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# Level 4 Project Presentation

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# Project Aims

- Create an app to capture reflections on graduate attributes
- Allow users to create a note with written or audio formatting
- Remind users when they should reflect
- Create a usable app
- Aid reflection



# Graduate Attributes

- Ethics and professionalism
- Communication
- Teamwork
- Self-efficacy and Applying Knowledge
- Adaptability
- Critical Thinking
- Reflection



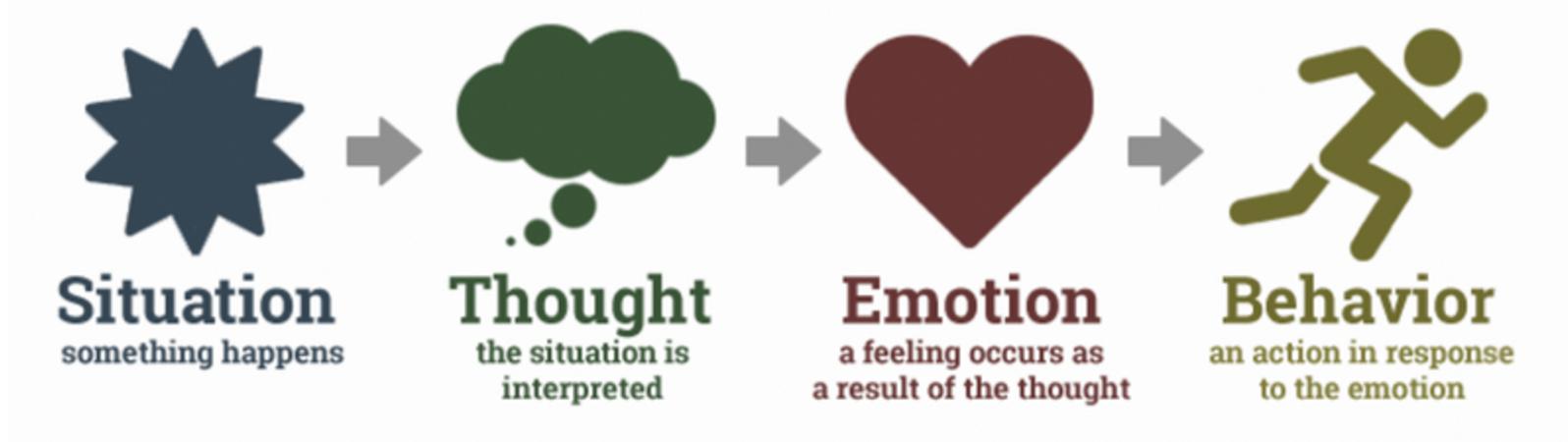
# Reflection

## Stages of Reflection

1. Situation
2. Emotional state
3. Analysis of the cause and effects
4. Alternative thoughts



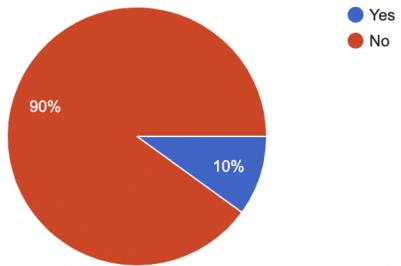
# Cognitive Behavioural Therapy (CBT)



# Research Survey

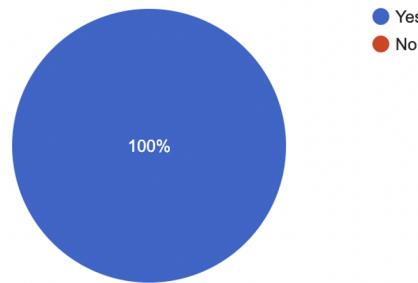
Have you heard of the term "graduate attributes" before?

10 responses



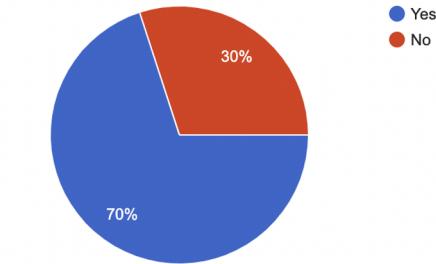
Would you be interested in learning and developing these skills?

10 responses



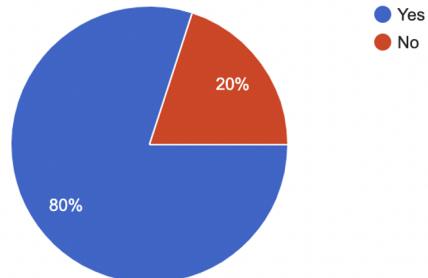
Do you think about the skills you are using in your daily activities that may help you in the workplace?

