

## Task: You own reflection

Use the **What->So What?->Now What?** structure in a concrete way to address a particular problem which you are facing. It could be related to the module, or it could be something in your wider university career. **You can choose to submit this task.**

### Topics

There is no specific topic for this optional task, but you may be please with the way in which you have addressed a particular problem, and taken things forward.

Examples of issues might include:

- Problems with sleeping
- Problems with finance
- Problems in halls/accommodation
- Problems related to life work balance
- Worries about progression
- Need to change direction of academic progress
- Language, dyslexia or other issues which have impact of academic performance
- Issues related to studies – e.g. erratic attendance, failure to work effectively, need for additional learning support, exam related anxiety

### What to submit

Write an account of what you did using the **What->So What?->What Next?**

There is no word limit for this task, you are likely to write about one page.