Reflective log – Week 1

# Aerodynamics

## What were the objectives of the lesson?

* Describe Aerodynamic Lift
* Explain Drag
* State Newtons Laws
* State Bernoulli’s principal in terms of airspeed and pressure
* Describe the distribution of lift around an aerofoil
* Explain why kites fly
* State the effect airspeed has on lift and drag
* Describe the effect streamlining has on drag

## Do you feel that you fully achieved the objectives?

Yes, after reading ACP33 and having the lesson recapping and going into more detail I think that I have met them

## What would have improved learning for you?

I liked the balance between the hands on side of using the wind tunnel and the PowerPoint. There weren’t just words on the slides I liked the use of pictures and fun smaller activities that we learnt we could do with our own cadets.

## How might you deliver that objective differently?

I wouldn’t have the wind tunnel to show anything so I would have to teach using videos. I liked the IPad app and will try and get it, good visual representation without the use of the wind tunnel.

## What feedback did you receive on your performance?

No formal feedback but when asked questions I was able to answer them pretty well and where I got them wrong or not quite perfectly correct I was given the correct information.

## What goals have you set yourself to improve for the next weekend?

Make sure I re-cover the material and try and find some pre reading for next week if there is any

# Air Power

## What were the objectives of the lesson?

* Understand the levels of warfare
* Define Air power
* Understand the attributes of air power
* Outline the key air power roles
* Understand the armed force air power industry

## Do you feel that you fully achieved the objectives?

Yes

## What would have improved learning for you?

It would have been better if it wasn’t just sit down and listen for the whole lesson. Flt Lt Gear made it fun but I think that if we had an activity or 2 to do it might have helped

## How might you deliver that objective differently?

When saying which aircraft did which roles in air power we could have done a card sort type thing. If it wasn’t all just death by power point it might have gone in a bit better.

## What feedback did you receive on your performance?

I didn’t receive any formal feedback as it was the whole course in one room being lectured.

## What goals have you set yourself to improve for the next weekend?

Ensure that I take lots of notes in order to be able to complete any homework and the reflective logs. Between this and the next weekend ensure that I go all of my notes and the PowerPoint and write down any questions so I can ask them next time

# Air Traffic Control

## What were the objectives of the lesson?

To be introduced to the various types of data display (Strip Marking)

To learn the RT and carry out Radar handovers

To understand the uses of primary and secondary RADAR and how they work

## Do you feel that you fully achieved the objectives?

I believe that the first 2 were achieved but the second 2 might need to be gone over again for us to properly understand it. I get the basics of it but I think going over it again might re-enforce it and allow me to take in all the information

## What would have improved learning for you?

If it was gone over slower and some sort of practical activity

## How might you deliver that objective differently?

Use the sims as done on the course but explain the RT of what we had to say. We weren’t told at all what we needed to say on a radar handover and expected to know. I did from previous experience but I had to help others in my syndicate with what they were meant to say

## What feedback did you receive on your performance?

I was very good and know the RT pretty much spot on I just need to stay focused. I think after this first week I now understand how everything is working what aircraft I’m getting and how to use the flight strips and phones etc.

## What goals have you set yourself to improve for the next weekend?

Look at some more RT and make sure that I know it all and exactly when to handoff and who I need to talk to. What other radar controllers are around that I might need to pass aircraft off to.

# Basic Flight Training

## What were the objectives of the lesson?

To be able to operate the Flight simulator and learn the basics of teaching the flight simulator in the RAC

## Do you feel that you fully achieved the objectives?

Yes

## What would have improved learning for you?

I think a demonstration of the sort of thing we were meant to be saying might have been useful, we had no clue to the type of things I was meant to be saying.

## How might you deliver that objective differently?

Give a demo of the sort of thing I was expecting to be said

## What feedback did you receive on your performance?

Good control of the aircraft and good commentary, just make sure I can do both at the same time and put what I’m saying to what I’m doing together. I said climb at 140 kts but was at 200kts

## What goals have you set yourself to improve for the next weekend?

Ensure that I stay in the perimeters that I set whilst talking about what I’m doing.

# Instructional Technique

## What were the objectives of the lesson?

To learn presentation skills that make a good presentation, Qualities and behaviours of a presenter, and verbal and non-verbal communication.

## Do you feel that you fully achieved the objectives?

Yes, it was good to recap the MOI syllabus and have newer information which has defiantly gone into greater depth than when it was taught first time

## What would have improved learning for you?

I think that it was done very well, I don’t know what I would change to make it better

## How might you deliver that objective differently?

## What feedback did you receive on your performance?

## What goals have you set yourself to improve for the next weekend?

# Pilot Studies

## What were the objectives of the lesson?

## Do you feel that you fully achieved the objectives?

## What would have improved learning for you?

## How might you deliver that objective differently?

## What feedback did you receive on your performance?

## What goals have you set yourself to improve for the next weekend?

# Radio

## What were the objectives of the lesson?

## Do you feel that you fully achieved the objectives?

## What would have improved learning for you?

## How might you deliver that objective differently?

## What feedback did you receive on your performance?

## What goals have you set yourself to improve for the next weekend?