
The Role Of Academic Performance In Future Carrer

Firstly, a reflective journal is similar to a personal organizer where we can point out a vast thought of our lives. In this type of journal, you can note down negative or positive episodes that you have already faced in your life that have some importance or value to you, and what you acquired in that experience. This work will demonstrate my self-reflection and why is it so crucial. Self-reflection is watch at ourselves and express what we are seeing. It is a way of valuing our self, the behaviors we use to work and how we study. The simple fact of using the word "reflection" implies pondering about something. The function of reflecting assists you to develop and improve your skills and review your success fairly than persist to do the same as you always did in the past. It's regarding positively interrogate your-self about what you made wrong and why you did it and then determinate if there is a suitable, or more competent, way to do it in the future.

I realised that this academic performance was a very challenging experience, because we had to work in groups that were randomly distributed. This was done by writing the whole class name on small pieces of paper and taking out each paper by building a random group. The name that came out is the group you are in, with groups consisting of three to four people. This has led to mixed groups with mixed skill levels. Regarding the division of tasks, each group member has chosen a task to complete and which all agreed, but later we had a waiver of one element, I admit that it made us feel a bit concerned and some instability in the group, but quickly we've put hands to work, and we redistribute the element task for the remaining three. Although, working as a team was a great pleasure for me. Know how to work as a team is fight for the same goal together. As it was stated by Belbin "by identifying our team roles, we can ensure that we use our strengths to advantage and that we manage our weaknesses as best as we can".

In relation to the delivery of presentation, we had small notes that were allowed and mainly were written by hand on paper. These consisted of peculiar notes that would remind me of precise things when it came to something that did not come to my mind immediately. However, I found the small notes process useful, as I ensured that information was not missing for the audience, because with nervousness everything could happens. At the beginning I felt tense, and I was a little shuffled at some point, I lost myself in the content and then I had to look at the slide, which was a bit disappointing for me, however I had the notes to help me. Afterwards I hand over to my colleague thinking that my part of the presentation was finished, and I noticed quickly that a content was missing and so I apologized to the audience. According to Gallo (2014) nowadays there is fear of presentations, which is a fundamental key for job requisite and an essential factor of career success. Therefore, were minor errors that can always be greatly improved in

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the future. On the other hand, the body language was fairly good, as well the timber of voice and eye contact.

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