

# REFLECTIVE ESSAY

Public speaking has always been a daunting task for me. As an introverted person, I tend to shy away from large crowds and prefer to keep to myself. However, in my professional life, I have had to face my fear of public speaking and learn to communicate effectively with others. In this reflective essay, I will discuss my experience with public speaking, the challenges I faced, and the lessons I learned.

My first experience with public speaking was in college when I was asked to give a presentation in front of my class. I remember feeling nervous and anxious, worrying about forgetting my lines and making a fool of myself. However, as I practiced my presentation and received feedback from my classmates, I began to feel more confident in my ability to communicate effectively. This experience taught me the importance of preparation and practice in public speaking, and I realized that the more I practiced, the more comfortable I became.

As I entered the workforce, I was required to give presentations to colleagues, clients, and stakeholders. This was a challenging experience for me as I had to speak in front of people who held different levels of expertise and had different expectations. I found it difficult to strike a balance between presenting technical information and keeping my audience engaged.

However, I learned that the key to effective communication is to know your audience and tailor your message to their needs. By doing so, I was able to gain their trust and establish myself as a credible source of information.

Another challenge I faced was managing my nerves and anxiety during public speaking. I found that deep breathing exercises and visualization techniques helped me to calm my nerves and focus on the task at hand. I also learned to embrace my nervous energy and channel it into positive energy, which helped me to connect with my audience and convey my message with confidence.

In conclusion, my experience with public speaking has been a journey of selfdiscovery and growth. Through trial and error, I have learned that effective communication is a skill that can be honed through practice and preparation. I have also learned the importance of knowing your audience, managing nerves and anxiety, and embracing your unique style of communication. While public speaking may still be a challenge for me, I now feel more equipped to handle it and look forward to the opportunities it presents for personal and professional growth.

# **What Is A Reflective Report**

**Alexander Jungmeister** 

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The Student's Guide to Reflective Writing Martin McMorrow, 2024-03-21 From your studies to your career reflection and reflective writing is a key skill for personal and professional development However reflective writing requires a different approach to essays or reports it can be difficult to know how to accomplish it Written in a supportive and inclusive tone The Student's Guide to Reflective Writing is an ideal resource for anyone faced with reflective writing assignments It provides clear and practical advice on every step of the process showing you how to Record your experiences Choose what to write about Structure your assignment Write reflectively using appropriate tone and language and Incorporate theory and refer to professional skills and competencies Throughout the book there are a wealth of practice tasks and detailed examples of reflective writing from a range of disciplines It also contains a glossary of sentence structures to help you get started and build your confidence This hands on and supportive guide equips you with the skills to write critically reflectively and successfully Essential Study Skills Tom Burns, Sandra Sinfield, 2008-04-22 Watch Tom Burns introduce his book Essential Study Skills Second Edition Watch Sandra Sinfield discuss one of her favourite chapters how to make the best notes Praise for the first edition The effect on our students was like star dust Anne Schofield Ruskin College Oxford Student feedback from Study Skills sessions at London Metropolitan University Why didn t they tell us this before This is the best bit of learning I ve ever done At school I was told to go away and get a job in a shop Since doing Study Skills I m getting A s for my assignments I was het up frightened I just wanted to run away and hide Oh I love it now When I first got here I kept thinking I would be found out I know I can do it now I never enjoyed school not at all Everything's different now it's great When I first got here I thought they were all looking at me and thinking What's that old woman doing here It's my university now The eagerly awaited new edition continues to provide a truly practical guide to achieving success at university Whether you are going to university straight from school a mature student or an overseas student studying in the UK for the first time this is the book that will help you better understand how you learn gain a clear idea of your strengths and areas for development organise yourself for study write and research academically pass exams and cope with stress at university Now completely revised and restructured the authors use their twenty five years of hands on experience with students in university to provide genuinely useful advice Key features of the new edition 12 new chapters for coverage of everything you need to know including computer skills becoming a confident writer note taking how to build your memory and the new Personal Development Plan Packed with handy tips real life examples and useful activities A brand new companion website with extensive material to support you in your quest for academic success http www uk sagepub com burnsandsinfield With its easy to use dip in dip out structure helpful features and lively and engaging writing style you will find Essential Study Skills an essential companion to the challenges of studying at university Tom Burns is a Senior Lecturer in Learning Development at London Metropolitan University Sandra Sinfield is Academic Leader in Learning Development at London

