# JISC Mobile Reflections – Summary of Responses from Questionnaire

All four workshop participants responded to the questionnaire.

**Digital Literacy**: All participants felt they had **developed new digital skills** (3 a lot, and 1 a little), and that their experience during the project had given them **confidence to learn new digital skills** in the future (2 a lot, 2 a little).

**Sharing**: All four thought it would be useful to share their reflective video on a **website or blog**. Three said they would find it useful to share on a **secure VLE space**, and two thought it might be useful in an **e-portfolio** to show employers. Other people they suggested sharing their video with included **collaborative research partner**; dance **archive**; and their **PhD supervisors**:-

> *I have shared my video to my PhD supervisors during a period where I have not produced much written documentation of my thinking. The video reflections have allowed me to capture my thinking during this period and have acted as a supporting evidence of my thinking.*

**Mobile Technology used**: Three participants were using their own **iPhone**, and two used **Flip Cameras** borrowed from the School (one was using both iPhone and Flip Camera). All participants felt these technologies were appropriate for capturing mobile reflections. The main technical challenges encountered were:-

- Using older model of MAC - Slow **speed** downloading files from Flip Camera onto iMovie; Quicktime 'stuttering' frames meant video needed to be imported to iMovie to view it.
- Remembering to upload reflections regularly to PC as **space** was running low on iPhone.
- Poor **sound quality** on iPhone recordings.
- Editing iPhone video on Final Cut Pro – had to **convert** from iPhone codex to Apple Res 422 codex which took time to do initially, but might be quicker once this has been learned.

## Mobile Reflection

What did the ***use of audio/visual capture*** add to the value of your reflection process?

- To cement ideas and confirm thoughts in the moment of live reflection. Committing to an analysis **in the moment**, and 'thinking while talking' as well as figuring out the focus of your research as you **articulate thoughts out loud** is of immense value.
- Having to **say ideas out loud** seems to **register differently** than those written down, or those just left as thoughts.
- Having a bridge that helps **connect embodied knowledge with the cerebral**.
- A tool for **remembering** issues/points/situations and also **feelings** experienced in different times and places whilst undertaking different aspects of my research.
- To use the visual and more so audio capture as a way of **talking through my own ideas**. I often like to do this with a friend or colleague but when this is not possible using the mobile is a useful tool and has the **added benefit of recording** so I can go back over my thoughts.
- Provided me with the ability to manage my ideas through having **something tangible** to work with. It was a way of **structuring** thoughts and ideas and research findings.

- The audio visual aspects of the reflection allowed me **to explore creatively** some of my conceptual ideas which I captured during moments which **revealed themselves to me as having artistic worth**. This included, for example, the fast speed of driving and the mesmerising images of the road passing. This would be **difficult to capture in other ways**, which would otherwise be a moment of lost potential.
- The audio/visual capture was an effective way of working, most of my projects are **practice-based** and **I rely on video or photos** to document rehearsals and use them during the reflective process.
- The idea of **capturing the environment** seemed valuable as well, it helps you to go back and **remember the situation** you were experiencing and therefore your ideas.

What were the benefits of being able to *capture* reflections on a mobile device?

- To be able to capture thoughts as they 'pop up'. It's **spontaneous, reflexive, responsive** and lacks the preciousness of more complex recording devices.
- Mainly the **ease of use** and the **spontaneity** of recording through the mobile device as it is something that I carry with me at all times. It is useful in the sense that I **was able to capture image, voice, film** etc. when I would usually rely upon written notes to capture thoughts and ideas. It is a much **quicker** and **convenient** way of 'fleshing out' thoughts and reflections.
- As I was away for some of the project, **I did not want to /have my computer nearby** to fully **make notes whilst reading**. The mobile device was a useful tool here in capturing my **impulsive thoughts about the reading** material which was **also relating to my surrounds**; here I was **making sense of the reading in relation to that particular landscape**.
- Capturing reflections on a mobile device gives you the option of **not waiting until you get home to start the process of reflection**. Sometimes **in creative practice ideas just spring out of the moment** and quite often we don't remember the details of these thoughts. Mobile reflections help me to **capture these ideas**, even if it's just by taking a photo or by saying a couple of things that will help you remember.

