

SES1022M

Introduction to Psychological Principles Seminar 2

28/09/2015

DEVELOPING A LEARNING CONTRACT

A typical learning contract as used in higher education is a formal written agreement between the learner and a tutor which details what is to be learnt, the resources and strategies available to assist in learning it, what will be produced as evidence of the learning having occurred, how that product will be assessed and within what timeframe the learning will take place (Knowles 1975; 1986).

1. What are you going to learn this academic year? (what are the learning outcomes, what is to be learned?)

From this academic year my learning out comes are to have a better understanding across all modules in sports science. The main modules that I will want to expand my knowledge on is the biomechanics as this interests me and the physiology side. As this is the sort of direction that I would like to go into.

1. What is the best way to achieve those learning outcomes? (activities, strategies, tasks, environmental conditions. Attitude, behaviours)

The best way for me to achieve these learning outcomes is to have a good mix of both practical and note taking. By doing this it allows me to know what I am doing by the practical and then revisit everything to refresh it in my mind by taking notes. I prefer to work better in small groups rather than on my own or in large groups as it allows people to bounce ideas of each other and gives me a better understanding of the subject area. The environment that I work best in is ones where it isn’t extremely silent and there is a little bit of background noise. If I am working on my own I like to have music playing in the background as it stops me from becoming distracted by my surroundings and helps me concentrate on my work. When I am learning I like everyone’s attitude and behavior to be mature so that I can pay attention to what is going on and take the best notes I can down.

1. How will your learning and accomplishments being monitored?

My learning and accomplishments will be monitored by submitting all the work I have done then it being graded and then given back to me so that I can see where I gained the marks and where I missed out.

1. What are the roles and responsibilities of those involved in your learning?

My responsibilities are to turn up in correct kit to all lab lessons, and make sure I attend every lecture/seminar/lab on time. Another responsibility is that I will need to make sure that I submit all my work on time and to a high standard.