Metropolitan University Formative Assessments and Teacher Professional Learning Dineke E.H. Tigelaar, Douwe Beijaard, 2017-10-02 How can formative assessment be used as a means to support teacher professional learning This book presents several studies from different countries on approaches to formative assessment of teachers both before they start working and during their careers These approaches draw on insights from studies into effective teacher professional development Together the chapters in this book provide an overview of the various ways in which formative assessment may be used to support teacher professional learning and shed light on choices that can be made in designing such assessments The studies illustrate how teachers may perceive formative assessment methods how their learning processes might unfold during formative assessment processes and which struggles they may have to deal with during the process The book furthermore addresses questions concerning the impact of formative assessments on teacher learning As such this volume provides theoretical as well as practical prospects as well as challenging ideas for how formative assessment may move further towards being an effective means for supporting teacher learning This book was originally published as a special Report Writing Michelle Reid, 2018-08-02 Practical and concise this issue of Teachers and Teaching Theory and Practice is the essential guide to writing effective reports It shows students how to tailor report structures and conventions to different audiences and purposes and how to manage changes in format and requirements so that they have the tools and understanding to write reports with confidence It includes real life examples of student reports to illustrate the features of good report writing and a comprehensive checklist to keep students on track This is an invaluable resource for students of all levels who are required to write reports as part of their course New to this Edition Contains a new section on demonstrating critical analysis in the key parts of a report including the literature review methodology and findings Additional guidance on effective writing style Innovation and Reflexivity in the Research Process Alexander Jungmeister, 2016-12-14 What makes the difference between excellent and mediocre research The answer is scientific rigor and innovation based on creativity For both critical reflexivity is essential for delivering research with uniqueness high quality and impact However reflexivity is generally not taught as a subject in universities and there are limited books exploring reflexivity in the research process Addressing this gap and designed for beginners this book provides an accessible model on reflexivity for all its applications during the research process from the first idea to the finished paper book or thesis It includes a number of graphics tables samples and checklists to make the concept easy to grasp and apply It will support students in writing their first scientific assignments and can assist in the more complex research projects of experienced and postdoctoral researchers and PhD students **Embedding Sustainability, Corporate Social Responsibility and Ethics in Business Education** Borland, Helen, Butler, Michael, Elliott, Caroline, Ormrod, Nathalie, 2022-06-14 This cutting edge book finds that alternative teaching and learning methods such as Responsible Management Learning and non linear decision making gameplay can encourage deep learning integrated thinking and a transformative consumer research perspective Forward thinking it

