

Gibbs' Reflective Cycle

Learning Log - March 21, 2024

Description: Today, I dedicated my study session to improving speaking skills for the TOEFL exam. Engaged in structured speaking exercises, practiced responses to prompts, and simulated speaking tasks from past exams.

Feelings: Initially, I felt nervous about speaking aloud and unsure of my ability to articulate thoughts fluently. As the practice session progressed, I experienced moments of frustration when struggling to express ideas coherently, but also moments of satisfaction when delivering responses confidently.

Evaluation: Reflecting on the practice session, I acknowledge both strengths and areas for improvement in my speaking skills. While I demonstrated confidence in certain responses, I recognized a need to enhance fluency and coherence in articulating ideas more effectively.

Analysis: Upon analysis, I identified factors contributing to challenges in speaking, including anxiety and limited vocabulary recall. Additionally, I observed a tendency to overthink responses, leading to hesitations and disruptions in flow.

Conclusion: Despite encountering difficulties, the practice session provided valuable insights into my speaking abilities and areas for development. Recognizing the importance of consistent practice and confidence-building strategies, I am motivated to address challenges and improve speaking proficiency.

Action Plan: Moving forward, I plan to implement regular speaking practice sessions, focusing on fluency, coherence, and confidence-building techniques. Seeking feedback from peers or language tutors will further support skill development and refinement of speaking strategies.
