

Research and professional skills - reflective journal



**ASSIGN
BUSTER**

RESEARCH AND PROFESSIONAL SKILLS GROUP PROJECT I research and professional skill development, teamwork is important this is because I know how to play as a part of a group on projects; I will learn how to take my own responsibility. Further, team work encourages sharing of work which in turn decrease work load. In addition, in groups, support always exists whereby there is a possibility to invest in new idea and thinking. Although, the problems that working in groups presents is that time planning is difficult since each group member have different schedules which conflict with the scheduled group meeting. Further, there is a problem in final decision making because of various views and opinions.

Enterprise Development subject is the discipline I have placed much keenness and interest because it is interesting and I enjoy listening to the lecturer speak about the subject. Further, what makes this enterprise development an interesting subject is that the lecturer always encourage student to present themselves which gives us the ability to learn and develop critical thinking and problem solving skill. In addition, this subject will enable me to develop business plan which in turn will improve myself relevant industry information and world business issues.

In my research and development I encounter several challenges such as fear to public speaking. This is due to the fact that I have less self-confident, I am not comfortable speaking to a crowd of people since I feel embarrassed to look in the eyes of other people. In addition, I am always anxious in the sense that I have the tendency of struggling against speech anxiety since I usually focus on my feeling rather than what I present. For instance, at the beginning, I try to avoid public speaking. Fortunately, I realise that in order to develop good research and professional skills, avoidance is not a better

solution. Therefore, I try to be brave and self motivate before doing presentation in front of classmates. In the end, I realise that self confidence can make me relax, do a full preparation , get usual with public speaking and make it as a part in my life.

How to overcome challenges that I face in my research and professional skill development

I should develop personal practice pragmatically over their career by reflecting on, and adoption of several sources. This in turn will assist me in developing courage when addressing the public thus enhancing my public speaking skill. Further, courage will have made me self confident and focused on my feelings rather than what people expect of me. It is important in a person's life since it is the basis for the delivery of good practice and examination of such. For instance, when conducting research, I realized that I do well in cases where I ask questions when I do not understand some points and think before coming up with an answer to my question. Further, the application of self is significant to work and that I need to be self-conscious and understand every aspect of my course. It is important to maintain a positive relationship with the seniors. In this manner, I will have to consider which aspects of a relationship are significant and which one is not suitable to the notion of social work because of the ability to feel composed and relaxed as I present what I have.