



2023

PERSONALISED LEARNING

22-23

BA30030E

//////

Module Leader: Dr Francisca Chiamaka Umeh

Week 2

Personal Development and Reflection

STRUCTURE OF TODAY'S CLASS

- Announcements
- Recap of last week's class
- Overview of this week's lecture
- Today's seminar activities

By the end of today, you will:

- Understand personal development.
- Learn about the framework to help you reflect.
- Reflect on your key skills.





This week's Announcements

- Student Rep elections next week
- Review assessment Part A (weekly reflective journal)
- The value of reflection
- What is reflective learning?
- Reflective framework:
 - Kolb's Learning Cycle
 - Gibb's Reflective Cycle
- Reflecting on key skills
- **Learning questionnaire**

Recap From Last Week

What are the top three things you learnt from last week's class?

What is Personalised Learning

- Provide opportunities for academic/personal development to help you progress to level 4
- Develop skills to be a reflective and successful learner
- Provide support for level 3 assignments (other modules)

Assignment Part A- reflective journal

Who can remember what you have to do?

- Use template on Blackboard
- Weeks 1-10 should be included in the reflection
- Each entry should be 200 words +/- 10% (approx. 2200 words)
- Should be written in a reflective style
- Formative submission in week 8 via Turnitin
- Summative submission in week 14 via Turnitin

The difference between Formative and Summative Submission

- Formative means you submit your work to receive feedback which can then be used to improve your work further before you receive your final mark.
 - **VERY IMPORTANT FOR YOU**
- Summative means you submit your final work to receive a final grade.

Have you?

- **Assessment** – Read the assessment brief to understand the components of the assessment. They are important. - You need to start preparing and gathering questions for the next session.
- **Take-Home Exercise:** Attempted the take-home exercises and understand how they apply. How about all other independent study activities?
- **Any questions?**



This Week

Personal Development

Learning Outcome



Personal Development and The importance of reflection



How reflection can help your learning



Reflection about something before you actually do it - Learning before doing



Reflection in action - Learning while doing



Reflection on action - Learning after doing

What is Personal Development



Personal Development

How to achieve personal development:

- Understand the concept of personal development
- Have a personal development plan
 - Individuals that have personal development plan devise means that forms the basis of their continuous training for academic progress and career growth.
 - Students hoping to continue into higher education (MSc, MBA, PhD) need to have a personal development plan.
- Your personal development plan starts now.

What is Personal Development



Personal Development Plan – Key questions

Personal Development

**Discuss in groups.
Take down notes.**

Key Question:

- How am I going to get there:
 - ☐ Where do you want to be in 6 months
 - ☐ Where do you want to be in 1 year
 - ☐ Where do you want to be in 4 years

Personal Development

Key Question:

- How am I going to get there:
 - ☐ Through reflection
 - ☐ SMART Goals

Personal Development Through Reflection

- Reflection is about you:
- Understanding what happened or where you are now with an issue
- Being perceptive enough to see what happened
 - oRecognising how you felt

<https://www.youtube.com/watch?v=y7jCmfly7jk>

Discuss in groups.
Take down notes.

- Three things you learnt from the video?

Personal Development Through Reflection

To understand:

- ☐ Where am I now?
- ☐ Identify existing skills and competencies
- ☐ Identify strengths
- ☐ Identify weaknesses
- ☐ Identify long-term aims
- ☐ Future required skills and competencies and qualifications
- ☐ Progressive learning

Learning Through Reflection

- So why is it important to know the difference?
 - ○ This is because you must concentrate on the
 - ***final objective: learning***
- You want to learn and therefore, find the ***best way***.
 - Think about ways for yourself to learn not just study because you may spend hours studying but feel that this has not helped you learn.
- So, ***studying does not necessarily result in learning***.

Learning Through Reflection

- What is the difference, if any, between studying and learning?
- **Learn** – to gain knowledge or skill by studying, practicing, being taught, or experiencing something.
- **Study** – to read, memorise facts, attend school, etc., in order to learn about a subject

Learning Through Reflection

- **Habits**
 - Bad habits hold you back
- **Mindset**
 - Fixed intelligence mindset
 - Growth intelligence mindset
 - Self-reflection is important in order to achieve the growth intelligence mindset
- **Intelligence**
 - Emotional Intelligence
 - Emotional intelligence (EI) refers to the ability to perceive, control, and evaluate emotions
 - EI – how we handle ourselves and manage our emotion
 - Social Intelligence
 - SI – having empathetic skills / motivating & inspiring others / how to work effectively with others

These will be covered in detail next week.

TIME FOR A BREAK



Framework to help you reflect

- Kolb's Learning Cycle (Kolb, 1984)
- Gibb's Reflective Cycle (Gibbs, 1988)

These will be covered in detail next week.

