IT2160 –Professional Skills A1-CS-2-R4 – Reflective Practice

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Case overview : Imesh Fernando

Second-year Computing student from Kurunegala

Highly involved in projects and extracurricular activities

Strong belief: Busyness equals success

Grades remain average

Feedback highlights repeated issues analysis and clarity

Feels frustrated despite working harder than many peers

Key Concepts in Reflective Practice

- **Self-Awareness:** Understanding strengths, weaknesses, blind spots

- **Reflection:** Converting experience into learning through analysis

- **Personal Development Planning (PDP):** Setting structured improvement goals

- **Journey Within:** Examining values, beliefs, attitudes, and behaviour

Q1 – Experience vs. Learning – Imesh's Pattern

- Imesh participated in many group projects and extracurriculars.

- Despite high involvement, feedback remained unchanged.

- Repeated mistakes in analysis and clarity across modules.

- Focused on task completion rather than learning outcomes.

- Example: Took multiple roles in a group project → project submitted → same feedback issues.

Presenter: Rajapaksha P.D.R.R – IT24104034

Surface Learning vs Deep Learning

Theory & Insight

Surface Learning: Imesh focused on doing tasks, not understanding them.

Novice Stage (Expertise Model): Followed rules without critical thinking.

Insight: Experience ≠ growth. Without reflection, learning remains shallow.

Q2 – Reflection as a Deliberate Process

Missed Reflection Triggers

- **Trigger 1:** Lecturer asked what he learned → Imesh listed events, not insights.

- **Trigger 2:** Peer Suren said Imesh rushed tasks → Imesh dismissed it.

- Imesh responded by working harder, not reflecting.

- Reflection was reactive and defensive, not purposeful.

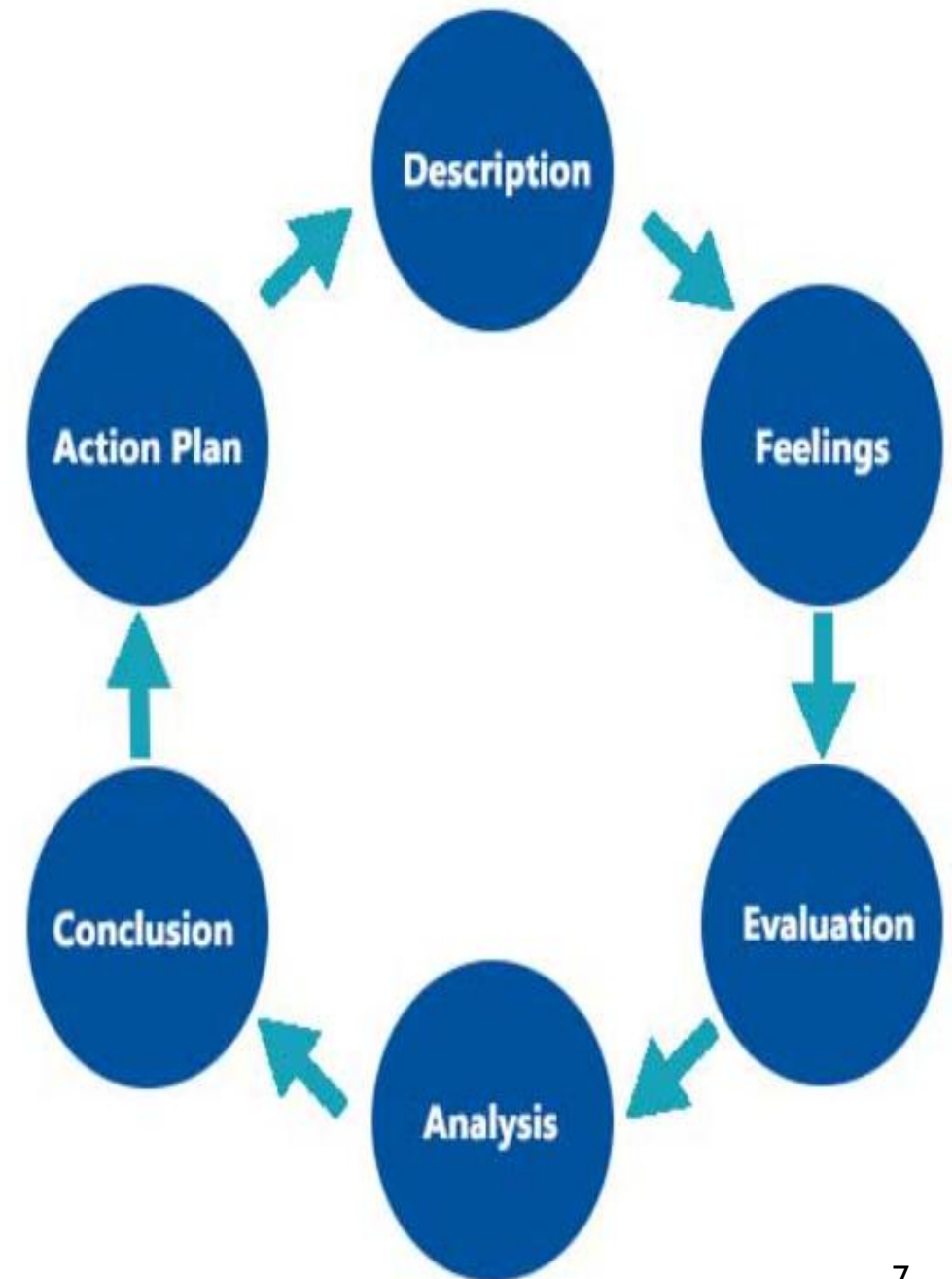Presenter: Senarathna S.M.S.D – IT24102844

