# 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.