emphasises the importance of infusing the values of the United Nation s 17 Sustainable Development Goals into future curriculums and discusses the eco centric embedded transdisciplinary and personally transformative learning and teaching **Developing Teachers as Leaders** Phil Ouirke, Joy Kreeft Peyton, Jill Burton, Carla L. required to achieve these Reichmann, Latricia Trites, 2021-01-04 This book focuses on reflective writing guiding teachers to recognize their potential as professional leaders The shift to online and blended learning models now favored in education encourages a broader understanding of leadership particularly its growing relevance to teachers These models combined with reflective writing foster flexible inclusive teacher learning that responds to each teacher's strengths can be used individually and collaboratively to develop teachers as leaders inside and outside the classroom who are critically involved in creating their own professional learning environments The authors examine leadership in a global range of teaching contexts each chapter raising diverse issues for teachers aspiring to be leaders in this post COVID world All royalties from this book are donated to the Instituto dos Cegos da Paraiba Adalgisa Cunha ICPAC a school in Jo o Pessoa Para ba Brazil that serves the low vision and blind community in the area For years the Institute has collaborated as a supervised internship site for various teacher education university programs providing inspiring field work experiences such as those described in Chapter 4 by Carla Reichmann Brill is proud to support this important cause and match the donation to the Instituto dos Cegos da Paraiba Phenomenology Shaun Gallagher, 2016-04-30 Shaun Gallagher offers an exciting contemporary Adalgisa Cunha ICPAC perspective of the subject by retrieving many important insights made by the classic phenomenological philosophers updating some of these insights in innovative ways and showing how they directly relate to ongoing debates in philosophy and psychology Writing a Translation Commentary Penélope Johnson, 2023-12-05 This essential textbook is a step by step guide to how to write a self reflective translation commentary a key requirement of most courses on translation Starting with source text analysis it guides students in how to set out a translation strategy and goes through the most common challenging issues encountered thus enabling students to set out their translation priorities in an informed manner Throughout each chapter there are boxes summarising key concepts and suggestions of tasks and activities as well as recommendations for further reading The book is supplemented by online resources for students and teachers on the translation studies portal There are nine PowerPoints based on the chapters of the book that could be used for teaching or self study There are also downloadable versions of sample assessment rubrics tables for example selection and checklists Based on real life examples of students work in different language combinations drawing on the author's years of experience of teaching commentary writing this book focuses on several types of language mediation that go beyond the written word such as interpreting audiovisual translation localisation and transcreation This is a vital textbook for students writing commentaries on translation and interpreting courses a useful resource for supervisors providing students with guidance on how to write a balanced articulate and convincing commentary and a handy reference for professional translators and

interpreters needing to explain their translation decisions to clients Employability for languages: a handbook Erika Corradini, Kate Borthwick, Angela Gallagher-Brett, 2016-06-25 Languages sit firmly in the skill set of the 21st century graduate In an increasingly multicultural and multilingual job market monolingual graduates are at a disadvantage as the recent Born Global report 2016 notes multilingualism has now become the new normal The contributions in this collection are imbued with this idea and they demonstrate clearly and practically how languages are an aid to global communication The aim of this book is to provide a space to bring together expertise and good academic practice for the benefit of educators and academic audiences. We therefore hope that the contributions in this collection will continue to inspire practitioners in the education sectors to embed employability skills into their curricula of studies from as early as secondary school into higher education The Computer Supported Collaborative Learning (CSCL) Conference 2013, Volume 2 ISLS, 2014-04-23 The Computer Supported Collaborative Learning CSCL Conference 2013 proceedings Volume 2 **Practitioner Research** for Social Work, Nursing, and the Health Professions Payam Sheikhattari, Michael T. Wright, Gillian B. Silver, Cyrilla van der Donk, Bas van Lanen, 2022-02-01 An invaluable tool for health and social work students and professionals who want to improve their practice through collaborative research with patients clients and colleagues Throughout history some of the most prominent contributors to health and social sciences have been men and women comfortable with both practice and academia But today research in health related fields is increasingly conducted in specialized settings by people who are first and foremost researchers Critics bemoan this loss of practice based research long considered a vital part of the contribution that doctors nurses public health workers and social workers can make both to their field and the communities in which they work Unfortunately the explosion of new discoveries in health related fields along with the exponential increase in the amount of knowledge being produced and the growing demands of practice have caused both the production and application of 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part and parcel of academic writing and knowing which sources to include in assignments and how to go about this process can be challenging That s where this handy guide comes in With over 20 years experience in the field Jeanne Godfrey is no stranger to essay writing Taking students step by step through the process from choosing their sources to checking their work she helps students to develop the skills and confidence they need to use their reading effectively in their essays and get the best marks possible for their work Concise and practical it breaks down the why and how of using reading in academic writing and contains valuable guidance on paraphrasing comparing the views of different authors and commenting on sources This book is ideal for students of all disciplines and can be used by college students undergraduates and postgraduates New to this Edition Part A contains new sections on how to target your reading remain focused and know when to stop reading New section on how to 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Miller, Gergana Vitanova, 2014-12-05 This book showcases how language learner agency can be understood and researched from varying perspectives by providing for the first time a collection of diverse approaches in one volume The volume is organised into three main sections the first sections offers an introduction to varying theoretical approaches to agency the second section presents analyses of agency in a variety of empirical studies and the third section focuses on the pedagogical implications of data based studies of agency The volume includes the work of researchers working in languages including English ESL and EFL Greek Spanish Swedish Italian Hindi Marathi Gujarati and