Gibbs Reflective Cycle Breakdow

Theory & Insight

Imesh stopped at "Description" and "Feelings" stages.

Avoided "Analysis," "Evaluation," and "Action Plan."

Insight: Reflection must be intentional. Without it, mistakes repeat.

Q3 – Self-Awareness & Blind Spots

Gaps Between Perception and Feedback

- Imesh saw himself as hardworking and reliable.

- Feedback showed recurring issues in clarity and analysis.

- Peer feedback was ignored; lecturer feedback repeated.

- Defensive attitude blocked growth.

Presenter: Madushan D.M.R.S – IT24102069

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Johari Window – Blind Area

Theory & Insight

- Imesh's blind spots: flaws visible to others, hidden to self.

- Lack of self-awareness prevented learning from feedback.

- **Insight:** Blind spots widen the gap between effort and improvement.

# Q4 – Values, Beliefs, Attitudes, Behaviour

Productivity Mindset

- **Values:** Diligence, responsibility, recognition.

- **Belief:** Busyness = success.

- **Attitude:** Reflection = weakness.

- **Behaviour:** Constant action, rushing, avoiding feedback.

Presenter : Lakshitha Dilshan J.K.P – IT24102621

Character Chain & Habit Formation

Theory & Insight

- Values → Beliefs → Attitudes → Behaviour → Habits.

- Imesh formed habits of busyness over learning.

- **Insight:** Hard work without reflection reinforces repetitive errors.