If there were any *challenges*, what were they?

- **Lack of confidence filming in public**.
- The occasional **pressure to HAVE to talk** and say something 'meaningful', when all that is sometimes required are images or silences. Not knowing how to 'doodle' whilst filming the aural reflections and **finding it easier to engage in a stream of consciousness when writing** or not being filmed when talking.
- Feeling quite **nervous** about speaking aloud into my mobile **in public spaces**, I wanted to be more spontaneous but sometimes I had to plan when and where I was going to capture my reflections so as to not be embarrassed.
- It was initially a challenge **knowing what to capture and how long to capture for**, I think this is something I worked out over the course of the project in terms of what was most useful for me when looking back over the reflections.
- I also found it a challenge to remember that the reflections were for me and my use, often I would catch myself **recording as if for an audience** because I am more used to this (i.e. when interviewing research participants).
- I found the **3 minute video a challenge to edit down**, which was of course part of the challenge!

- If the student is new to this process, it might be **challenging at the beginning** to capture reflections. But engaging in this form of learning could be quite valuable as we often have to explain our ideas during seminars to other students and tutors.

## Video Editing Process

A range of video editing tools were used including Windows Live MovieMaker (2), iMovie (1) and Final Cut Pro (1). The two students who used the MovieMaker tutorial found it very easy to follow.

What was the *value (in terms of reflection) of creating an edited video* of your reflections?

- I was able to look back at reflections and **'reflect on reflections'**.
- It enabled me to **summarise** thought patterns, filming preferences and general foci.
- It enabled me to **develop ideas** and use the capturing and storing of reflections as my platform.
- The time scale of the project meant that I was able to ease into the familiarity of reflecting in such a way, **eventually creating a sense of playfulness** and managing to **capture recurring themes**.
- **Watching yourself back over a period of time** eventually **removes the awkwardness** of having to watch yourself on film, at times very vulnerable and exposed.
- It was a process which forced me to **engage with my reflections more in depth** and from a **refreshed perspective**.
- It was also very valuable trying to **construct a narrative** through the recordings and also going with my **'gut' instinct** as was directed by Carole Kirk. This **revealed a lot about what was important** in my reflections and how that translates to my wider research investigation. It was another way of **familiarising myself with my experiences** throughout the duration of the project and also **taking ownership of the reflections** through the creative process of video editing.
- The value for me was **capturing developing ideas**, becoming a note book - the reflection back allowed me to **see all the pieces together** and make decisions about the most relevant material, **extracting the core ideas**.
- The video editing was a valuable exercise to see my work from a **different perspective**. For instance, gathering the material helped me to **understand the progress of my work** – this helps to see the **changes of your reflections throughout a specific length of time**.
- The process was also helpful to **organise** my thoughts with a **clear narrative** and gave me the opportunity to understand your own practice in **format that I can always go back to** – instead of going back to a long a video footage of a rehearsal and try to remember my thoughts, **the short video helps to remember ideas and takes you back to your work** from those couple of weeks.

## Online Workshops

All participants found WordPress either very easy to use (3) or OK to use (1) for the asynchronous element of the online workshop (learning how to create an edited reflective video). There were a couple of suggestions for improvement:-

- Perhaps we could have made a more formal blog page about our projects each, to get to know the other participants in more detail – perhaps photos.
- Some example of reflective practice of this kind might have given us some models to work with.

Adobe Connect was a bit more challenging - although 2 participants said it was very easy, and 2 said it was OK, the comments below show that the experience was awkward.

- Adobe Connect had difficulties in connecting all participants, at times a frustrating experience.
- Wanted to see people live, and see faces.
- A bit awkward and rigid. I was unsure when to talk when it was not my turn.
- I am not used to the etiquette of online workshops, hence the felt clumsiness.
- It may have been useful to have a 'test run' prior to the workshop with Adobe Connect as it was the first time I had used it.
- Looking back at the online workshop, there were a lot of technical difficulties with the sound that interfered with the pace of the session.
- The process of talking in the microphone felt quite intimidating at times; maybe doing a live workshop could be helpful to improve the flow of communication among the participants.