10 responses



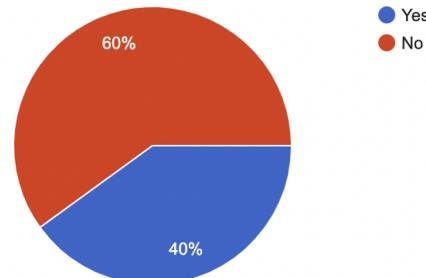
Do you have experience reflecting on your real-life activities?

10 responses

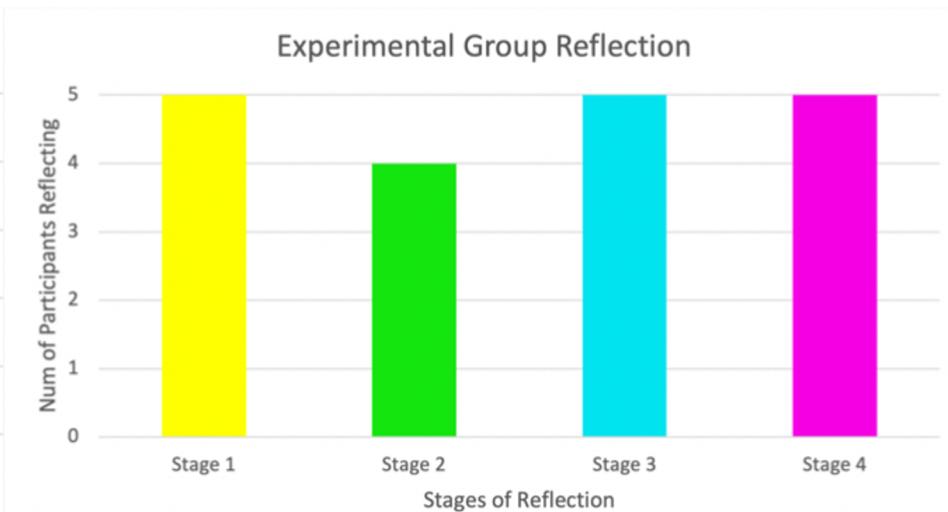
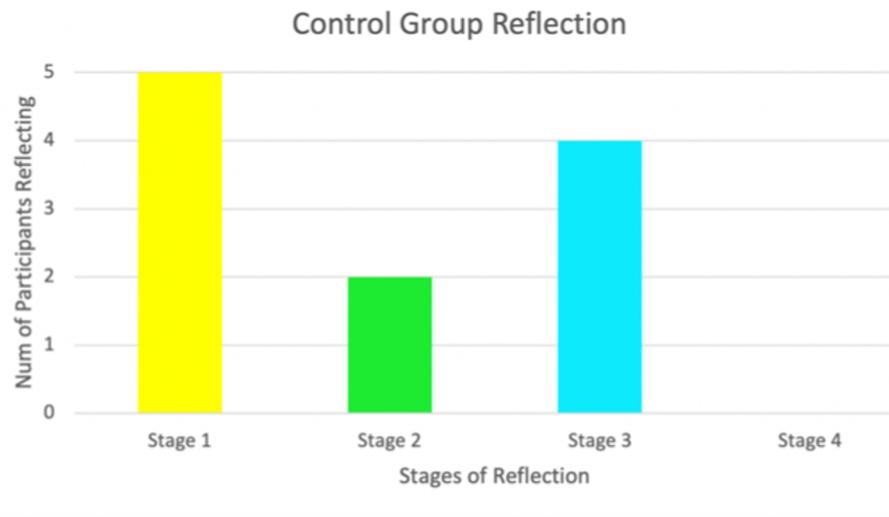


Do you find it difficult to sustain self-reflection and evaluate your own emotional responses to situations?

10 responses



# Exploratory Study



# Requirements

## Functional Requirements

**-MH** Users must be able to capture a reflection of how and when they have exercised their graduate skills in either written OR audio form.

**-SH** When creating a written note, there should be help buttons that explain how the user should answer each questions, providing an example, this will give them clear instructions to allow effective reflection.

**-CH** The app could implement CBT to aid reflection and provide users with a suitable framework to support their reflection.

**-WH** Users will not be able to upload reflections onto Moodle as this does not provide value for users and could potentially cause privacy issues, as users may not want to upload personal experiences on a public space.

## Non-functional Requirements

**-MH** Must be intuitive and easy to use. An app that is easier for new users is more likely to encourage interest in it.

