THE HONG KONG POLYTECHNIC UNIVERSITY

DEPARTMENT OF APPLIED SOCIAL SCIENCES

APSS1L01 Tomorrow’s Leaders

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 **Self-reflection on Learning**

An in-depth review of your learning experience can help you think about your learning process and outcomes, and identify areas for improvement or further development. This table will help you facilitate a critical reflection on your learning experience.

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| «Refer to your personal development plan, copy the three most important goals that you want to learn, develop or improve during your study at PolyU and put them down below: | |
| Goal #1 | To attain a GPA of above 3.2 in all my semesters |
| Goal #2 | To participate in at least 3 activities that require me to use my communication skills by the end of the first semester (to improve my soft skills) |
| Goal #3 | To submit all my coursework on time in all my semesters (to improve my time management skills) |

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| « What have you done to achieve these goals? (e.g. What methods or strategies have you used? How much time have you spent on them? What resources/support have you sought?) | | | « Did it work out in the way you expected? | « If it did not, what went wrong? (e.g. wrong method, not enough time, lack of support, etc.) |
| Goal #1 | I have been revising everything taught at the end of class, have been keeping track of my work, and have been regularly checking my grades on assignments, quizzes, and tests. I have been watching videos and reading the reference material apart from my notes. I’ve made sure I spend a minimum of half an hour a day working on my coursework. | It has been going decently so far. However, I believe I am not doing my best in our Introductory Probability course as I found one of the questions in our quiz to be very difficult to solve. Although I had studied for the test, I had no idea how to solve the question. | | I think I did not consult my professor enough during the lessons when I had questions and tried to solve them on my own. Perhaps this made me lose time when I could be preparing for the test. Not asking for help may have also misled me into getting wrong answers and assuming they are correct. |
| Goal #2 | I have signed up for a few programs, but not all of them required me to work on my communication skills. However, I delivered a speech on my experiences at PolyU during the Consul General of India’s visit to PolyU. | It went smoothly. I got a little nervous midway. However, I think I will improve with more practice. I was glad I could complete one of the three activities I wanted to participate in. | | Lack of practice. |
| Goal #3 | I have been keeping track of my deadlines using a tool called Notion, on which I make checklists and notes. I have also been using sticky notes and have been sticking them onto my study table to remind me of my tasks. | I have kept up with almost all of my deadlines. However, I have not managed my time efficiently which made me finish my work on time but not in the best quality possible. I have not been able to give it my best at times. | | I kept track of my deadlines but did not keep track of how I should be organising my work. I did not strategize my time efficiently. I would know the deadlines but would not know how I should be handling my time till the deadline. Hence, my work piles up at the end and the quality of my work is affected |

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| « What difficulties/challenges did you encounter during your learning or developmental process? Which areas would you like to improve or further develop? | |
| Learning Difficulty/Challenge | **Area for Improvement/ Further Development** |
| I find the deadlines and work a little overwhelming to keep up with although I am using checklists and notes. Additionally, with all the events and opportunities like hackathons and volunteering, I get carried away. The feeling of being carried away has led me to not using my resources to the fullest, which has affected my learning. | I could make sure I sign up for events but keep it limited so I do not feel overwhelmed with all the work and can focus on my coursework as well. I would like to work more on completing what I need to do first, and then do what I want to. |

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| « What have you learned from the self-reflection on your learning experience? | |
| Thing that I have learned from self-reflection | **Implication** (i.e. How would it affect you and your learning in the future?) |
| I have learned that I have been only sticking to one method of learning (like trying to solve probability questions on my own and using notes to only keep track of my deadlines and not my timeline). Instead, I could have experimented with other strategies (likr asking a professor for assistance with my probability questions or using applications like google calendar to organize my workload and not just my deadlines). I have also not been specific with my goals which lead me to not knowing what exactly I needed to do to achieve them. | **Moving forward, when I feel like I am deviating away from my goals (like when I think I am not doing my best in a course), I will try new methods of learning. I will try to make my goals more defined so I know exactly what I need to be doing and hence can explore new techniques to achieve it. In the future, I hope to find ways to do my work so I know what I am doing and what I am going to do so that it does not feel like I’m just doing what I can at the moment.** |

**Assessment Rubric (5%)**

An in-depth review of your learning experience can help you think about your learning process and outcomes, and identify areas for improvement or further development.

You will be graded on your performance in reflecting on your learning against the assessment criteria below.

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| “**Reflection on learning**” refers to your tendency and ability to review your own learning approach and examine the assumptions, beliefs and values that underpin it, to see if you need to change or adjust how you learn. | | | | |
| **Assessment Criteria** | | | | |
| **1**  **not good enough** | **2**  **quite good** | **3**  **good** | **4**  **very good** | **5**  **excellent** |
| I seldom reflect on my learning process and outcomes; I rarely challenge or change the way I learn | I reflect on my learning process and outcomes occasionally; I examine the way I learn | I reflect on my learning process and outcomes to evaluate my learning strategies and enhance my performance | I critically reflect on my learning process and outcomes to adjust my learning strategies for enhancing my performance | I critically reflect not only on my learning process and outcomes but also the assumptions, beliefs and values that underpin my learning approach |