## Personal Learning

Looking back to your initial learning objectives - *what have you learned* from your involvement on the project?

- The **regularity of updates** seem key in this process.
- I was able to **develop a habit of recording** thoughts, writing, reflecting, sharing and combining different methods to document my research.
- I needed this process to **kick-start** a desire to **improve my ability to articulate ideas** and communicate with fellow practitioners and researchers.
- I enjoy editing my reflections and find it a useful exercise.
- I have mainly become **more sensitive to opportunities for capturing reflections**, I would not have normally reflected so frequently and in this manner.
- In terms of **using Movie Maker to edit the recordings**, this has been valuable as it is a tool I would like to use for my recordings throughout my PhD research and I think that continuing to capture reflections in this way will contribute to the data gathered during the project which can then be presented to my research partner.
- It has been a useful way of **tracing the development of ideas in my work**. Also, I have **gained confidence in recording myself** and my experiences and I think I will incorporate such recordings on my blog.
- The project has allowed me to **explore the tensions between creativity and academic enquiry**, within a project for myself. It therefore has given me the freedom, without the pressures of making something to show to either PhD supervisors or as a creative product.
- Improvement of **technical skills for video editing** – managing video files, uploading online, work with different formats (sound, photos, video extracts).
- Being new to mobile reflections, it felt like a really challenging process to start talking to the camera. Although the project only took place for a couple of weeks and this is something of continuous practice, the task **helps you to try different ways of documentation** and reflect on your work. Although it felt quiet uncomfortable at the beginning, **eventually you start to realise the benefits of mobile reflections** – especially during the video editing process.

How will you take this learning forward in your *future work*?

- I am committed to continue using mobile reflections as **a way of engaging with my research on a different level** and find **ways to question and highlight my thought processes**.
- I will continue to **update my blog** on a regular basis, using written and **visual reflections**.
- I have learnt to persevere with the act of recording reflections and trust the organic process of repeatedly exposing your thoughts audibly to yourself (and at times others); to accept that it will only become more **embedded in my practice if done on a regular basis** and eventually integrated instinctively into my practice research.
- I **will look to my mobile device as a tool for reflection** more than I had done previously. I hadn't appreciated how valuable capturing my own thoughts and experiences would be to my research progress. It has also encouraged me to look at using mobile devices in my research though **suggesting similar processes to my collaborative research partner** to use in their own work.
- I will **continue capturing moments**, perhaps saving them into an **archive of video** to explore rather than make a video. The **impetus to make the video to share was a driver** and without this I may not be as committed to making a video outcome.
- I will continue to use mobile reflections as it helps you to engage with your practice in a more **critical way of working**. The **exercise of saying things at loud** really pushes you to organise ideas and **to think more critically** about your own research.
- This video task was really valuable to **document my rehearsals** and to edit long footage into a short video that I can **share in my portfolio or with tutors**.
- **Capturing reflection whilst looking at video footage** from rehearsal seemed an effective way of working and to concentrate on specific aspects of my practical work.

## Project Overall

Do you have any final comments, observations or feedback about the project overall?

- It did not take as much time to update and record; welcoming the chance to dedicate a fraction of my time to reflections. It felt a bit like therapy and I was my own therapist!
- I felt that the organisation/management of my involvement of the project was good; I was able to have freedom in my own process but with **useful weekly prompts** and suggestions from Carole which I think helped me to get the most out of the project. Timescales for completing tasks were also realistic.
- I have appreciated the **regular updates and communication** to keep the project moving for the project leader. Having a **shared sense of other artists** and **talking through the video** for me added value to the experience – the individual and the collective.
- It **would have been valuable to hear more undergraduate perspectives** to allocate my reflections in relation to other students who might also be new to this type of research process.
- The **video task maybe 4-5 min** long.
- Overall, a valuable experience and good exercise to improve my research practice.