

Third Semester Reflection

Reflection is an act of thinking back and giving a deep thought at your actions and decision in life. It is a very important aspect of one's life because it gives us an insight into the recent happenings around us, what we need to do in order to improve and way to improve in future occurrences. Reflection is important in healthcare especially as healthcare leaders make important decisions that affect our lives, and healthcare practice is continuously evolving.

I have practiced for 8years as a registered nurse back in my home country Nigeria but I was moved to explore leadership in healthcare because of my passion to contribute in making positive changes in the healthcare system, both in my nation and the world at large, hence my journey to Coventry University.

What

Once I made up my mind to do a post graduate study on leadership and management, I applied for admission, provided the necessary requirements, got admission and afterwards visa and my journey to the United Kingdom began. When I arrived in the UK as I already mentioned in my first reflection on my domain, I swiftly completed my registration and right-to-study check. However, I missed the first week of lectures. Despite this setback, I promptly joined the program.

So What

During the initial two weeks, I felt overwhelmed and disoriented. Everything was unfamiliar, and the learning style was quite different from what I was used to in my home country. Furthermore, the sudden introduction of coursework for all three modules added to the challenge. The good part was that the university provided ample support through inductions, lectures, seminars, and resources. This helped me

adapt and gradually engage with my assignments. I made an effort to start my coursework early, which was beneficial in preventing last-minute stress, and I successfully submitted all assignments on time. Reflecting on my journey after first semester, I realised that the initial struggles were a result of adapting to a new educational environment and a unique learning approach. Joining late did pose challenges, but with the support provided, I was able to catch up and complete my coursework. In hindsight, I realize that seeking help and guidance is essential. In order to enhance my academic performance and overcome challenges, I could have utilized available resources more effectively, such as reaching out to the librarian and participating in sessions at the Center for Academic Writing. Additionally, I should have been more proactive in seeking clarifications by asking questions whenever I needed clarification. I made a decision to be committed to making the most of the resources available to me. I scheduled sessions with the librarian and participate in Center for Academic Writing workshops to improve my research and writing skills. Moreover, I prioritized seeking clarity by asking questions whenever I am uncertain about a topic. By taking these steps, I aimed to excel in my studies and ensure a smoother academic journey.

Now What

Now that I am at the end of this program, I look back with so much pride . I have learnt and also made strategic connections and it is also the time to implement all that I have been taught. I intend to volunteer at some top tier healthcare management organisations to consolidate and hone my managerial skills like strategic planning as I mentioned in my domain as one of areas of my development. I would also boost and upgrade my CV to a more professional standard and apply for the type of jobs that will help to boost my career. I would also attend training courses and career workshops. I intend to continue to develop my skills as development is a continuous process, not

loosing sight of my desired goal.