

RMPP Weekly Reflections

Unit 4 Reflection

Unit 4 provided the opportunity to delve further into data collection by considering case studies, focus groups and observations. The evaluation of this learning has allowed more significant thought into how I will collect data and whether the methods will suit my investigation.

Unit 4 was also a positive week to receive positive formative feedback from the Literature Review Outline, which has improved my self-confidence. A stronger learning self-efficacy can strengthen the bonds needed to cognitively understand the concepts and produce successful learning behaviour (Bandura, 1978). Whilst this is a dated view, it still holds strong in social learning.

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Bandura, A. (1978). Reflections on self-efficacy. *Advances in Behaviour Research and Therapy*, 1, (4): 237-269.