**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**  **Never 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 when 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 march 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 work out  those concepts that 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 or qualifiers that the questions didn’t allow you to express?

**RTS 1.2 An exercise in reflection…**

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

|  |  |
| --- | --- |
| your foundation year | your overall degree |

**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 what you do to learn useful/effective/satisfying?
  + How/Why/Why not?
* Is how you try to learn getting you the results you want?
  + How/Why/Why not?
* Is how you try to learn getting you the results you need?
  + How/Why/Why not?
* Will you, or could you do anything different to make things work better?
  + How/Why/Why not?
* Are you getting hijacked from your overarching objectives?
  + How/Why/Why not?

|  |
| --- |
| Talk to the person next to you and discuss |

Why are you taking the foundation year?

What are your motivations?

|  |  |
| --- | --- |
| Personal reasons | Logical reasons |
|  |  |