



UKQT 3001

Extra-Curricular Experiential Learning (ExCEL)

Semester I Session 2021/2022

Assignment 1 - Reflection Report

Lecturer

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Student

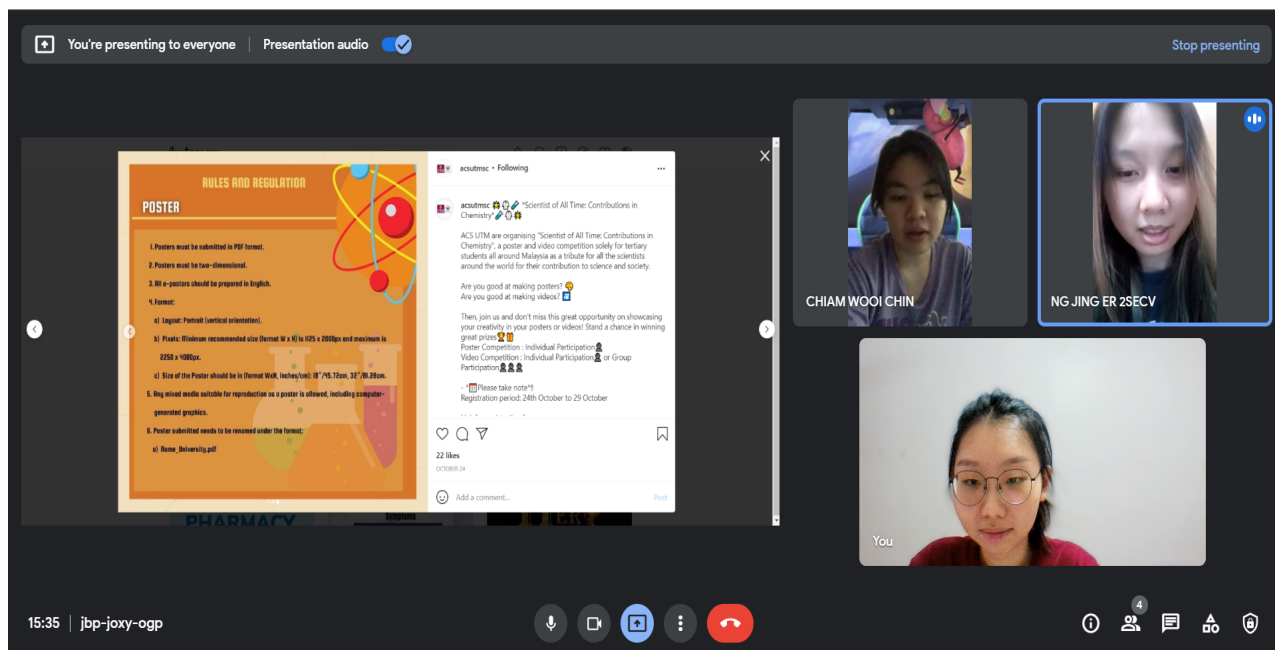
Ng Jing Er (A19EC0115)

A. REFLECTION REPORT ACTIVITY 1

1.0 INTRODUCTION

Activity Information	
1. Activity	Poster and Video Competition
2. Date	24th October 2021 until 20th November 2021
3. Organizer	American Chemical Society Universiti Teknologi Malaysia International Student Chapter (ACS UTM)

On 26th of October 2021, I had a small discussion about a **poster and video competition** organised by **ACS UTM International Student Chapter** with my friends Ham Jing Yi and Chiam Wooi Chin. The theme of the competition is "Scientist of All Time: Contributions in Chemistry". The activity encouraged us as participants to showcase our creativity. After the discussion and understanding all the rules and regulations of the competition, I decided to register for the poster competition which is under an individual category. The submission deadline is 6th until 20th November 2021. The participants are allowed to use mixed media to design the poster. Therefore, in order to create a poster that is fully hand-drawing, I choose to use Canva to assist me in designing the poster. Since the time was sufficient for me to complete the poster, I did a lot of research on the chemistry field which enabled me to explore the ideas of designing the poster. Even though it is an individual competition, we managed to make good use of the activity by sharing our thoughts and exchanging the knowledge of chemistry fields among ourselves.



