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Get Support

Reflective Essays

Reflective assignments

Reflective Journals

Reflective Thinking

Group Dynamics

Formal Presentations

REFLECTIVE PRACTICE THINKING ABOUT THINKING!

Reflection =

Success!

What?

So What?

Then What?

First Step



Our task was to complete a full-term assignment that required all team members to contribute and collaborate in order to be successful. The act of working in a group required the work to be evenly distributed. Communication was key during the course of this assignment as [having] only one lecture a week limited the amount of time we could communicate during class. Therefore, time outside of class was arranged to meet and complete the assignments to the best of our ability.

DESCRIBE

Second Step



In my academic experience, teamwork has not always left a great impression. However, this experience allowed me to be more open-minded towards groupwork. Initially, I was not aware that the majority of the course would be based on teamwork. Most of the workload was done by one person, and the entire experience was unfulfilling. I had not considered the important role that collaboration plays in our growth as students and as people. This course described groupwork as a shared experience and the lectures and assignments were very effective at providing examples of effective group work. Moreover, during this course, the rationale for groupwork was discussed and practiced regularly.

APPLY

Third Step



The skills I have acquired are interdisciplinary and can be applied to my education in the future. Furthermore, being able to work collaboratively, problem-solve and communicate in an effective manner are all skills that I can utilize in the coming years in whatever career I might pursue. Teamwork encourages each person to pull their own weight and working in an engaging and academic setting in order to benefit the entire group. For instance, if one were to become a surgeon and had encountered a difficult case which had an inconclusive diagnosis, teamwork would be essential. Multiple doctors would work together to problem solve by practicing the same collaborative skills that we experienced in class, which we could use to diagnose the patient in an appropriate manner.

EXTEND