

Skill Set and Goals – Academic Learning Skills 2023

Kuura Koivu & Mari Partanen
29.11.2023

Programme of the day

Discussion about the last assignment

Task about strengths

Some talk about self-knowledge

Final assignment

Thinking back

Course Feedback

Register
your
attendance

Self-evaluation of the groupwork

Thoughts about the assignment?

Successful experience

Think back some situation, when you felt joy of success and when you were satisfied about your actions. This situation can be from studies, work, hobbies or free time. Tell it as detailed as possible.

Example questions:

- Describe the situation, when you felt joy of success. What did you do or accomplished?
- If someone had observed your actions, how would (s)he had described your way of working (f.ex. fast, excited, careful...)
- What did you like about your doing?
- Where there any difficulties and how did you overcome those?
- How did other people were related to your actions? How did you work with them?
- What skills did you use? What did you learn?

Successful experience

Form groups of three:

1. tells their story
2. asks questions
3. listens and makes notes about the strengths and skills.

At the end, the one who has asked questions can add own remarks.

Exploration of strengths:

Listen carefully the story of the narrator's successful experience. What skills and personal features the successful experience shows of them?

Write them down and in the end give your notes to the narrator.

Time reserved for every story and analysis is 15 minutes (total 45 mins).

Self-knowledge

- Easier to make choices
- You make choices you are happy with
- You have to explore yourself honestly to make successful choices for you.

Gottfredson (2002)

- You can get support and new perspectives from others.
- Usually, peers are at the same life situation and you may learn through their support and encouragement.

Peavy (2006)

What is reflection?

- Through reflection, learners develop their ability to integrate the insights they gain into their learning/life experience so that they can make better choices and improve their learning (Rogers, 2001)
- Reflecting helps you to develop your skills and review their effectiveness, rather than just carry on doing things as you have always done them.

REMEMBER THIS?

EXAMPLE QUESTIONS:

- Strengths** – What are my strengths? For example, am I well organised? Do I remember things?
- Weaknesses** – What are my weaknesses? For example, am I easily distracted? Do I need more practise with a particular skill?
- Skills** – What skills do I have and what am I good at?
- Problems** – What problems are there at work/home that may affect me? For example, responsibilities or distractions that may impact on study or work.
- Achievements** – What have I achieved?

Final assignment: Reflection on what you have learned

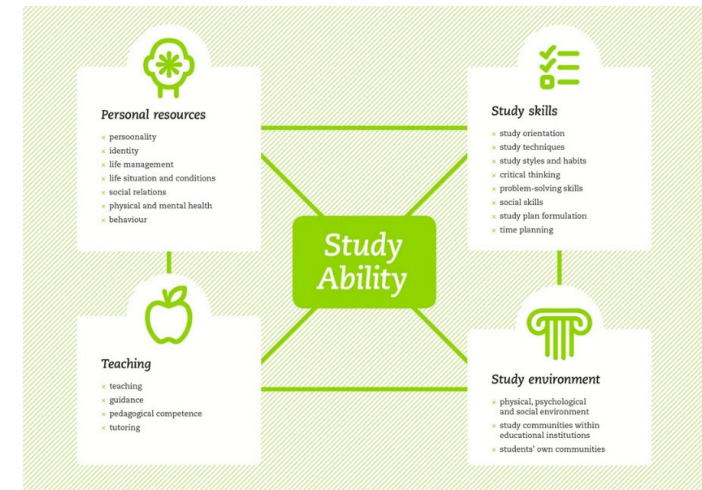
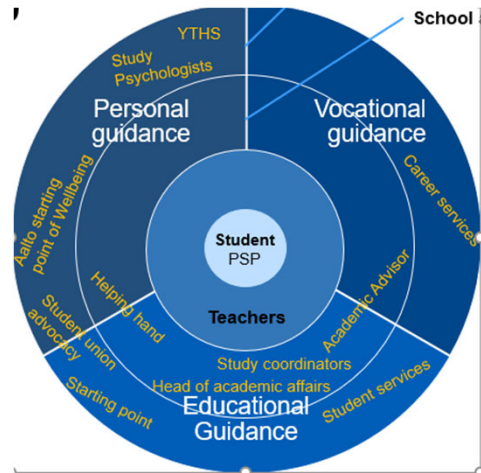
Gather all assignments you have done during this course in one file.

Write 1-3 page reflection on what you have learned, your strengths, skills and development.

Submit the task by 10 December 2023.

Instructions at [MyCourses](#).

Themes we've covered



Studying in Finland

Learning environment

open _____ closed

Responsibility

student _____ academics

Assessment

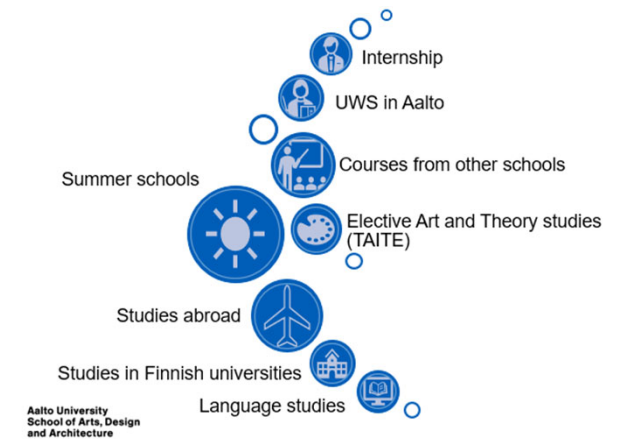
grades _____ feedback

Learning by

reading _____ doing

In focus

student _____ teacher



Thank you for the
course!