Picture 1: Discussion about the rules and regulations of the poster competition

(Google meet)

2.0 PERSONAL FEELINGS ABOUT ACTIVITY

At first, I was full of hesitation as it was the first time for me to participate in such a virtual poster design competition. Moreover, I had not touched chemistry since a while as my course (computer science) is not that related to chemistry. I forgot some of the chemistry terms that I learned before. However, my friends managed to convince me and I managed to build my confidence for involving myself in more curricular activities. It should be a great opportunity for the UTM students like me to involve themselves in different kinds of activities to develop their soft and hard skills that will be useful in their future. After getting some useful advice and opinion from my friends, I understood that I should not waste my time on entertainment only, instead I can grab the chances to gain experience on developing

myself to do the right things. During the process of participating in the competition, I had to do a lot of research about the contribution of scientists of all time, as a result I was inspired by the scientist spirit which encouraged me to give more effort while doing my work.

I realised that hesitation and afraiding of trying new things are very common behaviours of mankind. Whenever there is a challenging task or a complicated work that we are not familiar with, we always choose to ignore it. This reminds me of my attitude when completing the assignment or project given, where I often choose the easiest and simplest way to complete the tasks whatever given by the lecturer. And most of the time I did not think out of the box and spent more time on it to figure out a better solution. As a consequence, the results of the project are acceptable but not excellent or perfect. The same problem also occurs in my daily life. For example, I used to throw away my broken stuff instead of repairing them since I think it is a time wasting task and I do not think I am capable of repairing it. There was a time I tried to throw away my broken table fan even though it has only been used for a few days. Luckily my friend managed to repair it and helped me to prevent my loss of money. And the table fan is still able to function well until today.

3.0 ACTIVITY OUTCOMES

In my opinion, the reason in these situations is that we are giving ourselves too many excuses for not having a meaningful and challenging life. The students today, which include me always working like a robot, do only what has been told. Therefore I realised that this kind of activity leads to creativity and innovative thinking. If we are willing to make changes by shifting from close-mindedness to curiosity, we will be able to develop our mindset and solve problems much easier. Imagine that if my friend did not help me to repair the table fan, I would definitely throw it away. However I understand that we are the one responsible for

our own life and we have to learn to solve problems on our own. Based on my experience, it is clearly showing that developing our creativity and innovative thinking is so important and useful for us. Therefore, throughout the process of designing the poster I have tried to do a variety of poster drafts. As I did more research and collected more information on the scientists background and their contributions to the community. And this had inspired me many ideas and I decided to create a new design.

4.0 FUTURE GOALS

Based on the previous reflection stages, I realised that sometimes we need to take on challenges and learn from the challenges or problems faced in our daily life in order to increase our abilities and skills. The scientists such as the well known Marie Curie. She is the first woman to make such a significant contribution to science. During her young age, it was hard for girls to get an education in Poland. However, she managed to win the 1911 Nobel Prize in Chemistry due to her never ending dedication to science. Her constant effort and contribution to the chemistry field inspire me that I need to stop giving myself excuses to accept new challenges. I need to change my way of viewing challenges and setbacks if I want to develop or improve my soft skills and hard skills. By doing this, I need to remind myself to reflect on the positives instead of negative thinking since it is the factor that stops me from accepting the challenge. Next, I will try my best to create solutions for the problems. And most important is learning to accept othe's advice and help instead of just struggling with the problems or challenges myself.

5.0 CONCLUSION

Throughout the activity, I can showcase my creativity to design a poster. This also enables me to develop my ability to think differently, create a poster that is more attractive and informative compared with others. Besides, I can improve my thinking skills which include critical thinking and problem solving ability. Critical thinking and creativity are the 21st century skills that intend to help us to keep up with the lightning-pace of today's competitive market. In my opinion, this poster design activity is impactful to me as it helps me to develop as a creative, innovative and critical thinker. With critical thinking, I am able to consider the information gathered and think logically. While with creativity I am able to create useful ideas and innovate new things. I have to engage in active planning, setting goals and strategies and trying my best to achieve the goals. These skills are important for me to become future prepared. As a good employee, I will always be prepared to think and solve problems independently and work outside of my comfort zone.