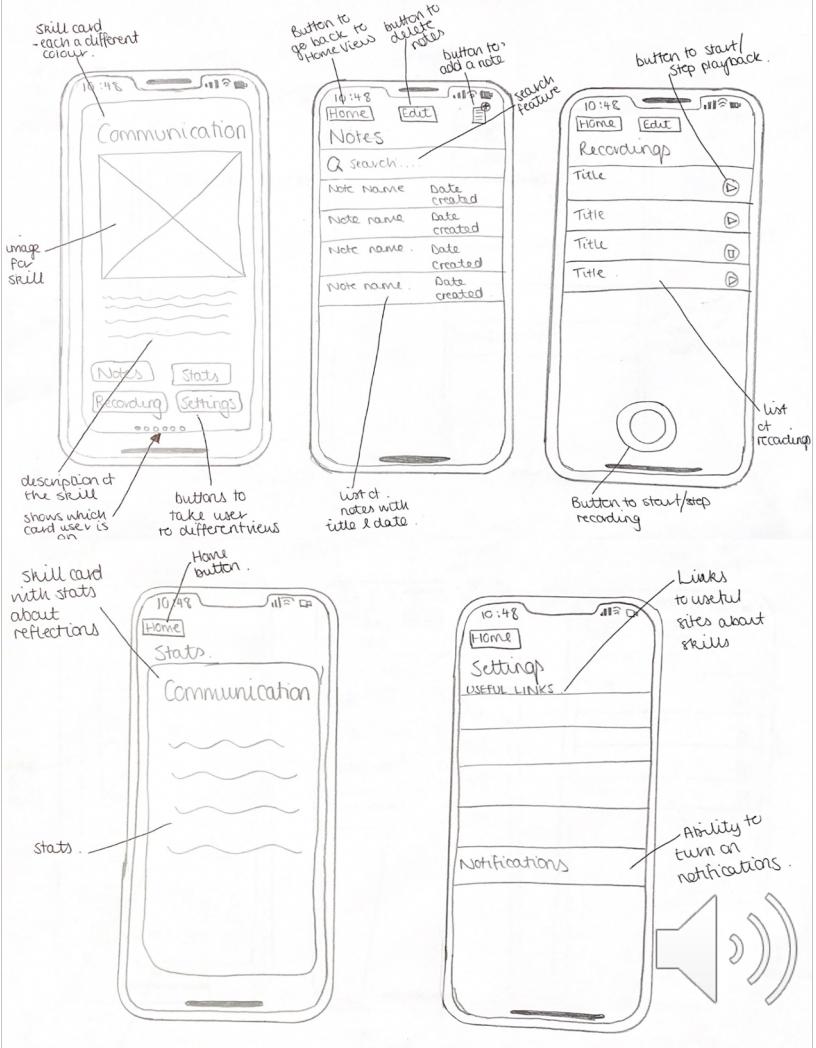
**-SH** Users should be able to create quick reflections.



# Design

Designed to encourage reflection through:

- Written notes
- Recorded notes
- Statistics
- Additional assistance features



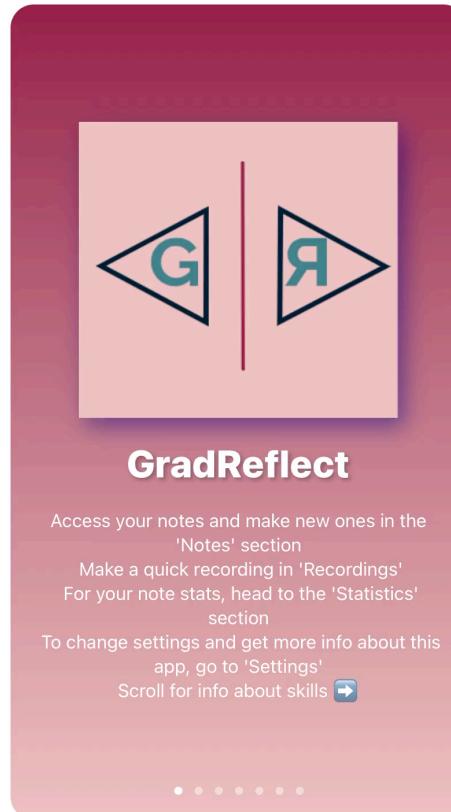
# Implementation

## Home page

- Allows users to learn about skills
- Users can navigate to other section of the application from Home.

