

Cover page space

EXAMPLE

Using the Kolb's model, I was able to pinpoint specific moments in my life that I can apply this model to. It also allowed me to look at these experiences with a much broader lens in order for me to truly cement the lessons that I learned and also apply them outside the circumstance.

A. Improving my study habits – For the longest time school always was a forefront to my life and I tried my hardest to study for all my classes and make sure I had time for all of it. I would cram for hours with sloppy notes and simply handle everything on my own. This truly worked when I had ample amounts of time but became much harder to manage as I found myself getting busier and busier with more challenging classes and starting to balance work into that schedule.

I. [CE] Concrete Experience

During my college career, I took a class called Music Appreciation. I assumed it would be an easier class, so I spent less time focusing on the subject and spent more time on other classes and work. As the semester went on, I was beginning to fall behind in the material due to the lack of time that I was putting into the course. Now as my schedule was practically fixed where it was, and I had already fallen behind, I had to find an effective way of studying to quickly catch back up to the rest of the class.

I happened to notice other students using these methods to their benefits and figured it would assist me to better my studying habits. For example, using the Cornell system to organize my notes so it would be easier to review later, as well as forming a study group with a couple class mates to hopefully better understand the material. That will allow me to have others review it with me.

II. [RO] Reflective Observation

Looking back, I realize that this moment has indeed helped me further my studying habits and helped me improve my college life. Now as the Cornell Method directly didn't help me, I was able to derive somethings for my own method of taking notes and also applying those organizational skills to other points in my life. I continue to use study groups as learning from others and conversing ideas helps reinforce the ideas with me.

During this time, it also became very apparent to me that not everything works for everyone. As stated, the Cornell method didn't directly work for me, but that said it might work for others or it wouldn't be so well known. The information there however didn't go to waste as I apply certain things that worked to create my own system of taking notes.

III. [AC] Abstract Conceptualization

Using the group studying method it provides benefits such as allowing a group of students to improve notes, giving students to fill in information that one may miss in class, or cover

important concepts in various ways so each group member may understand it clearly. This model is very effective for this being able to review notes with your peers can allow you to fill in gaps and fully flesh out the lessons that had been covered as well as brush ideas that maybe weren't clear to one before. It also would allow students to share talents. For example, one student may have an ability to explain things in a variety of ways to portray the message in many different lightings to help other members of the group to grasp this information. This also may in turn be similar to my scenario where a member from my group happened to have previous experience with music and had already studied some of what we were learning and had a deeper grasp on the subject than the rest of the group. His talent or knowledge of the subject benefitted the group heavily for helping clarify material that was covered. With study groups there's a trend of more conversational style speaking. This happens for the sake of everyone's on an equal level and in a more casual setting there is no official teacher in a study group at most someone who decides what topics the group is discussing nothing more from what I've experienced. With this more conversational approach I notice that the information tends to sink in more and that in a more relaxed environment I find it easier to grasp key concepts and stay on pace with the other students versus a classroom. The only reason I come to this conclusion is mostly due to the fact that with a study group have more time to be flexible with to explain concepts versus a class where the teacher has an allotted amount of time to cover their material. Because of this the teacher might not always have time to review material or may end up not explaining things in depth enough for certain students to grasp these concepts.

As for the Cornell method I found myself utilizing it but it not benefitting me as much as I thought it would. As it was nice to have my thoughts ordered on the page, I still found myself not grasping the notes I was jotting down even with questions I would ask in class I would sometimes still be left unclear. With the Cornell method it made it more apparent where there was disconnects in what I knew and didn't know but it didn't help in filling in those gaps I still found myself missing key concepts and other things of the sorts. These disconnects still harmed me just as much as not having my notes organized and I saw little value in this approach to note taking. However, I still organize my notes but it is my own take on it and not the official Cornell style.

IV. [AE] Active Experimentation

Going through this I learned more about what learning methods help me through my college career which is something I can carry with me through any form of training or school I end up attending. Outside of Music Appreciation I have continued to use study groups and I find myself with a clearer understanding of the class that I am attending due to the fact that I am able to review information with my peers and fill in the gaps of my notes with the information I need so I can grasp key concepts and do better in my studies.