B. REFLECTION REPORT ACTIVITY 2

1.0 INTRODUCTION

Activity Information	
1. Activity	Pertandingan Video Kreatif Kepenggunaan
2. Date	1st November 2021 until 15th December 2021
3. Organizer	Kelab Gerakan Pengguna Siswa UTM & KPDNHEP Negeri Johor

On **3rd of November 2021**, my friends and I decided to take part in a **creative video competition** organised by **Kelab Gerakan Pengguna Siswa UTM** in cooperation with KPDNHEP of Johor. The theme of the competition is “PENDIDIKAN KEPENGUNAAN: KESEDARAN ALAM SEKITAR & 3R”. This competition required us to prepare a video within 5 minutes that fit with the theme provided. Since we decided to participate in the competition as a group, we had to cooperate and work as a team. Therefore, frequent group meetings and discussion are the must for us to come out the video. A few platforms had been used such as Whatsapp, Wechat, Google Meet. Once we understood all the rules and regulations of the competition, we proceeded to the next topic of discussion - the contents of the video. Ham Jing Yi played the role as the leader and she was responsible for the task distributions for the rest of us. We started doing our own task once the scenes of the video needed being assigned to us. I appreciate my friends since they were giving the best cooperation and we managed to come out with the video within a few days during the Deepavali holidays.

the American scientists who have discovered that the destruction of the environment by humans is about to cause an ice age, but people are still skeptical and choose not to believe the theory. However when the disaster happened, no one was prepared. Therefore, from the story I understand and know the importance of increasing our awareness about environmental issues.

There are a few challenges met during the process of shooting video for the competition. To produce a better video, I went to Penang National Park which is linked to pristine beach Pantai Kerachut to capture a good scene of our mother nature. The duration to Pantai Kerachut is about 1 hour and 40 minutes. There was a really grueling uphill and downhill climb during the journey but once we reached the beach and were amazed by the beauty of nature, we felt that it was worth the effort! However, it was a really different situation when I moved back to our living environment. During the shooting session, it was heartbreaking when I found that people have many unsustainable practices. And not everyone is willing to take action on conserving the environment. We could see the river turned dirty due to the rubbish and toxic waste being thrown into it. The fresh and clean air has been polluted by the open burning of garbage. These actions have definitely destroyed our environment.

3.0 ACTIVITY OUTCOMES

In my opinion, environmental awareness is an incredibly important part of our lives. In order to protect the sustainability of the planet, everyone needs to commit to becoming more environmentally aware. Imagine what if the story of “The Day After Tomorrow”. Have we prepared to overcome the disasters? I am sure that the answer is no, and we should commit our responsibility to protect our mother earth. Lack of environmental awareness remained as a huge problem and challenge in the effort of conserving and preserving the environment.

As a part of the earth, I have practised the principle of 3R, Reduce, Reuse and Recycle. Use our own tableware instead of using the single-use product such as single-use chopsticks or containers. Recycle the bottles or containers instead of throwing them into the rubbish bin. All the ideas are included in our video as we hope that our video will be able to increase other's environmental awareness. Throughout the activity, I am able to develop my creativity by applying my ideas into the video. I hope that all the creative ideas will grab people's attention and be able to encourage them to increase awareness and start to take action on saving our earth. The activity is meaningful as I understand that this is not a one person task but it depends on team working. The team working skills are so important not only to complete our video competition, but also about saving our environment. Teamwork is crucial because it enables our team to share ideas and responsibilities, which allow the goals to be completed smoothly and perfectly.

4.0 FUTURE GOALS

Based on the previous reflection stages, I understand that conserving and preserving our environment needs our constant effort and contribution. Although it is a challenging task, I need to take responsibility as a part of this earth. I hope to improve my global citizenship in the future by taking an active role in my community and working with others to make our planet more peaceful, sustainable and fairer. By doing this, I hope that I can keep practising the 3R principles, additionally I will encourage my friends and every person I know to practice the principle in order to protect the environment. Indirectly, I can improve my communication skills where I need to know the technique to communicate with others.

