

**UNIVERSITY OF CUMBRIA**

**COURSEWORK REASSESSMENT REQUIREMENT**

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| **Module Code:**  **HSOO4103** |
| **Module Title:**  **Outdoor Education 1 (Expeditions)** |
| **Tutor: Mark Lawton** |
| **Title of the item of work:**  **Reflections** |
| **Wordage:**  **500** |
| **Details and Criteria: (Please attach additional sheets if necessary)**  **Reflection** is a process which helps you gain insight into your personal or professional practise by thinking analytically about any element of it. The insights developed, and lessons learned, can be applied to your development and can also lead to improvements for you personally and professionally.  Different people learn in different ways and while one person may learn by reflecting on a positive outcome, another may find it most useful to focus on a situation they found challenging. It is important that reflection is done in the way that suits you best to provide the greatest benefit.  As you are reflecting in a written piece of assessed work you must make sure that you remember to keep information about any other people involved confidential. You can do this by making sure to anonymise sensitive information that can identify individuals before submitting your work.  **Task**  Produce a 500-word written reflection from one of the following three broad categories:    • a specific event during the module e.g., an activity or task in class or during your own independent research for classes  • something you learned during the module that caused you to reflect on your own past outdoor experiences  • a critical incident that occurred during the module – something which had a significant impact on you, the way you think, what you believe or what you value    **Remember:**  Describe what it is you noticed, felt, thought or did.  Describe your reaction to the this, your thoughts and feelings. If relevant, describe your physical, intellectual and or emotional reaction to it.  Analyse the event / process/ incident. What can be learned from your reactions or the reactions of others? If helpful, consider the event / process/ incident with the aid of theory, current practices or relate it to other experiences you have had?  Consider how this might change your responses to the outdoors, other people or learning in the future.  From thinking about this event / process/ incident, what have you learned about your learning and development and how would you move forward?  Your response:    **Must....**   * be written in the first person * be in paragraph form (not in a series of bullet or numbered points) * connect personal experience to specific content from literature/ the module * use language to make clear links from theory to experience (and vice versa)   **Must not....**   * Copy other reflection pieces referred to on the internet, created by other students or on previous modules. Your reflection is unique to you.   If you have previously submitted this piece but not achieved, you can resubmit the original piece and highlight changes you have made to improve it. |
| **SUBMISSION DATE AS PER STUDENT PORTAL**  To be submitted by Tuesday 11th April @ 4pm, via Turnitin on the Module  Blackboard site. |