Behaviour

Attitude

Values

Beliefs

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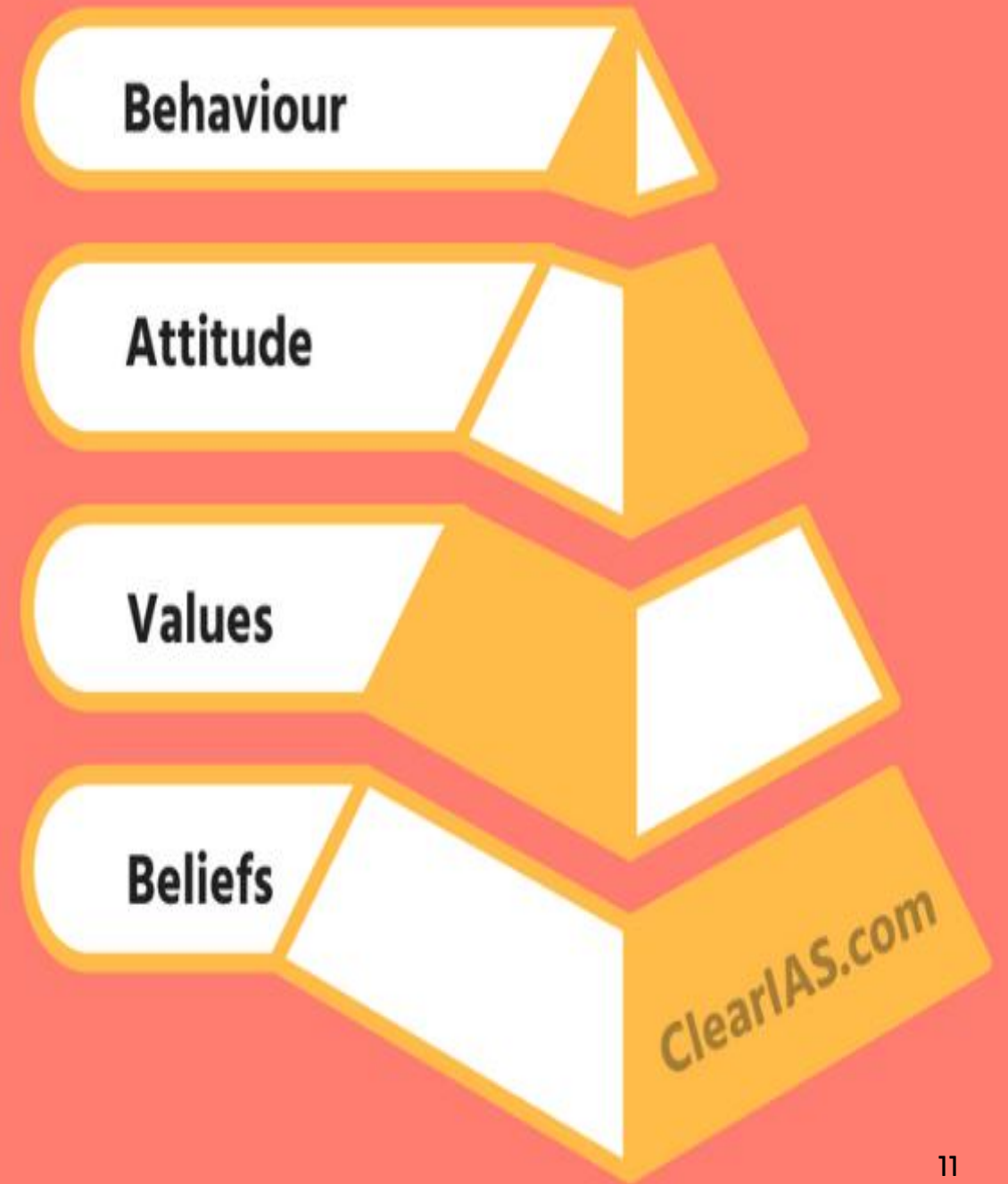
Q5 – PDP & Skill Gaps

Lack of Personal Development Planning

- Imesh lacked clear goals for growth.
- Focused on quantity of tasks, not skill development.
- Feedback unchanged across modules.
- Fatigue and frustration increased.

Presenter: Navodya G.L.T – IT24100546

PDP Framework & Journey Within

Theory & Insight

- PDP requires goal-setting, reflection, and action.

- Imesh avoided examining values and attitudes.

- **Insight:** Without PDP, effort becomes repetition. Clear goals drive improvement.

Belief
- Mindset of individual towards success and growth
- Values and priorities for achieving goal

Plan
- Set motivation and effective goal
- Organize time and tasks

Action
- Execute plan and take necessary steps
- Build tactics and skills to improve results

Result
- Outcome of action or plan
- Feedback of outcome from supervisors or peers, etc

Review
- Evaluate and track progress
- Assess actions and re-design strategies to reach goal faster

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Q6 – Internal & External Influences

Influences on Imesh's Development

- **Internal:** Beliefs about productivity, fear of slowing down.

