

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).

* What are you going to learn this academic year? (what are the learning outcomes, what is to be learned?)
* I am to learn more the role that psychology plays during exercise or during a sporting activity.
* To fully understand the principles of psychology
* To delve into detail about the human anatomy and understand how my body works/functions
* I am to be able to reference work correctly and be more confident while presenting in front of a group
* Finally, I aim to achieve an end grade of either a 2.1 or 2.2

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

* Turn up to every lecture or seminar with a positive learning attitude.
* Always bring the required equipment and reading to every lecture
* Complete the required reading outside of lectures
* Don’t be afraid to ask the lecturer or teacher for any help if you don’t understand a topic.
* Don’t be afraid to get involved to gain all the benefits of a tasks or group work

How will your learning and accomplishments being monitored?

* An online blog
* Assessments throughout the year
* Attendance
* Participations during lectures and seminars

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

* To be willing to give their time in helping me
* To give me aid if I require it and be contactable
* To understand the relevant information
* To wear the required clothes and bring the correct equipment to lectures and lessons