5.0 CONCLUSION

As a conclusion, the video competition is really impactful to me as it helps in contributing to the development of my graduate attributes. Throughout the activity, I can showcase my creativity by sharing my ideas about the concept of the video. Besides, I can improve my team working skills. Team working skills allow me to work well with my group members during meetings, conversations and discussions. Besides, I can develop my ability to communicate well with people which is useful for my future. Both of these skills are essential to my career success. I have to learn to keep an open mind by being open to learning and always be ready to accept new things. Hopefully all the experiences gained through this activity can be helpful in my future.

APPENDICES

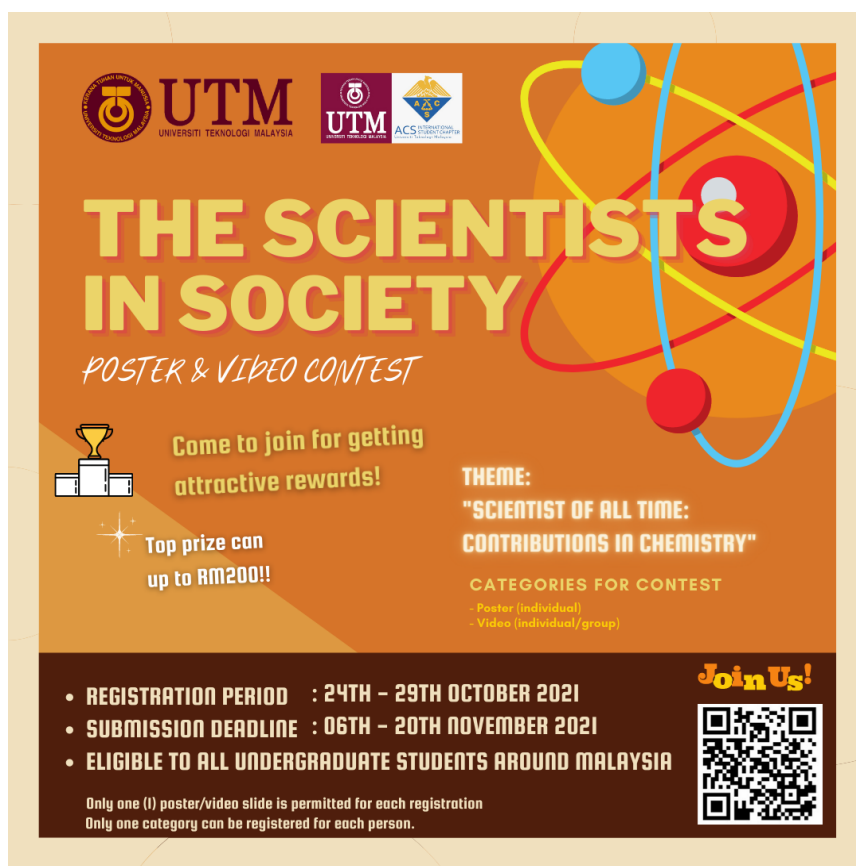


Figure 1: Event poster (Activity 1) for the poster and video contest.

