

## **Unit 1: Portfolio activity**

**Review the article by Di Silvestro & Nadir (2021). Discuss one aspect of this article which you find unexpected.**

I have some prior experience with creating portfolios to maintain a record of my learning including the reflective practice elements and I was therefore aware of the positive impact that they can have to my learning journey. However, one thing that I found unexpected in this article was the students who stated that they had found new inner strengths, in a particular a new sense of identity. I found it surprising that many of the students attributed such a significant impact on, not only their ability to learn and reflect, but also their self confidence and self-identity. This theme was not only mentioned by numerous students during this research, but the article also states that previous research also supports this. This article serves as further proof of the value of E-Portfolio's in supporting my education.

## **References**

Di Silvestro, F. & Nadir, H. (2021) The Power of ePortfolio Development to Foster Reflective and Deeper Learning in an Online Graduate Adult Education Program. *Adult Learning* 32(4):154-164