

Functional Anatomy Workbook Reflection

This reflection focuses upon the functional anatomy workbook and I will be using the Gibbs model of reflection (Oxford Brookes University 2016). This workbook is worth 50% of the final grade of the module.

The workbook was made up of 6 sections which included an online quiz and a workbook which had an equine and canine section. The workbook content varied from labelling a given diagram to writing a detailed description of the anatomical features and functions of given structures. The final workbook was the longest and included having to label many images which were taken in the dissection practical's and two tables of muscles along with their origin, insertion and function. After completing the first workbook and quiz I was feeling good about the workbooks as they seemed manageable and simple to do. However, as time went on I became more anxious about completing them as they were getting longer and harder which took up a lot of time as they were all due 2 weeks apart. I felt better about the quizzes as I completed them with a friend and therefore this made them easier as we could work together to find the answers. Overall, it was a valuable experience as it meant that I was going over the lecture material in more detail and this can help in long term retention of information (King, 1992). However, I should have gone over the final workbook at the beginning of the semester as I would have known which photos I needed to take in the dissections to complete the workbook. In future, I will look over everything available at the beginning of the semester so that I don't miss out information and therefore this will cause a lot less stress further down the line of having to try and find the information I needed.

References:

King, A. (1992). Comparison of Self-Questioning, Summarizing, and Notetaking-Review as Strategies for Learning From Lectures. *American Educational Research Journal*, 29(2), pp.303-323.

Oxford Brookes University (2016) Reflective writing: About Gibbs reflective cycle [online] Available at: <https://www.brookes.ac.uk/students/upgrade/studyskills/reflective-writing-gibbs/> [Accessed on: 14th April 2017]