

**Personal Reflection and PAR Program Sample Assignment**

**By**



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**Reflection and PAR Program**

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## Reflection

My learning and development has been effective because of the education and training I got in my post graduation course level. I have developed an effective education and training in my MBA level of two years. Along with these two years of my professional studies, I did my graduation in BA with economics. The graduation and post graduation programs have enhanced my learning and personal development. I have learnt various new skills and competencies both in personal field as well as in academics. With the help of these skills, I have gained expertise in my area of specialisation and have developed a basic knowledge and understanding of the practical applications of the course.

This learning has been possible with the use of various assessment schedules and learning styles. These self assessment tools have been helpful for me in meeting my educational requirements and plans. The self assessment tools helped me in analysing my skills and potentials for meeting educational qualifications in an effective manner. The various lessons of the course material have enabled me in analysing and identifying my potential skills and capabilities (Perozzi 2009). Thus, with the help of self assessment schedules and questionnaires, I was able to complete all my educational tasks and course related assignments. With the help of this module I have been able to identify and assess my style of learning through training and development.

The use of various learning styles and assessment techniques has been helpful in my educational learning. There are three learning styles with the use of which my learning has been a effective one. Physical Learning style has been helpful for me in the development and enhancement of skills and competencies. It is also known as Kinesthetic learning style, which involves use of body, hands and a sense of touch in the learning and understanding of basic concepts and lectures. This style of learning has provided me with clarity of concepts of my

course. I have been more active in applying my learning and education in the practical field. It has been easy for me to learn the concepts by adopting techniques like role playing and simulation exercises, which involve physical involvement and first hand experiments. With the help of small discussions in groups, it has been an effective and appropriate learning session for me. In this context a model called VARK model is used. The name VARK implies Visual, Aural, Read, write and Kinesthetic sensory aspects which are used for the development and enhancement of learning and education of the students. This model was helpful for me in developing my learning skills and competencies. The Kinesthetic aspect of learning has provided me with a lot of experience and practice in the field of learning. It has given me a practical and realistic approach towards education and training. In this aspect learning has been made through demonstration, videos and movies displaying practical aspects. The use of case studies, applications has provided a strong base about the practical applications of the concepts.

Another mode that has been beneficial for my learning is the 'aural mode'. This is also known as 'auditory mode' in which the information is provided through lectures and group discussions (Gardner 2008). Other modes of auditory learning style are through email, radio, mobile phones, web chat etc. with the help of auditory sources it has been easy to understand and learn the concepts in detail and their application in the practical field. This style of learning uses hearing and speaking form of providing information.

The third style is the visual style which is helpful in providing information through demonstration by a video. This has been the most effective style of learning as it enhances the understanding of concepts which are easy to retain and apply in the practical field.

The other style of learning is the cognitive style. The best style of learning is Abstract Sequential learning, as it provides creativity to the learners. It provides the opportunity to [www.IrelandAssignmentHelp.com](http://www.IrelandAssignmentHelp.com) | [irelandassignmenthelp@gmail.com](mailto:irelandassignmenthelp@gmail.com) - No. 1 Assignment Help Company Ireland, UK

work by oneself with the formulation of theories for research and learning. This is a comfortable and practical approach that provides a structured way of learning (Segers 2003). I have learned logical and rationale aspect of learning and education. All the important information is gathered from the books, and is used in times of need. It has given a creativity of understanding the concepts and work in cooperation with members. These learners work best in groups. With the clarification of learning and thinking and through discussion with people, I have been able to have a better understanding of the concepts and the related matters. Working in a team has helped in putting my best efforts in learning my course concepts (Gardner 2008).

An understanding if these learning styles has helped in identifying my style of learning and developing an understanding of the concepts. Learning these styles has helped in achieving my career as a qualified manager in a global business environment. I have been able to handle my roles and responsibilities at the job in an effective manner. It has given me an understanding about dealing with employees and colleagues and motivates them to achieve organisational objective. These learning styles have helped me as an individual to handle my job and develop my potential in order to meet my objectives (Segers 2003).

