



Foundation Year Routes to Success

Part III - Sustaining Success

Consolidation
Su White, ECS



Three stages

Introduction
Consolidation
Completion



Today

Consolidation

Contents/Resources page 1 of 2

The resources are listed in the order they are used in the slides

The slide set <http://www.edshare.soton.ac.uk/16147/>

Portfolio template

Edshare <http://www.edshare.soton.ac.uk/15917/>

Downloading this document will create a word document which you can then edit

However by now you should be referring to your own part completed draft

Calendar (review your progress against targets)

Edshare <http://www.edshare.soton.ac.uk/15918/>

Mental Jogging exercise

Edshare <http://www.edshare.soton.ac.uk/16144/>

Contents/Resources page 2 of 2

Video of book review explaining Flow YouTube <https://youtu.be/8h6IMYRoCZw>

Comparing reflection and essays EdShare <http://www.edshare.soton.ac.uk/16146/>

Free writing exercise EdShare <http://www.edshare.soton.ac.uk/16145/>

List of videos to watch YouTube

https://www.youtube.com/playlist?list=PLsg_STfjaqqsZi7rN4hzycOAtP8dzmCxJ

EdShare <http://www.edshare.soton.ac.uk/14046/>

Peer review guidance EdShare <http://www.edshare.soton.ac.uk/16143/>

Survey link <https://www.isurvey.soton.ac.uk/19212>

Assuming you

1. Start writing on day 1 of week 20 and don't work on weekends

2. Use two days for review, revision and the cover sheet,

You have 20 days to complete the portfolio i.e. two days for each page you write

FY-RTS-3 2016



Notes & week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
W18	25	26	27	28		
				Lecture: writing as a thinking tool Task: Plan work	Lecture: writing as a thinking tool Task: Plan work	
W19	1	2	3	4	5	
Watch week 1 videos before the next class	Start free writing exercise today http://750words.com		Make sure you are prepared for the lecture	Lecture: reflecting on learning	Lecture: reflecting on learning	Work on your evidence first
W20	8	9	10	11	12	
"Blurting" exercises can help you write				Lecture: progress & attention	Lecture: progress & attention	Find time for "wordless recreation"
W21	15	16	17	18	19	
Schedule your time for work and play				Lecture: exam results & action plans	Lecture: exam results & action plans	Focus on completing your draft
22	22	23	24	25	26	
Have a copy for you or a friend to review				Peer review & critical evaluation	Peer review & critical evaluation	Make final changes to draft
W23	29	1	2	3	4	
Wednesday B13, student office 12.00 noon Hand in	Complete the cover sheet and print the hand in version in good time	There are no penalties for handing early ☺	Hand in paper version 12.00 noon			

NOTE

Days before deadline

Starting from the beginning of week 2 = 22.5

Complete your draft for review

By the Thursday or Friday of the week prior to hand in

Sections to complete

Five each matching evidence and reflection sections plus the cover sheet

Mental jogging

Complete one of these mental jogging activities. Write down...

- Seven issues you might identify in your learning...
- Seven ways to solve those issues
- Seven questions you have about the portfolio
- Seven answers to those questions

Looking at the portfolio

Student name: FY-RTS-3 Portfolio Semester 2

Sustaining Success Cover Sheet

Your Name:

Your university student number:	Your university email address:
Proposed degree:	Are you retaking the foundation year? Yes/No
Are you thinking of changing your degree choice?	Yes/No/Perhaps

If so indicate the title of the degree to which you wish to change.

The work you have to do is different from the other parts of Routes to Success ensure you follow the brief.

- The work on this part of the module will account for approximately 50 hours of your time.
- The 50 hours includes lectures, private and group study, and preparation of the assignment.
- The portfolio comprises a cover section plus at least five evidence pages and five matching reflection pages.

Complete your portfolio using this document, then print it and hand it in

The purpose of this cover sheet is to:

- check that you understand the assessment criteria
- check that you have handed in all the required material
- provide the marker with information to ensure that you get useful and relevant feedback

Checking your hand in	Tick below to confirm
I have read and understand the assessment criteria (below on this cover sheet)	
I am handing in a complete portfolio	
I have complete every section of the portfolio with up to one page per section	

Self marking: using the criteria below what mark range might the work might get?
The basic mark scheme for the portfolio is as follows:

25% all sections of the portfolio present and complete: cover sheet evidence pages & reflection pages (Y/N)
75% according to mark scheme below (marks may be spread across criteria)

	100-70: A+, A, A-	69-50: B+, B, B-	49-40: C+, C, C-	<40: D/Fail
Evidence, self reflection, actions and planning	Student provides clear evidence Student clearly reflects on evidence. Student has identified some issues, and has identified measures to address them Student has taken measures to address issues A forward plan exists	Student provides some evidence Student reflects on some evidence. Student has identified some issues and has identified measures to address them Student not yet taken measures to address issues No forward plan exists	Student provides scant evidence. Student reflection is superficial/descriptive. Student has not identified any issues or measures to address issues No forward plan exists	Any of the following Student has written insufficient content Student has not used template. There is no evidence of reflection Student did not attend interview
Comment	What are the strengths of this work? What are the weaknesses of this work?			

Taking into account the descriptors of the assessment shown above, and the amount of effort you put into this piece of work, what grade do you think the work might be awarded overall?

