

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?)

What I hope to achieve this year is to have a better understanding of sports science in all the modules I am taking. I would like to further my knowledge in sports psychology as it is a very interesting part of sports that I enjoy learning about also I’d like gain more knowledge on biomechanics as I find that also very interesting and could be a field of sport I would like to work in.

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

The best way to achieve these outcomes for me is being practical, I don’t learn very well from just sitting down and looking at PowerPoint presentations. I prefer being proactive with my learning and getting stuck in. However, I know this cannot be done all the time. I learn better by working in small groups where I can hear different views and opinions on topics. I don’t really have a learning environment I work best in, as long as it’s not awkward I would be fine. The attitudes I work best in would be a mature attitude and not being rude like talking anybody.

1. How will your learning and accomplishments being monitored?

Through submitting all my work and it being graded and it being put onto record for my lecturers/me to see.

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

My responsibilities are to attend all lectures/seminars and practical’s to optimize my learning, also I need to submit all pieces of work on time to be marked and given back. I will come with the correct kit/equipment to optimize my learning also.