Individual reflection (50% of total)

Please submit a final individual reflection on key personal learnings from classes (max 1500 words). Focus should be put on reflective and critical thinking concerning personal values, beliefs, skills, behaviours and future goals rather than just referring to concepts and theories. The reflection should be grounded in concrete examples and moments of the class.

This exercise serves as the main instrument of reflection to capture your key learnings of the whole process, from the preparation work with your two teams all the way to the final presentation. It is not intended to focus on models or theories so much, but instead on your own personal learning (you can still use theories if they support your reflection). There is no particular structure that you need to follow. It needs to make sense to you and serve as a personal reflection tool. As grading criteria, we are many looking at: depth, self-reflection and ability to relate to concrete moments/aspects of the journey. We suggest that you reflect on the following questions (you can consider others):

1-      Can I highlight one or two moments in the program that made a particular impression (positive or negative)?

2-      How did the program address my own learning goals?

3-      How did I cope with the change of teams? And the virtual work format? Did I take a pro-active role in making the most of the situation?

4-      What do the answers to the previous questions tell about myself? In terms of my preferred way of working, learning styles, “allergies”, leadership, strengths and limitations.

5-      Did this experience confirm what I already knew about myself, or was there anything new?

6-      How do I think this course will play a role in my future? In terms of career choices, day to day work and personal development.

Good luck!