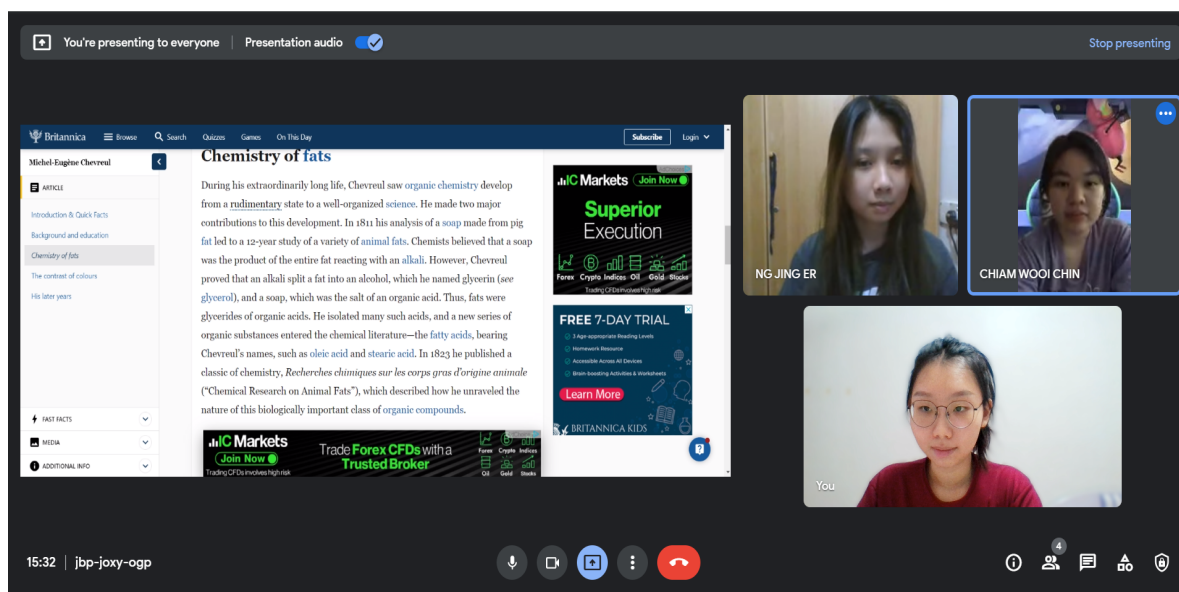


Figure 2: Sharing session about the ideas and thoughts



Figure 3: Some examples of design elements included in the poster.

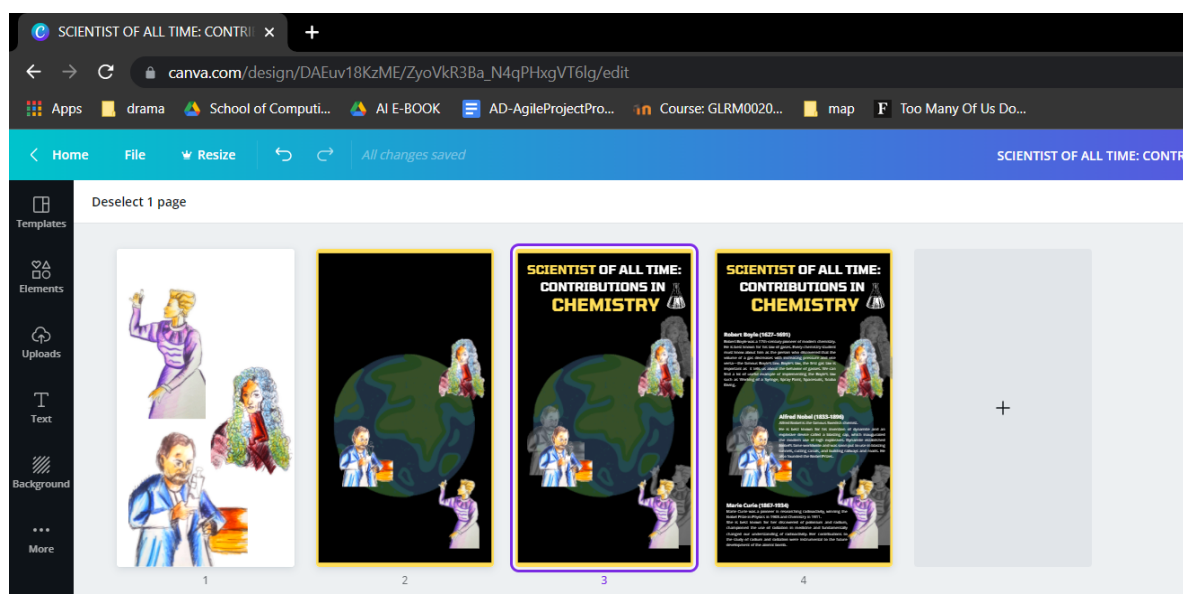


Figure 4: Drafts of posters designed using Canva.



Figure 5: Event poster (Activity 2) for the creative video contest.



Figure 6: Pantai Kerachut, Pulau Pinang. (shooting scene)



Figure 7: Starting point of Penang National Park (shooting scene)



Figure 8: Collect recycle materials for the recycle centre.