Tutorial – Critical Reflection

It is important that we take time to critically reflect on our work from time to time. This allows us to both recognise and appreciate where we're doing well, and also identify areas where we can focus improvement next time around.

Benefits of learning self reflection

- Think more deeply about issues -> greater insight.

- Engage the rational decision making processes to become a more effective learner.

- Challenge to be honest about what you say and do -> good for teamwork/confidence/reliability

- To actively learn from the past and avoid the same mistakes.

- Safeguard against impulsive decisions. Two sides to brain, emotive and rational, it feels good when emotion decides, but it could easily get it wrong.

- Challenge your assumptions!!!! Important to grow as a thinker, learner, teammate member of society. Hard to admit you weren't good at something. Get good at that!

For this session we will reflect on our work both as individuals and as teams.

Basic reflection follows three steps.

What did I do well?

What did I do not so well?

How could I improve?

Reflection involves the following three steps

- ***What?*** *What happened, describe facts.*

- ***So What?*** *What did the experience mean, Interpretation , feelings, What was learned*

- ***Now What?*** *What steps do you take to improve? What skills do you need?*

Self reflection

List three things you personally did well this project:

1. I really surprised myself on my ability to give a presentation. Going in I thought that this would be my weakest point, but I was pleasantly surprised when it was not.

2. Communicated with my team and my fellow programmer I found was super easy with the use of discord and I always made sure to keep everyone updated with my progress

3. Worked well with the other disciplines to get things done. I really put myself in a position to help other members of my team even when it wasn't my discipline.

Suggest three ways to improve for your next project:

1. My document work could always be better. I really felt that I relied heavily on my fellow programmer. Feeling this, I really threw myself in to help myself improve. Next time I will try and take more of a lead role when filling out the documents.

2. I needed to make myself more available. I found it really hard to find and organise my time around work, kid and my other study commitments. I did however do my best

3. Probably mucked around to much in our group chats. Though this made the chats much more fun and interesting I feel as a group we had a tendency to go off topic. Less joking around could have helped mitigate some of this

Group reflection

Discuss this as a group before filling this section in! Think about things like , how did everyone work as a group? Communication issues? Differences of opinion? Differences of ability? Allocating tasks? Working to a schedule?

List three things that your group did well in this project:

1. Everyone pulled their own weight and cared about the work

2. Everyone helped each other out

3. Everyone got along well and made it fun

Suggest three ways that your group could improve for your next project:

1. Better communication/planning

2. Turning up for planned meetings / actually organising meetings better

3. Getting things done earlier instead of rushing the day before it's due