Final Reflection

[Name of the Writer]

[Name of the Institution]

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Identifying accurate learning patterns and skills and experiences in the relative domain help in boosting up an individual's approach towards achieving goals and exploring new ideas. It helps in identifying weaknesses, strengths, and preferences. Awareness about one's learning capabilities and help to be competitive and thrive in the chosen profession. Education is a very diverse field and requires a comprehensive self-analysis in which the right skills can help sustain and provide the additional benefits of the field. Dedicating oneself to learning and experiencing urges to move forward and work harder and smarter in every aspect of life. It gives an edge over other competitors in the field and enables them to customize strategies to maximize learning potential and overcome the limitations. Learning strategies can be self-regulated where students themselves explore their competencies and can be externally regulated where their performance is evaluated 1.

A growth mindset is an ability in creative and determined people who believe that at any given time in life, they can improve their skills and abilities by dedicating themselves to the task and working hard enough to achieve the goal. This belief is the starting point that instills a love for learning new things in life and flexibility to adapt according to the circumstances. This ability significantly affects the learning experience within and outside an academic setting. A growth mindset is required in all the domains of life. Being an employee, it is one of the imperative characteristics for better performance at the workplace and grows in the field. It not only improves one's enactment in any task but also influences others to adopt the same energy and work likewise.

Critical reading skills are equally important in both inside and outside of the classroom. There are many strategies to improve the reading skills, however, the most important ones are annotating and personalizing the reading material and reinforcing activities of comprehension. While reading, it is necessary to understand the message and perspective of the author and how it relates to a general or specific audience. Then the next crucial step is identifying what is it in there for you and is it what you had been searching for. In order to comprehend the hidden themes, objectives and ideas in the text, one should take notes and write the questions while reading. By the end of the reading, re-read the text to find the answers to those questions. These strategies are very important while carrying out research in academics or at the workplace. Critical studies are the key to achieve academic integrity and for that purpose, one should be open to learning, criticism and adapting. Critical thinking, reading and writing help in bringing creativity and innovation in studies as students get to undergo crunch activities and practices.

Throughout this course, I had a different thing to learn each day. When I self evaluate myself and the learning process that I went through in these five weeks, I can tell that I had been improving in every aspect of learning. I realized that I can improve and through critical analysis, I was able to identify the accurate methods of learning. Metacognitive abilities not only help one individual in improving but it also has a significant impact on others. It helps people compare the strengths and weaknesses, abilities and limitations and figuring out the way to expand the horizon of learning. The evaluation questions help to find out the process of critical thinking and learning and also motivates to bring improvements in all fields 2.

When I started this course I expected that I will learn about the different strategies about making improvements in my learning skills. I opted for this course with the hope to learn about my strengths and weaknesses and after evaluation, I wanted to know how can I sustain and improve those skills. Fortunately, from the first week, I observed significant changes in my academic approach and I learned different ways of dynamic work attributes. I also saw improvement in my level of confidence as my reading, writing and speaking skills improved. One thing that I would suggest for this course is that it needs to add more interactive sessions such as oral presentations and a comprehension activity and make the peers evaluate it. I think it will give us more insight and more critique of our work. My advice to anyone wishing to join this course is that they should be open to accept change and try to think out of the box.

End Notes

1. Bhagat A, Vyas R, Singh T. Students awareness of learning styles and their perceptions to a mixed method approach for learning. *Int J Appl Basic Med Res*. 2015;5(Suppl 1):S58-S65. doi:10.4103/2229-516X.162281

2. Chick N. Metacognition. Vanderbilt University. https://wp0.vanderbilt.edu/cft/guides-sub-pages/metacognition/. Published February 10, 2013. Accessed October 13, 2019.