

Reflect upon any of your personal strengths and discuss how you intend to work upon your personal weaknesses (refer to intrapersonal and interpersonal skills)

With regards to intrapersonal skills, I am a person who likes to take initiatives when there is the need to. This helps me to learn and grow in my studies as well in life. A good example of this is when we had an exercise that we needed to split into groups and discuss images and what we can relate to them. Since very few people like to read out a powerpoint presentation, I took the initiative to be the one who represents the group in the presentation.

With interpersonal skills however my main weakness is trust. I like to be left alone to do my work and with a team, I feel that either the team hinders my ability to give my all in the objective or I hinder the team in achieving their goal. If you take the same example about the powerpoint presentation, I do not trust people that do not really want to read out a their work so I volunteered and although in the end I did a good thing by helping, the trust wasn't there. To improve this, I need to admit that when you are in a team, it will be a collective effort to achieve the goal you've set, and I have to trust other people to do their work and give my hundred percent on mine.

Reflect on what you have learnt about your ability to relate to others in your personal life, at the workplace and other social settings.

When relating to others, I am very good at paying attention and listen to the person's problems for example. This makes the person who is talking to me feel comfortable in talking and sharing his/her thoughts on various subjects, although in relation to that is, I am not very good at giving out advice to others. If I take a recent example, a friend had an argument with another friend of our social group, and he wanted to talk it out with me and vent his problems with the other person, I was very attentive to what he said and listened keenly but when it came to me giving out advice I felt that I stumble on my words in order to not say a misplaced word and maybe hurt the two individuals. Another example is when a classmate was venting about the current situation due to covid and again I seemed to stumble on my response and risked getting a false point across.

Reflect upon an experience which involved an exchanged of feedback – how did this impact your personal growth? (You may also reflect upon activities related to feedback exchange, which were carried out during the workshop)

A personal experience that I had recently was about the how the situation in schools have changed and how online learning is although a good option and a safer one, I felt that it will also be extremely hard due to the lack of interaction between teacher and student. And I shared my thoughts with my family and the feedback that they gave me was that my way of thinking is although valid, it is negative in a way that the wrong thoughts will make my life as a student very difficult. They told me to not let the hard times have an effect on my studies

as long as I try my hardest in everything I do in my studies. This feedback made me look at the situation as a wall that I can easily pass around and made me learn to look at school with a new positive light.