectually and personally. It taught me how to think deeply, analyse situations from multiple angles, and design practical solutions. Most importantly, it made me more conscious about sustainable behaviour and the impact of everyday actions on the environment.

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