

# Reflective



**ASSIGN  
BUSTER**

Applied Study Skills (2009-10): Self- Reflective Essay . In this essay, I aim to discuss what methods of learning I have felt particularly successful during my first year of University and which areas need to be looked and improved in preparation for next year. I will also evaluate my how will I manage my time and devise ways in which to use it more effectively and efficiently. Throughout my first year of University, I have needed to adapt my learning style, as virtually all my learning is now done outside of lectures and seminars in the form of reading and self study.

At first I struggled slightly with this but as the year has progressed I feel much more confident and at ease with this process. I found that the keeping of a reading diary really helped me keep on track with which academic texts I should be focusing on. I found I didn't delegate enough time for academic reading, as my diary was weighted more heavily with non-academic reading. I often just concentrated on reading my primary core textbooks from my reading list, as opposed to looking at secondary texts and recommended further reading.

Having recognised this, I plan to make a conscious effort to read around my subject areas more. I will also approach subjects in a more accessible way through the use of journals and articles, as I personally find the information more accessible in this medium. From my diary I was also able to see that I do the majority of my reading either on a weekend or of an evening before dinner. I often find that at these times my absorption of information is at its peak.