

Checkpoint: Reflective Practice

Reflective Practice Learning Objectives

Answer the questions in this task to develop an action plan for reflecting on your progress in the unit so far.

Borton's reflective model is a simple framework, comprised of just 3 questions "what, so what, now what". It is useful for guiding reflections as it is easy to remember. What is important about this model is that it calls for action, meaning that the purpose of reflecting is to inform your actions.

What?

What has happened in the first 9 weeks

You can use the following to guide your reflection.

- What was your impression in beginning the unit and what were you trying to achieve?

At the beginning of this unit, I felt a mix of excitement and apprehension. I started with a strong foundation and aimed to achieve a high distinction. However, I quickly realized that understanding the patterns of the tasks would take some time. Initially, I found it challenging, but with the guidance of my Ontrack tutor, I managed to get back on track and improve my submissions.

- What happened throughout the unit that had a *relevant* impact on your study? -- consider your own actions, other students, teaching staff, and those in your life who aren't in the unit, what went well and what didn't

Throughout the unit, I encountered a significant workload from other subjects, which shifted my focus. I had to adjust my goal from a high distinction to a distinction. One major obstacle I wanted to overcome this trimester was my procrastination. I'm proud to say that I made substantial progress in this area, submitting nearly every task on time to receive timely feedback.

- What were your reactions?

My reactions to these experiences were mixed; I was motivated at the start but found it increasingly difficult to maintain that level of enthusiasm due to the demands of other courses. Still, I felt a sense of accomplishment as I managed to submit all my tasks on time, which was something I struggled with in the previous trimester.

So what?

Where has this left you in your learning journey

You can use the following to guide your reflection

- What are you feeling in light of all that has happened? What do you feel now compared to the beginning of the trimester?

Reflecting on my learning journey, I feel a sense of pride in what I've achieved, especially in overcoming procrastination. Compared to the beginning of the trimester, I'm more aware of my capabilities and limitations.

- What are the positive aspects of this experience?
The positive aspects of this experience include my ability to meet deadlines and seek help when needed, which has led to continuous improvement in my work.
- What were the effects of things you did or didn't do?
The choices I made—especially submitting tasks on time—had a positive effect on my learning. Conversely, the weight of other subjects did impact my motivation, though I still managed to give my best effort.

Now what?

My action plan

Now we look at what actions to take and any changes to be made.

- What will happen if you proceed as you have without making changes now?
Moving forward, I realize that if I continue without making changes, I risk falling back into old habits, especially concerning time management and procrastination.
- What is the most important change you can make to achieve your goals?
The most important change I can make is to prioritize my study schedule better, allowing time for each subject while still maintaining a focus on my goals.
- What support do you need?
I will also seek ongoing support from my tutors and possibly connect with classmates for study sessions, which could enhance my understanding and retention of the material. By taking these steps, I believe I can maintain my progress and achieve my academic goals more effectively.

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DATED : 22 -09 - 2024