

## *REFLECTION REPORT – SEMESTER I*

The first two periods of my study career at NHL Stenden were filled with many personal learning opportunities, as well as social ones. The expectations were different than what I was used to, however I feel like I have gradually learnt how to understand, later on meet them.

My first semester was eventful, to say the least. Aside from having learnt so much about Information Technology, programming and groupwork, my impression is that the knowledge I acquired on a personal level is the most important. This includes, and is not limited to proper professional etiquette and meeting expectations, understanding teamwork, which I had rarely ever done, and managing personal life. I have prepared for the second semester more than I had for the second period. Combining what I learnt at university with what I already knew, I found a better way for controlling and managing my education and personal life. This includes schedule-making, lists and time management.

I believe that the choice I made coming to the Netherlands and choosing this programme was the right decision. Information Technology had always been an interest and a passion of mine and pursuing it abroad is a great opportunity for my education. As I see it, the course is challenging me in ways that go beyond the subject: not just the physical assignments, but the connections we make with our team members have been difficult at times.

In the past, I struggled with teamwork a lot, as it was uncommon during my study career. Taking on an educational direction focused on it has been a personal challenge of mine, which I have been working on during the semester. As I see it, I have had many challenges in semester one, and while I may have had some difficulties, I am working towards better results with a clear goal in mind and improving is a large motivator.

I most definitely will be continuing with my studies. I believe I have learnt a lot already and will continue to learn even more in the upcoming periods, semesters and years. My professional improvement is already much more than I ever expected at the beginning of the semester, and I am satisfied with how far I have come in that regard. I understand well the areas on which I need to improve and I am determined to make the necessary adjustments and changes to see better results.

Using the *Iceberg Method*, I could dig deeper into what my results have been already and why they were achieved. This way of reflecting helps us improve, by understanding our actions, their outcome and the reasoning behind it all. My achievements have been plenty, due to the amount of effort I have put into self-improvement and education, both professionally and personally. During the semester I successfully identified areas of improvement and addressed them mostly sufficiently. Given my preparation for period 3, I believe that I will see more success in my weaker areas as well.

An explicit use of the *Iceberg Method* is an analysis of my entire study career. On the higher levels are the quantifiable results, such as attendance, grades and feedback from lecturers and course mates. On the deeper levels lie the efforts that made all of this possible, the determination and the drive. My time management has improved and so have my teamwork skills.

The reason why reflections are important is not to recall achievements or boast, but to identify all events, both successful and not. From our good results we take away positive examples that we should follow in the future to achieve the same positive outcomes. The less

successful events, however, are more useful as I see it. As we reflect, they help better understand the areas we lack in and how exactly it is possible for us to improve. Reflection is not something to be done once in a while. It is something that we should be doing weekly, if not daily, to improve ourselves, our quality of life and work-life balance.