Framework to help you reflect

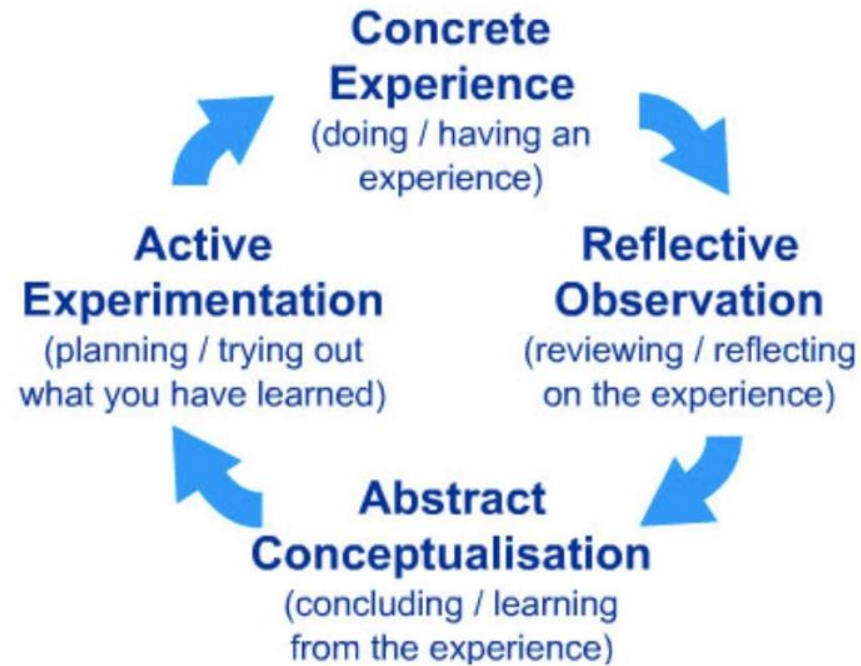
Gibb's Reflective Cycle



These will be covered in detail next week.

Framework to help you reflect

Kolb's Learning Cycle



These will be covered in detail next week.

This Week's Seminar

Work in groups



This week's Activity

Complete Activity 2:

- Reflecting on your key skills
 - Maintain the same group and share your thoughts with the group members.
 - Have a purposeful discussion.

Complete Activity 1:

- Take-home exercise
- Self-reflection questions



This week's Activity:

Wellbeing

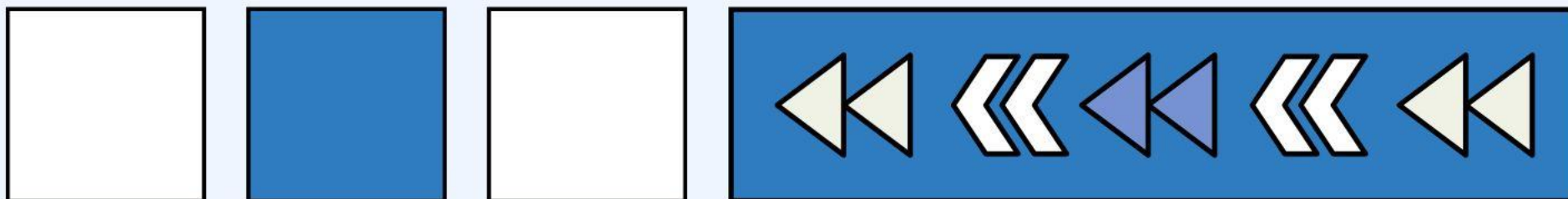
- Watch the videos and join the class discussion
 - How can your well-being impact your study
 - What are the things to look out for to ensure your well-being is intact
- Review the additional well-being materials and resources to enhance your student experience

What is Academic Success for PL?

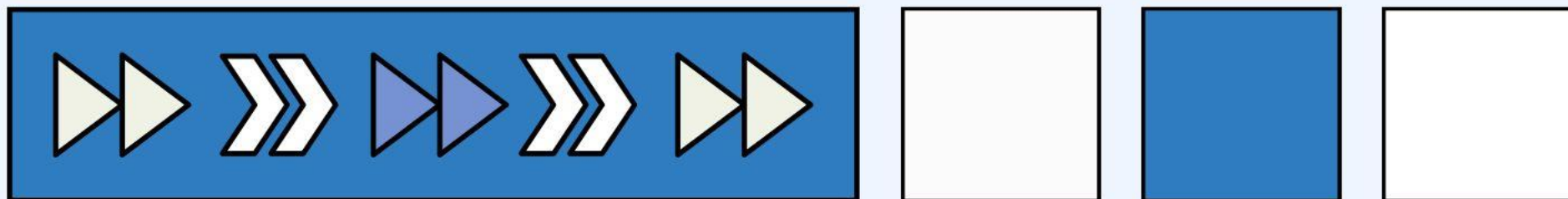
- Academic Success is the ability to 'practicalise' the conceptual, theoretical and subject knowledge with a specific goal.

Dr Francisca C Umeh





THANK YOU!



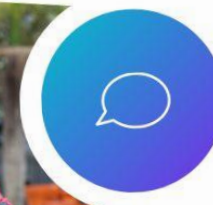
WHAT NEXT:

Take Home Exercise

To support your learning.

Revise Ahead

To prepare for next class.



Contact Your Tutor

For module specific inquiry.

Assessment

Understand the expectations and plan ahead.