Tutor's Guide

Activity 16. Reflective Log

Aim

The Skills Audit (Activity 4) asked students to evaluate their skills in the range of key areas, think about how they could approach developing these skills and what opportunities they may have to do this. The Card Sort exercise (Activity 2) asked students to prioritise which skills they needed to develop as part of their career development planning. This activity encourages them to reflect on how activities in the rest of the module help them to develop awareness of skills.

Activity

The students should maintain a written account of their skills development as they proceed through the course. They should prepare a final reflective account of the main areas they have developed. For example, if they used the Skills Audit they would focus on the following areas:

- Giving oral presentations
- Undertaking group work
- Preparing written work
- Solving problems

They should outline

- The range of skills they feel they have developed
- What area they felt was their weakest and why.
- The steps they took to improve
- Why they feel they have improved
- What steps they will continue to take to ensure continued development
- How their awareness of the needs of employers has developed

Assessment

If this activity is going to be used, it may be more effective if introduced early in the module. Students should be encouraged to maintain a record of the activities they have participated in, to reflect on the skills they have developed and how effectively they did this. They should submit a reflective written report which outlines their development in the skills area covered. This activity could also be linked into other existing Personal Development Planning exercises.

Meta data

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Author (s)	Della Grice, UK Physical Sciences Centre
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