Along with this I have been supported and guided by my professors and other members. The resources provided by the teachers have helped in understanding the basic concepts and enhanced my learning in a comprehensive manner. Whatever doubts and difficulties I faced, was solved and clarified by my instructors. This has helped me in having a rational understanding of the concepts of the module. The use of visual aids and other instruments of learning provided by the professors have contributed in my understanding and learning of the course in an effective and appropriate manner. The materials provided by the lecturers were helpful in the practical application of the concepts (Blerkom 2012). The [www.IrelandAssignmentHelp.com](http://www.IrelandAssignmentHelp.com) | [irelandassignmenthelp@gmail.com](mailto:irelandassignmenthelp@gmail.com) - No. 1 Assignment Help Company Ireland, UK

demonstrators have provided me with appropriate helps and support in dealing with my problems. The instructors were responsive in helping me with issues and difficulties found in learning the concepts. The methods of assessment were appropriate and a rational approach was followed. We were given regular feedbacks of our performance and appropriate guidance was given to improve the performance. Thus, the courses I opted, stimulated my interest in learning the subject as the ideas and concepts were presented clearly. The help was also provided in learning from online web sources, and enhanced the process of learning. The learning and teaching methods used by professors led to increased participation. The environment of the classrooms was conducive and effective in promoting the learning of students. The resources of learning provided in the library were appropriate and adequate along with the course books recommended. I was able to manage workload of the course and fulfil my objectives of learning with the help of appropriate course materials. At the time when some new skill was taught by the professor I preferred a demonstration by the teacher as well as a discussion about what is to be done exactly (Perozzi 2009).

I have been provided with appropriate help from my professors as well as teammates but there have been certain difficulties that were found during my learning and skill development program. There were various problems for which certain actions were taken in order to improve the desired results. I have faced certain problems while learning the course as I am adapted to a different style of learning, and cannot study in groups with various people. This provides lack of concentration and more time is taken in understanding the concepts as people have different viewpoints about different concepts. I have also faced problems in managing my time in order to attend the lectures as well as for self study. The problem of time management was a crucial one. Another issue was that I did not feel

comfortable in clarifying my doubts with the teachers due to which I used to take longer period of time for understanding the concepts.

**b. PAR (Problem, Action and Result) Program:**

	<b>Identified Problems</b>	<b>Actions to change Behaviour</b> What do I need to do to achieve my objective?	<b>Results</b> What I achieved
1.	Self-confidence to address a group of people	<ul style="list-style-type: none"> <li>➤ Performing leadership roles in college.</li> <li>➤ Appropriate help from the mentors who could analyse my abilities.</li> <li>➤ Participating in group discussions and team tasks.</li> </ul>	<ul style="list-style-type: none"> <li>➤ By having an effective relationship with the group members.</li> <li>➤ Becoming more open in conveying my ideas confidently.</li> <li>➤ Communicating with the industry people associated with my career.</li> </ul>
2.	Self Management	<ul style="list-style-type: none"> <li>➤ I will make use of a authenticated sources to reflect on my career goals, values and motives.</li> <li>➤ I will analyse the industry I would want to work and pursue my career after completing my education.</li> <li>➤ I will prepare a plan for carrying out the activities.</li> </ul>	<ul style="list-style-type: none"> <li>➤ I will make contacts with the people at high executive positions.</li> <li>➤ I will collect the useful knowledge about that particular field of working.</li> </ul>

3.	Relationship Building	➤ Strengthening personal relationships with peers and diverse team members.	➤ Working more in the team building tasks.
4.	Communication Skills	➤ Enhancing communication skills, especially communicating in a group.	➤ Effective communication with the peers and members of the group. ➤ I will clarify my concepts and issues related to topics.

### References

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