BACHELORS OF SCIENCE (HONS) INFORMATION TECHNOLOGY

DEPARTMENT OF COMPUTER SCIENCE

FACULTY OF NATURAL SCIENCE

OPEN UNIVERSITY OF SRILANKA

COE 3200 Communication Skills for Computing

S24013078

M.J.P Simla

BSC IT

Reflection on the Session: Inspiring yourself for a Successful Person.

1. What key insights or lessons from the session inspired you the most?

Here are few key insights from the session that inspired me the most:

A list of the things that a person would like to do or achieve before they die it’s called **Bucket List.** First, write down 500 things you want to do “before you die”.

EX: -Get a car

-Buy a house

-Travelling all over the the world

After that revisit the list on following and question yourself “Is it really worth” to our life and put priority “High, Medium, Low” and put “Target Date”

These things I really inspired most.

1. How do you plan to apply these insights to achieve success in your life?

* Set Clear and Specific Goals: write down your goals and make sure they are SMART

(Specific, Measurable, Achievable, Relevant, and Time-bound)

* Stay Disciplined and Focused
* Believe in your Self
* Surround yourself with Positive People
* Take care of your Physical and Mental Well-being
* Learn from your Failures: Failure is a part of Success.

1. Identify any Challengers you foresee and explain how you might overcome them using what you learned.

* Managing Time: One of the best time management strategies is to make a list of daily tasks and deadline. This also implies that you adhere strictly to an organized schedule that includes a list of daily.
* Adapting New Technology or Tools: Invest time in hands-on practice, tutorials, or training sessions. Break the learning process into manageable steps and set milestones to track progress. Asking for help or collaboration with peers can speed up the learning curve.
* Retention: Depending on their capacities, different people have different levels of learning retention. For instance, some students with poor memory skills might find it challenging to recall or remember things that were taught to them even a day earlier.
* Overcoming Procrastination: Break larger tasks into smaller, more manageable steps. Set deadline, and hold yourself accountable. Utilize motivational techniques like visualizing the outcome of completing a task and using rewards to stay on track.

1. Outline specific steps or actions you intend to take to align your goals with your aspirations for a successful life.

* Create goals aligned with strengths: Leveraging your strengths is just as important as setting specific targets.
* Create an action plan: Figure out the specific actions you need to take and set a timeline for each step.
* Categories your goals: Organize your goals into categories such as career, health, personal development, relationships, and hobbies.
* Define your aspirations: Understand how your ambitions and objectives intersect.
* Clarify and define success: Reflect deeply on what success means to me in different areas personal, professional, health, relationships etc….