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| **Ambitions and motivations**  ***Which degree programme are you going onto study, and what do you want to do after you graduate?*** ***Has this changed over the course of the year so far?***  ***After your experiences so far, how would you describe your levels of motivation? Are you always highly motivated? Has anything changed during the year?***  ***During the foundation year has your level of motivation varied, and if so, what are the likely triggers for that variation?***  ***Have you done anything specific this year to improve your level of motivation?***  ***Looking ahead, how will you maintain high levels of motivation in order to achieve your ambitions?***  ***What will you do differently to maximise your motivation throughout semester 2 and the exams?***  ***Are you managing to maintain a work-life balance? Please explain your answer and suggest how you might improve it going forwards.***  ***What have you learned about yourself during the year so far?*** |

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| **Exam performance**   |  |  |  |  | | --- | --- | --- | --- | |  | **Biology** | **Chemistry** | **Maths** | | *What mark were you expecting to achieve* ***before*** *you sat the exam?* |  |  |  | | *What mark did you think you had achieved* ***after*** *you sat the exam?* |  |  |  | | *What mark did you actually achieve in the exam?* |  |  |  |   **Reflection on Biology**  ***How did you feel about your exam mark, and how closely did it match with your expectations?***  ***What was your approach to revision for the exam? Briefly describe the approach you take i) at the beginning of the revision cycle, ii) the middle of the cycle and iii) the days immediately before the exam. How effective do you feel your approach was?***  ***What will you do differently to maximise your performance in the semester 2 exams?***  **Reflection on Chemistry**  ***How did you feel about your exam mark, and how closely did it match with your expectations?***  ***What was your approach to revision for the exam? Briefly describe the approach you take i) at the beginning of the revision cycle, ii) the middle of the cycle and iii) the days immediately before the exam. How effective do you feel your approach was?***  ***What will you do differently to maximise your performance in the semester 2 exams?***  **Reflection on Maths**  ***How did you feel about your exam mark, and how closely did it match with your expectations?***  ***What was your approach to revision for the exam? Briefly describe the approach you take i) at the beginning of the revision cycle, ii) the middle of the cycle and iii) the days immediately before the exam. How effective do you feel your approach was?***  ***What will you do differently to maximise your performance in the semester 2 exams?***  **Overall exam reflection**  ***What have you learned about yourself so far this year?***  ***What are the things you could do to improve your exam performance, and your approach to exams?***  ***What have you done, or how have you changed your behaviour to improve or refine your approach to exams?*** |

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| **Subject and module specific reflection**  **Fundamentals of Biology**  ***How would you describe your level of motivation to study and the amount of effort you are putting in when studying this subject?***  ***How do you feel about your performance so far in assessments (other than exams) relating to this subject?***  ***How have you responded to feedback you have received in this subject***  ***What are your strengths in this subject?***  ***What are your weaknesses in this subject***  ***How difficult are you finding this module?***  ***What can you do to further enhance your performance in this module?***  **Fundamentals of Chemistry**  ***How would you describe your level of motivation to study and the amount of effort you are putting in when studying this subject?***  ***How do you feel about your performance so far in assessments (other than exams) relating to this subject?***  ***How have you responded to feedback you have received in this subject?***  ***What are your strengths in this subject?***  ***What are your weaknesses in this subject?***  ***How difficult are you finding this module?***  ***What can you do to further enhance your performance in this module?***  **Mathematics for Scientists**  ***How would you describe your level of motivation to study and the amount of effort you are putting in when studying this subject?***  ***How do you feel about your performance so far in assessments (other than exams) relating to this subject?***  ***How have you responded to feedback you have received in this subject?***  ***What are your strengths in this subject?***  ***What are your weaknesses in this subject?***  ***How difficult are you finding this module?***  ***What can you do to further enhance your performance in this module?*** |

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| **Study and university life**  ***How would you describe your attendance? Are you happy with your level of attendance? How could it be improved?***  ***Have you been able to find time for social, sporting or other activities? How good are you at achieving a life work balance?***  ***How is your personal and social life affecting your study and your motivation?*** ***Are there any other external factors, outside academic study which have affected either your settling in, or your progress during the year?***  ***Have you kept a diary or in any other way logged your progress?***  ***Other than your academic tutors, is there anybody with whom you discuss your progress or circumstances?***  ***Does your actual progress match with your ambitions and motivations?***  ***What have you learned about yourself during the year so far?***  ***What are the things you could do to make the best of your study and university life?***  ***What have you done, or how have you changed your behaviour to make the best of your study and university life?***  ***Add any further reflections you can think of here:*** |