Truku an indigenous language in Taiwan and with both child and adult language learners This collection will serve as a key reference for researchers of language learning and teaching sociolinguistics and language and identity in the Real World David E Gray, 2021-11-17 From first planning to writing up your research this complete guide will help you push your project forward Walking you through every step you need to take it helps you build your knowledge of theory and methods and offers straightforward guidance to empower you to make good research decisions and learn best practice This fifth edition Draws on over 70 case studies of research in action to demonstrate potential pitfalls and how to avoid them Adds a new chapter on data management providing how to guidance on storing your research data Provides more than 150 activities to help you develop your understanding of key concepts and advance your research methods knowledge Illustrates how research methods skills transfer to the workplace helping you boost your employability Accompanied by online resources including videos case studies and further reading that bring methods to life this accessible book is still the definitive research companion for any student doing a research project Curriculum Inquiry in South African Higher Education Eli Bitzer, Nonnie Botha, 2011-11-01 At once evocative and suggestive this exemplary book gives me hope that educators and scholars across the world will seize the opportunity to self reflect and enlarge and enrich both their research and their practice in ways that will markedly contribute to the revitalisation of the higher learning in the twenty first century The urgency of the need for revitalisation of both research and practice in this domain of inquiry cannot be overstated Prof Clifton Conrad University of Wisconsin Madison USA Beyond Code Daniel Plate, James Hutson, 2025-09-02 AI powered coding tools are revolutionizing software development transforming programming from a specialized skill into an accessible educational practice across disciplines This book investigates how tools such as Cursor AI GitHub Copilot and Replit s Ghostwriter are dismantling traditional barriers to entry for learners particularly those from non STEM backgrounds by enabling natural language code generation intelligent debugging and interactive project based learning Bridging the gap between theoretical instruction and practical application the book serves as both a guide and a critical framework for integrating generative AI into curricula It highlights how these tools expand the boundaries of programming education by supporting interdisciplinary applications from literary analysis to creative writing thereby making coding relevant and actionable for students in the humanities and beyond The book equips educators with the tools and strategies necessary to incorporate AI assisted programming into diverse academic contexts by offering lesson plans and adaptable project models This resource is essential for instructors seeking to demystify coding promote inclusivity in technical learning and reimagine the role of software literacy in the twenty first century classroom **Transitions in Writing**, 2018-03-12 Transitions in Writing addresses the experiences of writers as they move between contexts of writing and juggle new and different demands Spelman Miller and Stevenson bring together research by scholars in a range of settings across the world who approach transition from different standpoints Transition is often conceived of as a change in setting coinciding with physical

or temporal relocation such as between stages of an educational or professional career However writers also manage more local micro level transitions as they move between genres registers and rhetorical moves to meet the demands of the task. The combination of both macro and micro level perspectives on transition offers a novel broad conception of the types of change a writer encounters and illustrates a range of methodological approaches appropriate to exploring such transitions

**World Language Teacher Education** Jacqueline F. Davis,2010-07-01 The significant change in public schools over the last two decades warrants a response in how we prepare teachers This volume is an effort to share the contributors knowledge experience and ideas with colleagues particularly with novice language teacher educators The suggestions in the chapters are primarily provided for the teaching methods course but many can be adapted to other education courses or for professional development programs The first section of the introduction provides a review of issues identified in teacher education including debates accountability and government influence over education The second section explores teacher educators in the literature such as issues in their practice and a focus on foreign language teacher educator practice The third section provides a brief overview of the chapters in the book

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