

Integrative reflection paper



**ASSIGN
BUSTER**

Integrative Reflection Paper I think that all modules, including the discussion on interpersonal skills, career development, emotional maturity, leadership skills, and service and commitment provided by the course (PERSEF1) are meaningful, but there is one module that I think has influenced a lot in my personal development and effectiveness --- which is career development. In this module, I realized many things in planning for a person's professional life.

One of them is that the major effect of work is not to provide them money for attaining and maintaining a standard of living, as long as the person loves what he/she is doing, the work load should not be a burden but a challenge waiting to be overcome. Another statement that I reflected on is: If you plan correctly, you should be able to find the one job that is right for you. I definitely think that this statement is true but I have never foreseen the negative possibilities that a person's career path may shift even after graduating from college.

I thought that if a person has set goals and plans ahead, he will most probably have the right job for him. However, I didn't think of the cases when a person actually plans correctly, but ends up with a job not of his preference. For example, a person who takes up Finance course but ends up teaching preschool students. This module made me reflect on my decisions as a college student like: Do I see myself as an accountant in ten years time? Do I really love this program that I'm currently taking?

This module has helped me open my eyes and become more serious in my studies because I believe that my academic performance in college will reflect my future job after graduation, through which I am equipped with the skills

needed for my profession. I became more confident in sharing my thoughts, feelings, and actions in relation to the various topics taken up in class. For example, through the first exercises of the Grandest Version of myself, I was confident in sharing my strengths and weaknesses, goals, hobbies, fears to my friends and group mates.

Through this, I was able to acquire knowledge of their personal thoughts and actions and I am able to reflect on mine. Throughout the PERSEF1 course, I sometimes consider to take a quick look at the holistic development wheel, which contains the spiritual, intellectual, social, physical, career, and psychological development. I reflect on these developments of whether I am growing to be better in these aspects holistically. I think that my engagement in class, if ranked 1-10, 0 being the highest, I evaluate it to be 8 because I strongly agree to be engaged in the activities offered in class and I actively participated in group discussions and sharing times. From the start of the course, I think that I became more serious in studying for the exams and lessened my leisure time doing useless things. In terms of handling situations involving other people, I gained confidence of doing these on my own and not with the help of other people. I gained trust in my newly-found friends who always willingly support me in my academic life in a p of 2 terms already.

In my interpersonal relationship in relating to the larger community, I applied this skill with my NSTPCW1 course where I came to meet people less fortunate than I. I was able to reflect on all these skills that have really changed me for the better over the past months in terms of managing myself, handling situations involving other people, and relating to the society

as a whole. PERSEF1 actually influenced my college life adjustment only to a partial extent, because through the first term, I was already able to adjust with my block mates.