# SWINBURNE UNIVERSITY OF TECHNOLOGY

## Professional Placement in Industry A
## Work Experience in Industry A
### Assignment 3 – Reflection: Workplace progress and feedback

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Instructions: This assignment consists of three sections. You need to use this template to structure and submit the assignment.

**Section 1:** Reflect on the actions you listed in Section 1 of your Assignment 2 as part of your Intention for learning. See the prompts listed in the assignment description on Canvas. Keep in mind the framework for reflection: What? So what? Now what?

Word Limit: 400 words

> Reflecting on my intentions for learning during this placement has helped me recognize both my progress and the areas where I can grow further.
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> For Domain 1 - Knowledge in Practice, I have been able to act on most of my plans, immersing myself in full-stack web development using .NET and React and working on projects that required close collaboration. I have become more confident in using project management tools like Azure DevOps to organize and track large-scale projects. The learning curve was steep at times, especially when trying to learn new frameworks under tight deadlines. It was challenging to balance learning on the go with delivering quality work. Through this, I realized how important mentorship is. Seeking guidance from senior colleagues helped me overcome many challenges, but I sometimes hesitated to ask questions for fear of appearing incompetent. Moving forward, I want to work on building more confidence to seek help sooner rather than later.
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> For Domain 2 - Completing Work, I have made considerable progress in improving my time management. Using Google Calendar to block out my workday and set deadlines has helped me stay organized and meet expectations. One key achievement is that I have become better at prioritizing tasks, which has reduced my stress during busy periods. Eliminating distractions, however, has been more difficult than I anticipated. While I have managed to cut down on casual social media use, it remains a temptation, especially during breaks that sometimes stretch longer than intended. Reflecting on this, I recognize the need to build stronger self-discipline habits. Regularly setting aside time to review my productivity has helped me see patterns and adjust my approach. For example, I now understand that I work best in focused blocks of time with short, planned breaks.
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> Domain 3 - Career Development Practice - has been the most challenging to follow through completely. While I have actively sought guidance from my supervisor and attended several tech presentations and company forums, I was unable to consistently keep a reflection journal due to my busy schedule. I regret this, as writing regularly would have deepened my insights and helped me articulate my career goals more clearly. Looking ahead, I want to grow my professional network by attending external tech meetups or conferences whenever possible.

**Section 2:** Reflect on your workplace progress feedback.

**What?** What was the most important insight you gained from this meeting? This could be related to any of the domains you were focusing your intention for learning on, alternatively your insights may be related to

the process of seeking and receiving feedback. You may consider if there are any changes to your initial intentions from Assignment 2.
**So what?** Think about why this insight is relevant to you right now.
**Now what?** What are some of the actions you want to pursue now?

Word Limit: 400 words

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**What?**
One of the most important insights I gained from my workplace progress feedback meeting was how essential clear communication is - both in sharing my progress and in seeking help when I need it. My supervisor pointed out that while my technical work has been solid and I'm showing good initiative in learning .NET and React, there were moments when I could have clarified my questions sooner or updated the team more regularly about any blockers I faced. This insight connects strongly to my initial intentions, especially under Domain 1 - Knowledge in Practice and Domain 2 - Completing Work. I realized that even if I am working hard independently, staying aligned with the team's expectations and being open about my challenges is equally important for my growth and for contributing effectively.

**So what?**
This insight is highly relevant to me right now because I'm at a stage in my placement where my tasks are becoming more complex, and my ability to collaborate and communicate well can really influence the project's success and my learning curve. It made me reflect on how sometimes my hesitation to reach out—out of fear of bothering others or appearing less competent—can actually slow me down and impact the team. I see now that asking for feedback or clarification early on is not a weakness but a strength that saves time and builds trust. This also ties into my career development practice because effective communication is a key skill I need to carry forward into any future role.

**Now what?**
Moving forward, I want to be more aware about keeping my team informed. I plan to give more regular status updates during stand-ups and be more proactive in raising any issues as soon as they arise. I will also work on phrasing my questions more clearly so that I can get the right guidance faster. Additionally, I'd like to create a simple system - maybe a notes log or short weekly summary - to keep track of what I'm learning, where I'm getting stuck, and what I need to ask about. This could also help me build the habit I missed in my original plan to keep a reflection journal.

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**Section 3:** Reflect on the two (or more) P2P debrief sessions you have had to date. What was the most valuable learning for you: the process of the debriefing session (you might highlight your observations of the different roles and approaches taken during the session) or the topics shared and the insights explored? Provide brief details and explain why.

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Reflecting on two of the P2P debrief sessions I have had so far, I would say the most valuable learning for me has come more from the debriefing process itself rather than any single topic that was discussed.

During these sessions, I noticed how each peer brought a different approach to giving and receiving feedback. Some were very structured, clearly outlining what went well and what could be improved, while others were more conversational and open-ended. Observing these different styles helped me understand that there isn't just one "right" way to share feedback - what matters is creating a safe, supportive space where everyone feels comfortable being honest.

Another valuable part of the process was learning to take on different roles within the session - I was both the one sharing my own experience and the one listening actively to my peers. The topics we covered - like time management struggles, balancing independence with asking for help, or navigating new tools - were both useful and relatable. But for me, the biggest takeaway was how the debrief sessions themselves made me feel more connected and less alone in facing these challenges.