B. Learning my new job – for the longest time I only had worked retail. Never once had I worked at a gym; I had gone several times to gyms as a customer but never as an employee. Just for a taste as a customer you clean your equipment when you're done. As the employee you are expected to clean it as well as know how to maintain it to a certain extent to ensure that the machine is available to all customers at all time.

I. [CE] Concrete Experience

During this time, I had only had experience working retail I knew how to assist customers in rudimentary ways and check people out at a register. Going to work at a gym has some similarities I was still assisting customers and helping at a register but there was much more with this. I had to be able to clean the gym head to toe and not even for closing as most know planet fitness is a 24/7 gym, you have to learn to clean while also balancing other tasks if there are any. Not only that but you had to be competent in being able to give tours around the gym to new customers to entice them into joining the gym. While also being able to do basic maintenance to the machines on site mostly checking cables and assuring weights were where they belonged for the next customers.

II. [RO] Reflective Observation

I noticed the similarities that I could apply from my prior jobs to the new job as in the ability to manage my drawer and tend to the customers in what they needed. But I quickly learned how this also wouldn't work, as in this was not a retail store certain things were obviously different. From the obvious of people can't just walk in you have to scan their card to assure that only members were coming in. to the fact the when the customers need your help it isn't with changing rooms and such it's like spotting weights or the sort.

I found that delegating work helped immensely, if someone needed a tour, I would leave someone to watch the register or if I was helping with a tour and someone needed spotted, I would call someone over to tend to the person who needed spotting. Being able to balance the work across the team helped everything flow smoothly through the store and offer a better experience to the customer. Delegating work doesn't just apply to gyms it applied to my previous jobs to, it's the main reason stores and such have multiple positions you can apply for so the work is automatically delegated for you. At the gym we made our own delegation we were loosely assigned to spots but nothing set in stone.

III. [AC] Abstract Conceptualization

Going in I assumed that my previous experience would help me significantly. But with ever turn I found how much that my experience didn't apply nearly as much as I had anticipated. Even with the similarities I found myself need assistance and training until I truly got the hand of everything. For the most part I grasped these concepts quickly maybe due to the tie of similarities but I still needed training. The conclusion I come to is by management style every store has a different corporation that owns it or just a different owner in general that has a way they want the store to operate in their eyes. With that said there is then managers that operate on these sites that have their own interpretation of the manager or corporations' ideas which affect how you may also perform your tasks at a job. With the whole store based off one message that is interpreted and then spread several times the messages can become diluted or slightly different from the intended goal. The job may be done to the same standard but the way of attaining the goal changes based on one's environment and the rules handed down on them. If another manager were to walk in the door, they would potentially have their own interpretation of the rules that they would then enforce on the store potentially affecting how your work flow is

handled. That all boils down to the standards of communication. No message sent is perfectly interpreted because one may interpret things literally or use their own connotative meaning. This means a message could be sent perfectly out to a large group of people and then spread in various ways depending on how the reader interpreted it.

Elaborating on the difference in environments I was wrong in assuming that there would be similarities in my work places due to similar goals. As both goals may be to assure a customer has a good experience there are very different approaches to this based on your occupation. In the gym I am to make sure the machines are functioning and clean for each user that wishes to use it. However, in retail it was to ensure items were in stock or help a customer find certain objects. For the food industry it would be to ensure that you are serving a quality product to your guest. All of these very different things you have to do but all are done to achieve the same goal which is to make your customer happy and enjoy their experience to try and establish repeat business.

IV. [AE] Active Experimentation

With what I've learned I can truly say that you never stop learning from job to job you will have to constantly learn something new in order to work within their goals and guidelines. With that I will attempt to form good communication with my peers and managers in order to establish similar goals and guidelines for the least amount of variance and the smoothest operation towards a business.