## Settings page

- Provides useful links
- Can turn on notifications
- “About GradReflect” page to describe how to use the app



# Implementation

## Notes page

- Can create and delete a note
- Help buttons available
- Predefined skill list to choose from
- Emotions slider
- Cannot edit note
- Can review notes
- Search and filter notes by title and skill



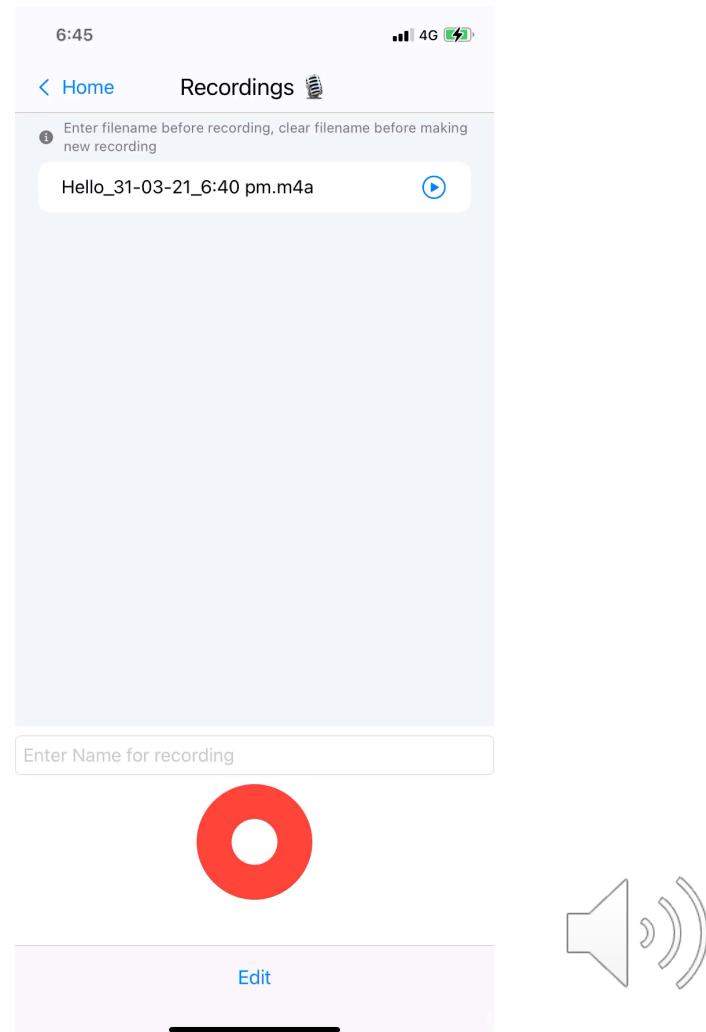
# Implementation

## Recording page

- Record audio with and without a name given
- Playback and delete recordings

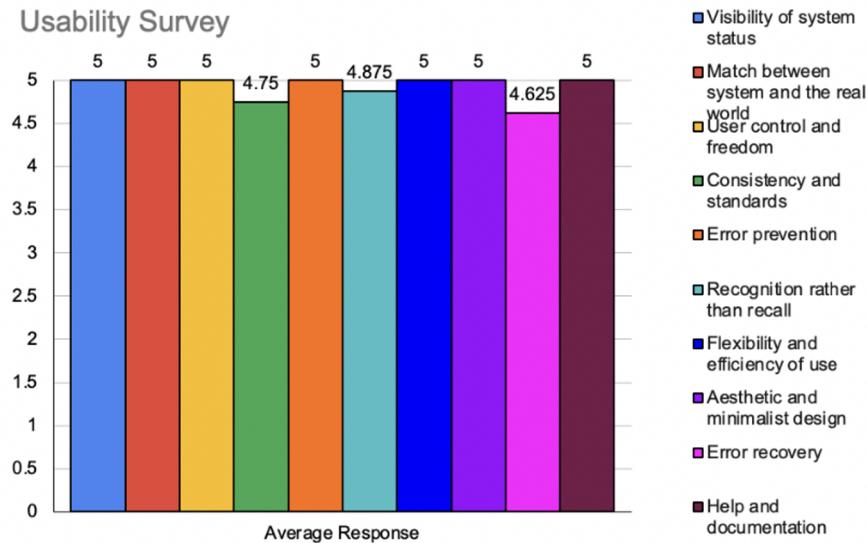
## Statistics Page

- View stats based on notes created



# Evaluation

- Carried out a monitored evaluation over a remote video conference followed by a two part survey
- The first part focused on the usability
- The second part focused on whether participants found reflection easy, enjoyed certain features and found them useful, as well as if they would continue to use the app.



# Conclusion

- Project involved creating a mobile app to capture graduate attribute reflections
- User evaluations were carried out to determine how easy the app was to use and reflect with, and whether the additional features were useful.
- Future areas of work involved further CBT research, milestones, note filtering via skill cards and polishing existing implementation.
- Further research into CBT is also required for conclusive evidence of its benefit

