

Reflective Essay: my strengths and weaknesses as a self-regulated learner

9 pages | 2147 words

This essay aims to critically review my strengths and weaknesses as a self-regulated learner, in relation to key skills which demonstrate my ability to use reflective practice. Also, the essay will identify and implement the learning skills required to complete the modules in Year 2 of the programme. It will produce and make use of individual learning plans that reflect how I could improve upon my interpersonal skills and implement a personal development plan. Furthermore, a demonstration of application of key skills together with learning and interpersonal skills in a variety of settings will be made.

The framework this reflective essay will follow has been adapted from the work of Borton (1970) Reach, Teach and Touch; along with Boud et al (1985) Turning Experience into Learning. A reflective essay is a piece of writing that basically involves your views and feelings about a particular subject. The goal of a reflective essay is to not only discuss what you learned, but to convey the personal experiences and findings that have resulted, Spinello (2012). However in order to critically evaluate and reflect the individual, must become a self-regulated learner.

Students who are self-regulated learners collaborate with other students in exchanging ideas, eliciting assistance when needed, and providing support to their peers. They see the connection between their efforts and learning success, Trejos (2010). Zimmerman (2000) points out that, self-regulation is not a mental ability or an academic performance skill; rather it is the self-directive process by which learners transform their mental abilities into academic skills.

These learners will monitor their behaviors in terms of their goals and self-reflect in order to increase their effectiveness. Self-regulation is important because a major function of education is the development of life-long learning skills, Zimmerman (2002, p. 66). In relation to the following key skills of, communication, numeracy, use of information technology, learning to learn and working with others, I have been able to identify my strengths and weaknesses.

One of the areas in which I considered to be competent in was written communication, as I could express myself more openly and creatively, this has been evident by the use blackboard discussions, emails and academic writing. Linked to this, my IT skills are also one of my biggest strengths, as I am able to utilize these skills to support and further develop communication, interpersonal and academic skills. My empathetic listening skill enables me to gain mutual understanding and supports me to work with others, where new knowledge and experience can be exchanged, which contribute to my ongoing learning.

On the other hand, the identified areas that I need improvement in are my confidence in verbal communication, although one to one communication is not a problem, but communicating and presenting to larger groups is where I feel nervous. Building up confidence in this area is vital, as it is a key component of nursing practice, to ensure effective communication between patients, team members and multidisciplinary teams. From year one of the nursing programme to year two; I have seen an improvement in my general math's skill...

My Personal Weaknesses Essay

Princeton Review, Nedda Gilbert



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Wild Games Dennis Ray Cutchins, Eric Alden Eliason, 2009 Humans understand at least some of what it means to be human both literally and figuratively in reference to wild animals Our relationships with wildlife have traditionally been expressed in terms of hunting more recently these relationships have also been manifest as efforts to prevent hunting Hunting and fishing traditions are in fact under fire by critics at the same time that they are receding of their own accord perhaps becoming even more endangered than any of the pursued animals These traditions form the major focus of *Wild Games* a new collection of essays that looks at the folklore and culture of various hunting and fishing practices documenting the central importance of hunting to many rural societies even in modern times Editors Dennis Cutchins and Eric Eliason contend that hunters often don t perceive of themselves as separate from the wild but rather identify strongly with a natural order integrated with rather than standing apart from the fluctuation of ecosystems And they frequently don t see wild animals as set apart but understand them as food sources competitors friendly rivals and even equals Featuring contributions from a variety of distinguished scholars and writers including an essay by the noted folklorist Simon Bronner on the culture of the deer camp a fascinating account of coyote tracking by Eric Eliason and an examination of the role of gender in outdoor life by Diane Humphrey Lueck this book shows how the traditions of hunting and fishing tend to bind hunter and prey into ancient patterns that often defy contemporary culture

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