

Reflection 3

Units covered:

- Financial literacy
- Leadership identity and communication skills at university
- Growth mindset and reframing your thoughts

Types of questions: Reflective and scenario/case study and journal-type

Weighting: 15%

Action verb glossary:

Action verb glossary – Each question has a specific action verb that you need to understand to be able to answer the question.

Action verb:	Definition in the context of this assessment opportunity:
Discuss	to talk or write about (a topic) in detail, taking into account different issues or ideas.
Edit	to prepare (written material) for publication by correcting, condensing, or otherwise modifying it.
Identify	to recognise or distinguish and indicate who or what (something) is.
Interpret	to explain the meaning of (information or actions).
Reflect When you reflect, make sure that you go through the content first so that your reflection is meaningful.	Reflection is concerned with consciously looking at and thinking about our experiences, actions, feelings, and responses, and then interpreting or analyzing them in order to learn from them (Atkins and Murphy, 1994; Boud et al., 1994). Typically we do this by asking ourselves questions about what we did, how we did it, and what we learnt from doing it.
Write	to mark coherent letters or words whether online or in hard copy.

Questions:

Financial literacy

1.1 With regards to the financial literacy unit, reflect on THREE things which you learned that you did not know before (related to financial literacy). Write down each point and state why that was important to you by providing an example of how you have used this information. (what you learned + why it was important through an example = 2 marks for each of the 3 learned items) – 6 marks

- Communicate with your funder – it is paramount to communicate with your funder to send your tuition account fee because the contract is between you and the institution or else you will be blocked.
- Budgeting – having saving account reduces your spending, as a student you must avoid spending money reckless.
- Tracking of tuition account – knowing difference between debit, credit and calculating your fees.

1.2 Reflect on TWO good ways in which you can save money at university. Elaborate on each one of the ways by providing an example of how each one would be used. – 2 marks

- Work to obtain merit award bursary – you will be given bursary automatically if student got average of 75% and above and that will save your money.

- Saving account – it reduces the way you use your money on expenses and unnecessary things like alcohol and etc..

1.3 Interpret Student B's financial account by answering the question below:

Date	Due date	Ref	Description	Debit	Credit
2019/01/04			CR – FUNDI balances		5270.00
2019/01/18	2019/03/31		DR – Registration BFN	730.00	
2019/01/18	2019/03/31		DR – Tuition fee BFN	1926.00	
2019/01/18	2019/03/31		DR – Tuition fee BFN	1926.00	
2019/03/31	2019/03/31		DR – Tuition fee BFN	3853.00	
2019/05/11	2019/05/18		DR – Interest BFN	20.65	
2019/06/11	2019/06/18		DR – Interest BFN	26.71	
2019/06/30			CR – ABSA Payment BFN		3860.00
2019/10/30			DR – Module guide/textbook	480.80	
BALANCE AS ON 2019/11/30					166.84

What is the student account balance on 30 June 2019? Specify whether this is a debit or credit amount.
– 2 marks

✓ R 3860.00

Leadership identity and communication skills at university

2.1 Reflect on the importance of developing a leadership identity by writing a paragraph of no more than 100 words. Your paragraph must answer the following questions:

- What is leadership identity + provide an in-text reference of the source of this definition? – 2 marks
- What can developing your leadership identity mean for your character? – 1 mark
- What can developing your leadership identity mean for your competence? – 1 mark

- 4 marks

- ✓ Leadership identity – is someone who have confidence and ability to lead a certain group of people for example a pastor. The cumulative confidence in one's ability to intentionally engage with others to accomplish group objectives (Komives et al.:2005).
- ✓ It could change my appearance and competence in my society.
- ✓ It would make me more useful and true leader as I will be functional and active.

2.2 Identify and write down the stage of your leadership identity development that you are in.


- a. What is ONE of the general characteristics of this stage according to the UFSS content? – 1 mark

- Stage 2 – Individual intentionally become involved in groups.

- b. Provide an example from your university life to prove why you say you are in this stage of your leadership identity development. – 1 mark

- Individual join a sport team and they are tasked with responsibilities.

2.3 Edit the following email from a student to the UFSS1504 Module office, by pointing out any FOUR different corrections that need to be made:

 Send	To...	<input type="checkbox"/> UFS101@ufs4life.ac.za
	Cc...	
	Subject	

Hi Mam

Just letting you know that I did not receive the Bio questionnaire
I also cannot excess my office it says that my student email is invalid
Can you help me excess it

Regards

4 marks

- Student number (2018906323)
- Module code (UFSS1504)
- Name and surname of student
- Subject for queries

Growth mindset and reframing your thoughts

Growth mindset and reframing your thoughts

3.1 Consider the power of your thoughts for a moment. Read the following case study and answer the question(s) that follow:

In addition to poor time management and lack of motivation, Student L has faced issues with the online learning environment and as a result, failed two modules this semester. Student L felt that they were not smart enough to study/keep up with higher education studies. Student L wants to give up and drop out of university. You are given the opportunity to mentor Student L by using what you have learned in the UFSS Growth mindset and reframing your thoughts unit.

- a. Explain to Student L why it is so important to explore the relationship between their belief (B) and the consequence (C) of the activating event (A). – 1 mark

- It is paramount to explore alliance between belief and consequences, because what you think or belief influence the way you react to situation that is out of your control and it might results in negative reaction for example consumption of alcohol.

- b. If Student L chooses to change their belief (B) by seeing their new environment as a challenge and opportunity to learn new and different skills, list THREE possible new consequences of the activating event. – 3 marks

- Student L can learn what he did wrong and chose to make it right.
- Change study habits and it will result in him passing that failed modules.
- Student L can achieve his all desires academic.
- He will not drop out of varsity

3.2 Reflect on how you can adopt and develop a growth mindset. Drawing from the UFSS content, write a paragraph of not more than 250 words about the development of your personal growth mindset as a university student. Your paragraph must include the following information/answer the following questions:

- Provide an example of a challenge that you have experienced throughout the course of your studies so far. – 1 mark
- How did your mindset influence your immediate response to that challenge? – 1 mark
- Do you think that your response is in line with a growth mindset (Yes/No)? Provide a reason for your answer (Why? Or why not?). – 2 marks
- How do you plan on viewing challenges in future so that you can continue to stay true to your growth mindset? – 1 mark
- How do you plan on reacting to criticism in future so that you can continue to stay true to your growth mindset? – 1 mark

- 6 marks

- ✓ It was my first time being exposed to online learning and I have been struggling to cooperate and attend classes as some were clashing. I felt like giving up or take me back to high school but I told myself I will adapt eventually so. My response towards that situation was in line with growth mindset because I acknowledged my imperfections, as I used learning instead of failing. In future I will view challenges as opportunity for me to learn and work hard to win those challenges by achieving my goals. I will always welcome criticism that come my way and also not let it to get into my head just banish it.

TOTAL: 30 marks