

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?)

* Develop my knowledge and understanding of key Psychological principles and Theories.
* Further my knowledge in both Anatomy and Physiology as well as Biomechanics. Completing this will hopefully give me more of an idea with path I would like to explore more.
* How to perform a successful group presentation.
* Gain a grade 1st or 2.1

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

* Always go into every seminar/lecture with a positive attitude.
* Be always ready to learn.
* Be pro-active in regards to completing extra reading.
* Always be prepared to ask questions if not fully understood a topic.
* Get involved in group activities and discussions.
* I learn best from doing things practically as it helps me remember doing it and is easier to refer back to.

1. How will your learning and accomplishments be monitored?

* Examination at the end of the year.
* Group presentation in January.
* A blog online.
* Attendance
* Participation in seminars/lectures.

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

* To teach the necessary and relevant information needed to pass the course.
* To have available contact time if needed.
* To provide support if needed.
* My responsibility is to turn up to all of my lectures and seminars as well as doing the extra work that is required of me.
* I will also turn up in correct kit when needed.