

Impact of Foundation Degree in Health and Social Care Essay

Introduction

This reflective essay is based on my progression in the past two months, where I have been undertaking a Foundation Degree in Health and Social Care. In this essay, I intend to cover many issues relating to this course. The discussion includes frequent assessments, the importance of coming together in groups, and talking about what I need to work on to improve my personal growth and development professionally. The reflection will also enable me to be a better practitioner by learning from my previous mistakes and bettering myself as a person. I will implement a consistent act in developing and growing efficiency and effectiveness within the context of what is considered a desirable practice. The concepts I have grasped will make me easily use the abilities I learned and implement the skills effectively related to my learning and training.

Gibb's Reflective Cycle has enabled me to break down the reflection with ease because of its systematic flow, which is easy to understand. The model is effective because it ensures every detail in the reflective essay is covered effectively (Adeani, Febriani, and yafryadin, 2020). Some of the areas I will reflect on include time management, assignment writing, referencing, critical thinking presentation, and module evaluation. More details on my development in specific areas are elaborated on in the sections below, as per Gibb's Reflective Cycle throughout the paper.

Description

When the semester started, and I had my first module, I was buzzing and ready for the course. The introductory part was interesting, as everything seemed to be easy and encouraged me to set my mind ready for completing the next semester. This part was a great introduction to the course, as I learned that I would be handling more topics than I had expected. The professor was brilliant in all aspects. It was easy to note that he had simplified the work to enable everyone to understand the course concepts and ways of handling various topics. At some point, the professor taught about literature management, and that is when I learned the value of taking short notes as the lecture continued. I discovered that short notes are easy to go through and remember during any revisions. The lecturers/tutors provided various assignments during the course, including group work, which were very insightful. The different learning styles that the tutors have introduced are helpful, and I find them useful. Based on this knowledge, I can now choose the best approaches to studying per my learning style. Having specific learning styles is that it assists with proper time management. It is necessary to involve proper timing as I participate in group discussions and project management, and it will be proper to save time for the other aspects of my studies.

The individual assignment was a bit easier than what I did to do for the group work; however, I enjoyed the group tasks even more. The group assignment made me have acquired good presentation skills. Once one has enough knowledge on a topic, presenting it becomes easy. The first major group project enabled me to learn and get to know some of my classmates better; though most were younger than me, they were extremely brilliant in their assignment input. We divided the workload so that everyone would be able to handle a specific topic and present it effectively. However, there was confusion whereby three people picked the same topic, so we had to quickly gather and do the pending work in the shortest period possible. That was when I realized how smart my group mates were and could critically think and analyze a question to give the best assignment's answers. I have to admit that the first group assignment that was theoretical made me better in every aspect. Most significantly, it honed my critical and analytical skills in various assignments. When the results came for the written group assignment, we had passed. Nevertheless, the sections we scored even more highly are the areas we handled together as a group; one of the benefits of group work.

As one of the older students in the class, the entire period's experience has enabled me to uplift my confidence. Engaging with younger learners in the class brings out some level of confidence (Ford et al., 2015). However, as Edwards and Best (2020) observe, personal growth and improvement build on awareness. Of late am always alert and updated on a variety of issues with regards to what I learn and how I do it. Close association with my tutor outside and inside the class has been essential to understanding specific topics and having diverse opinions on certain topics. That is among the reasons until today, my results have been top-notch, always striving to do more and become a better learner. The entire faculty is very friendly, so it is easy to seek assistance in any matter. I have acquired more knowledge and skill in Health and Social Care in the past two months than I ever had anticipated.

Feelings

At the beginning of the module, I did not know what to make of some situations while in class. I was a bit nervous and silent and did not participate much. In the past month, I was able to illustrate a different presentation by myself brilliantly. The attitude has grown from then, and I feel more rejuvenated and ready to work on any assignment or presentation. People often overlook the importance of professors and tutors (Veine et al., 2018). The way I can break down information now shows pure growth and development, all thanks to my professors (Dhaliwal, Singh, and Singh, 2017).

