**B. Managing My Learning**

**Activity 1**

Complete the table below to identify and reflect on those factors and plan actions for each.

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| **Recognition/ Reflection** | **Action** |
| What helps my learning? | How can I utilise this? |
| Example: *“Discussing the topic with others”* | * *Set up a study group of like-minded peers* * *Engage with the online community* |
| Making a To Do list | * Helps me see what tasks I need to complete. * I can see things clearly and in my own words which helps me understand. |
| Colour | * Having different coloured pens helps gain my attention. * Creates a sense of fun when re-writing notes which helps me understand the information better. |
| Re-writing notes | * In my own words so it helps me absorb the information given. * Writing notes out keeps information fresh and detailed. |
| Being on the train to Uni | * Gives me an hour to go over things in the morning in a relaxed environment. * Going over previous notes helps keep things fresh in my mind. |
| Speaking with friends from class | * Helps me digest what was spoken about in a relaxed manor. * Gain different points of view and give my own where I feel safe and unjudged compared to lectures. |
| Being online | * Accessing the powerpoints from mydundee and completing notes * Having a look on where I can expand. my notes and going over things in my own environmebnt. |

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| **Recognition/Reflection** | | **Action** |
| What hinders my learning? | How can I address this factor? | |
| Example: *“I’m easily distracted”* | * *Study in a place where distractions are minimal* * *Read lecture notes before the lecture and then take notes lectures to keep me focused* | |
| Anxiety | * Try not to feel overwhelmed in lectures where there is a large group of people. * Sit next to people that I know and am friendly with. | |
| Organisation | * Start keeping notes in separate notebooks for each class so that I don’t confuse myself. | |
| Time Keeping | * Make sure that I keep getting the right train and get to the station in loads of time. * Keep being early for lectures so that I am not late. | |
| Attention Skills | * Instead of writing lots of notes in a lecture, pay more attention to what is being said. * Start answering questions is lectures. | |
| Weekends | * Have more family time instead of leaving uni homework until the weekends. | |
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**Activity 2**

* Make a timeline so that you are aware of all the potential busy periods and plan the year to ensure that you allocate sufficient time for each module to include reading time, writing time and any other aspects of the module where you need to allocate time.

Busy Times Ahead:

1. Reading week: - Make sure I complete the reading tasks given and spread it out during the week so that it is not all left until last minute
2. Halloween/Bonfire night: - Make sure I am up to date with course work so that I can enjoy my time with family and: friends at this time of the year.
3. Christmas and New Year: - Allocate time during the holidays to complete any homework and reading tasks given so that I am not starting the new semester behind.
4. Placement: - Ensure I keep up to date with my placement folder, and enjoy my time with pupils in the school ensuring I have the best time at my placement that I can possibly have, gaining new experiences that I can share within my university work.