

Journal 5 Nestor Cai

Looking back at Unit 3 I learned at the end of the semester, the most important experience as well as skill I gained is reflective studying. Other key points in the unit are also beneficial to my study style and personal wellness, but one concern I have referring to reflective learning is how to grow an interest and awareness to important aspects in both school life and daily life that need to be reflected. While I understand the value of reflective learning, the early stage of applying the skill I treat as an identification process seems challenging for me. In short, I'm still in need of getting a faster pace of receiving important self-improving experience from personal reflection.

The MBTI personality assessment is a point in the unit that I found most reasonable. Firstly, the test objectively covers a wide range of assessments to a person's feeling and understanding, whether it is about one's self cognition or reaction to the surroundings. Also, the assessment is logically categorized based on the different aspects above of one's personality trait. In addition, the final result of assessment is a combination of categories that is easy to understand and remember, hence improving the efficiency of exchanging personality information and interpersonal communication.

In conclusion, 3 things or skills that I will bear in my mind in future study and daily life are reflective learning, personality identifying, and culture shock concept. In my point of view, the incident that always puts me in my top learning performance is when I get a new insight or skill after experiencing mostly failures and sometimes success. Therefore, reflective learning will be my favorite method in future life when it comes to challenges both in studying and daily living. Also, I believe identifying personality is going to be an important part in life. From some of my recent experiences and life challenges, I

understood the importance of personality identification. In my future life when it comes to interpersonal communication scenes, I will remember to apply personality identification to avoid mistakes and grab chances. As for the concept of culture shock, I treat it as a potential frequent event that will be occurring in my future life from time to time. I feel like some of its aspects especially those related to socializing will stay important to identify and understand.