Reflecting on my studies

Read all the questions once before you give your actual answers.

Please rate the extent to which the following statement is true for yourself:

When the questions refer to 'the course' they mean Foundation Year as a whole

	1 not at all true for me	2	3	4	5	6 very true for me
During teaching sessions, I often miss important points because I'm thinking of other things.						
When reading for this course, I make up questions to help focus my reading.						
When I become confused about something I'm reading for this course I go back and try to figure it out.						
If course materials are difficult to understand, I change the way I read the material.						
Before I study new course material thoroughly, I often skim it to see how it is organized.						
I ask myself questions to make sure I understand the material I have been studying in this course.						
I try to change the way I study in order to fit the course requirements and lecturers' teaching methods.						
I often find that I have been doing reading for the course but don't know what it was all about.						
I try to think through a topic and decide what I am supposed to learn from it rather than just reading it over when studying.						
When studying for this course I try to determine which concepts I don't understand well.						
When I study for this course, I set goals for myself in order to focus my activities on what I need to do.						

Do you have any explanations of qualifiers that the questions didn't allow you to express?

How would you describe your overall approach to study and the personal objectives which you want from

   a) your foundation year

   b) your overall degree

RTS 1.2 An exercise in reflection…

What?

Look at the statements you made about your approaches to learning

Think about them for a few minutes

So What?

- Do you see any patterns?
- Do you have any insights, or explanations?

Talk to the person next to you and discuss

Now What?

- Is your approach useful/effective/satisfying?
- Does your approach get you the results you want?
- Does your approach get you the results you need?

Talk to the person next to you and discuss

Will you, or could you do anything different to make things work better?

Are you getting hijacked from your overarching objectives?

Talk to the person next to you and discuss