

Reflection rapport

Own process development

This seminar was really interesting to me. I think that this subject is really exiting. On the other hand, doing research and writing a rapport can be hard for me so I had struggles while working on this assignment. In the beginning I think it's hard to start. Where to start, what exact information do I need, what kind of sources, where can I find these sources and so on. Another difficult part of writhing this research rapport is paraphrase. What do I write and what does a source say? These are all struggles that I had in the beginning and halfway there. At the end it went better and I found trust in myself that I knew what I was doing and that it went well.

Interview

I had the interview planned and I was a little bit nervous because it's about that moment. Of course I could reach her if I forgot something to ask but I had to do it that moment. I wrote down the questions beforehand and everything went well. I collected so much relevant information. I haven't done much interviews before but I really loved it. It's a really good way to gather information.

Presentation

Before the presentation I was quite nervous but I knew that all the information is in my head. Once I stand in front of the class I'm fine. When the presentation was over I realised that I actually liked it to do a presentation.

Own knowledge development

During this research I learned a lot about what creativity is, how it works, how to stimulate it, what stress is and how to reduce it. There were a lot of new information that I never heard before. During this course I felt stress a couple of times. I like running and I know that it can clear my mind. I didn't know that putting your work aside, doing something else and a clear mind really helps to improve your creativity. So instead of working through I went for a run what I normally never do because I think it's a waste of time. But it worked. I got less stress, my mind was more empty, I felt good about the exercise and when I was ready to continue working, I was focussed and it felt like I had good ideas. The only disadvantage is that running can take some time. I spend 30 till 45 minutes with running and recovering. So for me this research and the conclusion is true, as long you what works for you. But I know what works for me and that was an important reason I took this subject.

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