Student name: FY-RTS-3 Portfolio Semester 2

Guidance

The questions shown under each heading are designed to help you reflect on your experience of the module. You can use the reflection pages to record your reflections. Before completing the reflection pages you will have to hand in your completed reflection pages to get up your total mark.

THEREFORE ensure that the reflection pages you hand in matches the version of the reflection pages in the module.

Guidance on how to complete your reflection pages:

Your engagement with RTS3
Please answer the questions below honestly, this will help us to reflect your experience of the module. They will help us to:

- give you appropriate feedback and
- refine how we continue to develop the module for future years.

The interview feedback we provide will vary according to your personal circumstances. Please answer the questions below to help us calibrate that feedback.
Ranking your scores between 1 (strongly disagree) and 4 (strongly agree)

Context: Your engagement to the RTS3	Strongly disagree	1	2	3	4	Strongly agree
I worked through all of the Blackboard resources						
I completed each of the surveys						
I attended all the lectures and kept myself up to date						
I managed my own time and caught up by the end						
Overall I found the video resources interesting						
Overall I found the written materials interesting						
I found RTS-3 more interesting than I expected						

Make sure you have the correct version

Review the portfolio structure, this week consider the section on exams

<http://www.edshare.soton.ac.uk/15917/>

Thinking about Flow



- Much of the video and writing focuses on happiness
- I am interested in how we can access flow to work optimally and achieve our goals
- Watch and relate the general context to your own experience

<https://youtu.be/8h6IMYRoCZw>

Essays and reports vs reflections

Difference between and essay/report and reflective writing

Undergraduate Essay/Report	Reflective Writing
The subject matter likely to be clearly defined	The subject matter may be diffuse and ill-structured
The subject matter is not likely to be personal	The subject matter may be personal.
The subject matter is likely to be closely specified	The subject matter may be determined by the writer.
The purpose of this kind of writing is set in advance, usually fairly precisely in a title / topic	There may be purpose, but more likely a theme or direction, not a precise title that predicts the outcome.
Most ideas drawn into an essay / report will be predictable and will be determined by the subject matter	In reflective writing ideas can be drawn from anywhere the writer believes to be relevant. What is used will be determined by the sense being forged by the writer
There will be a conclusion	There may be a conclusion in that something has been learnt, or there may be a recognition of further areas for reflection
Essays / reports are more likely to be 'one off' – finished and handed in	Reflective writing may be part of a process that takes place over a period of time
There is likely to be a clear structure of introduction, discussion and conclusion	There is not necessarily a clear structure other than some description at the beginning and some identification of progress made. Structures, such as questions to prompt reflective activity may be given
The writing style is likely to be fairly objective – speaking in the third person	The writing style is likely to be fairly subjective, speaking in the first person
An essay or report is a usually intended to be a representation of learning	The intention underlying reflective writing is likely to be for the purpose of learning
An essay / report is likely to be the product of a thinking process, tidily ordered.	Reflective writing usually involves the process of thinking and learning and it is therefore not necessarily 'tidy' in its ordering

- Read/download the hand out
- Read each point in turn
- How can you relate this to what you write in the portfolio

Where do you get inspiration?

Exercise

- Spend five minutes free writing
- Use the hand out
- Write what inspires you in your chosen topic
 - Could be a person, book, idea, objective
 - Don't plan or think about it, just let your unconscious lead you, the only person to read this will be you...(see next slide)

Link to Free writing exercise and background info EdShare

<http://www.edshare.soton.ac.uk/16145/>

five minutes writing

What inspires you in your chosen topic

- Could be a person, book, idea, objective
- Don't plan or think about it, just let your unconscious lead you, the only person to read this will be you

- Don't stop for anything.
- Go quickly without rushing.
- Never stop to look back, to cross something out, to wonder how to spell something, to wonder what word or thought to use, or to think about what you are doing.
- If you can't think of a word or a spelling,
- just use a squiggle or else write "I can't think what to say, I can't think what to say" as many times as you want;
- or repeat the last word you wrote over and over again; or anything else.
- The only requirement is that you never stop.

<https://youtu.be/hOA-2hl1Vbc>

Start Now



pachelbel's Canon in D--Soothing music(the best version)

<https://youtu.be/hOA-2h1Vbc>

You will have your exam results

- Now or very soon
- Find some time to think about them...
- Wordless recreation to find quiet time
 - A walk in the park
 - A swim
 - A run
 - Doodling/colouring
 - You could try a free writing exercise



My exams....

exams

- What are your reflections on your exam performance?
- What are you going to do differently next time?
- What could you do before the next exam to make things even better?

Fill in that section of the portfolio as soon as possible



Your Tasks

Some things for you
and the portfolio

Next seven days

1) Complete the survey

<https://www.isurvey.soton.ac.uk/19212>

You will get an invitation

2) Understand the difference between

- writing a reflection and
- writing an essay

<http://www.edshare.soton.ac.uk/16146/>

3) Watch the video set

<http://www.edshare.soton.ac.uk/14046/>

4) Make your action plan

Think about this in the context of

- What you learnt about flow?
- What you need to write in the portfolio?
- What makes you happy?
- What you plan to achieve?

Next week

No lecture scheduled

Use the time to work on your portfolio

Conduct the peer review exercise

In pairs, or small circles of three or four

<http://www.edshare.soton.ac.uk/16143/>

Independent study

- Complete a late draft of the portfolio for peer review
- Revise the portfolio based on
 - the feedback you receive
 - your own further reflections

Thank You :-)