C. Managing the stresses of work and school – With taking on a job and trying to manage my schedule with my classes I found it evermore stressing to handle the both but I couldn't give up either. I found myself being drowned in stress if not from fighting to get hours at work to pay bills and such it was the opposite. Trying to open time in order for me to sit down and study for my classes. With better studying methods it helped me be better prepared but it didn't change the fact I was still stressed out from it all.

I. [CE] Concrete Experience

When attempting to deal with the stress that school and work put on me, I tried a multitude of things from meditation to listening to soothing sounds of the ocean. Anything I could find online that claimed it would help me destress or relax. My only goal was to try and destress so I could return the balance in my life and get my school and work in order to live a happier life.

II. [RO] Reflective Observation

The first thing I noticed quickly is meditation and things of that sort were not very effective in destressing me. I found myself constantly drifting to the thought of the things I should be doing and if not that I found myself very antsy. I'm not diagnosed with ADHD or anything of the sort but during this I found myself to be a very energetic person, sitting still just wasn't my thing. So, I took that knowledge and applied to the other sorts of more active stress relievers such as yoga. With this I felt more at home with it because I was moving around and

doing something and it was enjoyable, but I felt I could do better. Considering I work a gym I decided to take up weights and the lot to not only try to use that as a way to destress but also to attain my other goals that I have set. For me this was what helped I was able to feel like I was attaining something and working towards another goal I didn't feel like I was putting my other work off and it was a way for me to blow off steam relax and clear my mind.

III. [AC] Abstract Conceptualization

The take-away from this is that there is a multitude of things a person may do to destress themselves and relax with the situation they are handed, but it is up to the person to decide what and what does not work for them. There is no cure all for stress it is a trial and error thing and at no point did that come as a surprise to me every person is unique and different in their own respects as stated meditation didn't work for me because I'm a active energetic person. However, for some that might be their key to destressing. Not only does this apply to this scenario but it applies to many things that occur in our everyday lives where one person may do one thing another may do another. This goes back to the simple principle that everyone is different no man or woman is the same. Which means this applies to multiple scenarios and multiple people and you might find similarities as some people share likes and dislikes, but no person is exactly the same as another. In many things we do there is a lot of trial and error to see what works and what doesn't work from study methods to stress relief to workout regimes and diets. Nothing is truly flawless for everyone.

This idea can be applied much further that as well as when it comes to beliefs such as religions or maybe political parties. It is the core basis of why we have such a diverse country and a diverse world. Coming to terms with the fact that there is no cure all there isn't one way to solve everything is just on part of our human nature. There may be similar goals but many approaches to attain it.

IV. [AE] Active Experimentation

After all is done, I have found what helps me destress in my life and allows to blow off steam in order to focus on whatever task at hand. For me this helps in my everyday life being able to relax in my own way helps me to focus and thus put more time and effort towards school and work without constantly feeling pressured that I'm doing something wrong or wasting my time. Knowing this I can apply it to times when things truly get hard for me and even still if I'm unable to go to the gym to blow off steam this has given me the ideas of what works and what doesn't work when it comes to blowing off steam. Being that I know I'm an active person so I wouldn't entertain the idea of meditation and things of the sort because I know I wouldn't be able to relax during such. In turn I would entertain the idea of more active destressing activities for the hope that it would work similar to working out.

III. Conclusion

To revisit what has been said the events that have occurred in my life have taught me various things, the main abstract I can pull is everything is a different experience and nothing truly will be the same, whether it be the study methods I use and how it works for some and not

for others. To the jobs that I work and how communication can affect the guidelines and goals of a business. Down to how I help deal with stress in life as for some reading a book might help but for me that's not as effective as working out. Each instance has a very different way of delivering that message but each has its own respectable take-away.

IV. References

<https://www.educationcorner.com/cornell-note-taking-system.html> quick reference to Cornell notes

<https://www.educationcorner.com/study-groups.html>

<http://www.citationmachine.net/apa/cite-a-book> this website can help generate the citations for you quickly and will take you far I promise once again I'm sorry for not being able to do this part.