During the first major group work, where we had assigned portions for everyone to handle, I was a bit mad and frustrated when some group members had not done part of their assignment and instead did what was assigned to others. Everything was in shambles and the fact that I could not previously work well under pressure. The three who had messed up were also nervous and full of guilt. What made me change my view on my group members' is the unity and work rate they put in to ensure that the project was done efficiently using the least possible time. That group project created a bond that made us closer even when out of school.

Evaluation

This module has been beneficial to my growth, and I am already buzzing about what awaits in the next module. The good and bad things about a situation always create ripple effects depending on the circumstances. As I evaluated the results with my group members today, I realized that we made a mistake in assigning different projects to the group members. We could have done the best thing to join our minds and do all the assignments from start to finish together. However, the upside of the situation is that even though the deadline was approaching fast, we managed to work on the assignments effectively. There was a revelation that the people in that group had an intense work rate. On realizing that everyone was focused and intended to work hard, it was clear that we would pass the project and beat the deadline.

Analysis

I believe everything is currently on the right track for me because of the work rate and dedication that I am putting in so that I can be among the best in the field. It is not easy to be ranked as one of the best in a field without major dedication. That is what I have my eyes focused on, being the best in my field so that I may be able to work with other greats. The reason why things were hard for me, in the beginning, was my naivety. But now, with all the confidence in me, I can achieve anything. Even with the group, things did not previously go well as planned because there was no common ground at first. Since everyone was new, everyone opted to handle their work section, which caused significant confusion. What drove the group members in producing their best is the joint effort that brought out the work rate and discipline from everyone.

There was also no groupthink element, whereby the most dominant answer was not contested (Bassot, 2020). This never happened in our group, and a matter of fact is that everyone fairly gave their ideas, and if it was convincing enough, then it is what we used.

On reflection, I believe that I have overachieved what was initially in my work schedule. Knowing clinical practices is a breakthrough as I ready myself for my career. It is essential to have basic knowledge of all career requirements. (Husebø, O'Regan and Nestel, 2015). I have surpassed the expected standards that I had initially planned. This is a hallmark, and it shows just how much dedication I have put in working on my major. The progress I have in just the two months has enabled me to acquire various health-related skills, get more knowledge on clinical practices, and acquire new insights and ideas regarding my major. Frequent reflection of what I have accomplished is essential as it will necessitate professional and personal development, as Wain (2017) emphasizes. When I look back at the group assignments and workshop, I smile a bit because they are not only exciting but there are lots of new information that I get to know during the workshops.

The two months have been very fruitful, and I have gained valuable skills and knowledge from the modules. By reflecting, we develop reflective skills such as self-awareness, ability to describe, critically analyze, synthesize, and evaluate (Béres and Fook, 2020). This reflection is important for any scholar as it helps identify strengths and areas which need improvement.

Conclusion

I want to do more in order to keep growing in the field of health and social care practice. All this is achievable if I continue with the work ethic I am currently putting in. Slowing down will make me lose focus on the end goal. By following my professors' advice, frequently practising through placements, and implementing all that I have learned and keep learning, I will undoubtedly reach my targets. Through my evaluation and analysis, it is evident that my learning curve is on a steady rise. Because I am still in my learning process, I must acquire substantial knowledge to fit my professional portfolio and assist during job hunting in the future. The referencing skills acquired will push me to be a better researcher.

Action Plan

In all honesty, despite everything going on well currently, if I had an opportunity to change anything, the only thing I would change is how I first present myself as a timid person. I now believe that there was nothing to be nervous about, and all that counted was me being able to express myself. Thankfully to those involved with the school, right from the faculty, the professors, and fellow learners, who have made me more confident and courageous when undertaking an array of activities. The next time I am in the same situation, I will act accordingly and make my presence felt right from the beginning. Regarding the group situation, with the little experience from my first group rodeo, I will be able to take charge and assist the group member in making appropriate decisions regarding the different projects we are handling. I will also ensure that every member is awarded the appropriate time to express themselves without any form of prejudice. By following my action plan, I believe I will supersede all my set goals and be an excellent example to everyone out there.