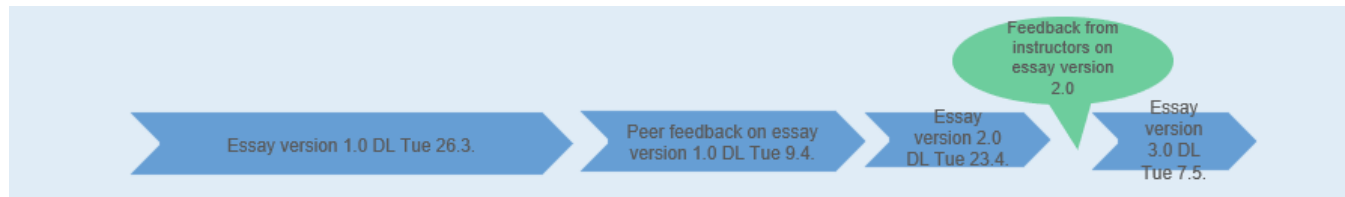


# Essay: My approach to learning and teaching



The goal of this essay is to start formulating your approach to learning and teaching. It contains your pedagogical thinking, your perspectives and beliefs, as well as the values on which you make pedagogical decisions, i.e., how you carry out your teaching and guidance work. Writing this essay will help you analyze and structure your pedagogical thinking and development as a teacher.

Reflect and write your thoughts about learning and teaching and how they affect your teaching in practice. You can describe and reflect on your experiences, perceptions, beliefs, values, and knowledge about learning, teaching, and studying. Through your vision, you can also open your interpretation of learning and high-quality teaching.

Read and combine learning and teaching literature in your essay using scientific source references. The ideas emerging from the literature can both support and challenge your views, and you may find connections to your own thinking or gain new insights and ideas. By writing, you structure your practical teaching and guidance work, which is an important starting point for developing your teaching and thinking. You can also use the pre-assignment and the learning logs of this course as a basis for your essay.

## Essay style, structure and submission

An essay is a reflective and personal text on a particular topic and point of view. It shows that the author is familiar with the source material and is able to deal with it through one's own point of view. In the text, the author discusses with various sources. The difference between an essay and a reference is that the report repeats the facts of the source text, and it is not intended to show one's own thoughts on the subject, but the essay consists precisely of a discussion of sources and one's own reflections.

The length of the essay is 4–6 pages excluding the reference list. The line spacing is 1.5, and the font size is 12. The computational load of the essay is 36 hours.

The essay will be returned to the MyCourses platform according to the course schedule. More information can be found on MyCourses.

Consider the following questions in the essay together with source literature (. **You can use the example structure below:**

My approach to learning and teaching

1. My conception of learning (sessions 1.-2. & chapter 1, 4, 10)
  - What is my view of learning and knowledge construction?
  - How does learning happen in my field of science?
  - What do I expect from students in the learning process?
  - What learning theories support my conception of learning?
2. My conception of teaching (sessions 1.-3. & chapter 1, 4, 14)
  - What is my view of high-quality teaching and development of teaching?
  - What values and principles guide my teaching and guidance work?
  - What do I find meaningful in teaching?
  - What learning theories support my conception of teaching?
3. My approach to learning and teaching in practice (sessions 1.-5. & chapter 5, 10, 11, 14)
  - What kind of practical pedagogical solutions do I use that are aligned with my view of learning and teaching?
  - What kind of interaction do I build in teaching situations?
  - What is my role and responsibility as a teacher in the students' learning process?
  - How does the community's educational culture influence my view?
4. Development as a teacher (session 2.-5. & chapter 9, 15)
  - What are my strengths and areas of development as a teacher?
  - How do I collect, analyse and utilize the student and peer feedback in developing my teaching skills?
  - What do I want to be remembered for as a teacher?

(If you like, you can write a short summary before the references.)

5. References
  - Hunne, Lynt & Chalmers, Denise (toim.) 2021. University Teaching in Focus. A learning-centred approach. 2. painos. London: Routledge. Saatavilla Aallon kirjastossa e-kirjana. (vanhempi painos vuodelta 2013 saatavilla yliopiston kirjastossa myös painettuna, 4 kpl)  
[https://primo.aalto.fi/permalink/358AALTO\\_INST/ha1cg5/alma999510057406526](https://primo.aalto.fi/permalink/358AALTO_INST/ha1cg5/alma999510057406526)
  - + optional materials, e.g.:
  - Tuomainen, Satu. Supporting Students through High-Quality Teaching Inspiring Practices for University Teachers. 1st ed. 2023. Cham: Springer International Publishing, 2023. Web.  
[https://primo.aalto.fi/permalink/358AALTO\\_INST/ha1cg5/alma999706530106526](https://primo.aalto.fi/permalink/358AALTO_INST/ha1cg5/alma999706530106526)
  -