- **External:** University culture praising busyness, peer pressure, social media.

- Imesh interpreted these as signals to stay constantly active.
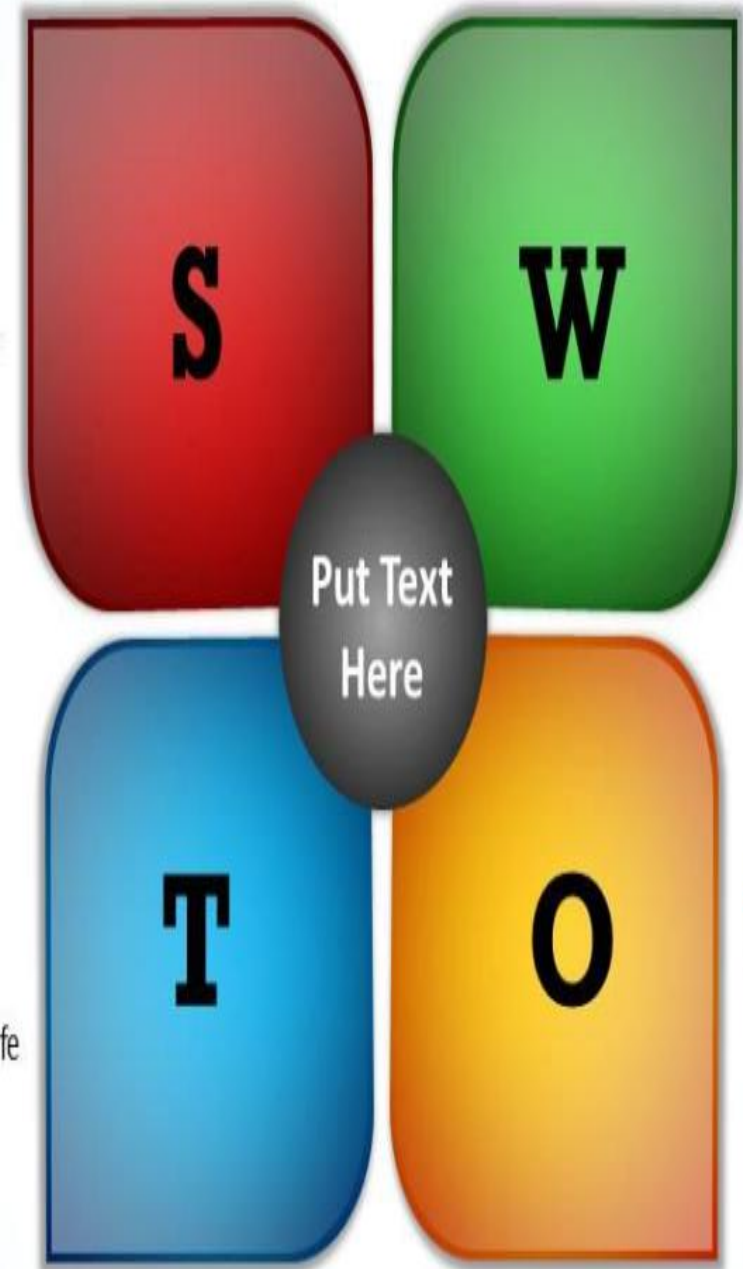
Presenter: Loneth U.V.N – IT24100938

SWOT Analysis & Journey Within

Theory & Insight

- **Internal Weaknesses:** Avoidance of reflection, defensiveness.

- **External Threats:** Culture of busyness, comparison with peers.

- **Insight:** Growth requires reframing beliefs and balancing external pressures.

Strengths
- Bring your presentation to life

S

Weaknesses
- Bring your presentation to life

W

Put Text Here

Threats
- Bring your presentation to life

T

O

Opportunities
- Bring your presentation to life

Essential Takeaway

- Effort alone does not equal growth

- Reflection transforms experience into learning

- Self-awareness helps identify blind spots

- Clear goals and PDP guide improvement

- Balance internal beliefs with external pressures

Thank you

- "We do not learn from experience… we learn from reflecting on experience." – John Dewey