EXAMINATION FEEDBACK

* What have you learned?
* Did the exam results come as a surprise to you?
* What did not surprise you?
* What methods worked or didn’t work?
* Why do you think you passed/failed the exam/s?
EXAMINATION FEEDBACK

* Do you find studying at University different from studying at school?

* Was the subject content vastly different from school?

* Where did you go for advice and support in the first semester?

* How confident are you about starting semester two?
EXAMINATION FEEDBACK

* How confident are you about future exams?

* What experiences have you gained from semester one that you think will be useful in helping you to succeed in semester two?

* Do you intend to make any changes to your approach to study for this semester?
* What did you remember from the previous module?

* What were the main aspects that you learned?

* What’s going well?
* What suggestions do you have for improvement?

* Sections focussed on Academic Orientation, Information Technology at work, and Practical aspects of Information Technology. How much did you learn from these activities?
How keep positive and self-motivated:

- accepting responsibility for your results
- the awesome power of attitude and belief
- practical techniques for maintaining a positive attitude
- confronting fears and taking action
- finding the benefit in every adversity
How keep positive and self-motivated:

- finding the benefit in every adversity
- the magic that flows from commitment
- building high self-esteem
- improved interpersonal and networking skills
The first option is to “Be there”

Have you seen the bumper sticker, “The World is run by those who show up”.

Make a commitment to “be there”. And try to be totally focused in the day’s activities, stressing it is a great lesson for life. To enjoy the day, the job, the assignment, the lecture, you have to “be there”. We focus so much on multi-tasking, we have the tendency to be everywhere but where we ought to be. It’s a choice. We can make a decision. We either need to be there, or get out.
The second option is to “Look for trouble”
The fiery Zorba the Greek says, “Life is trouble. Only death is not. To be alive means to buckle our belt and look for trouble”.
But that means change and change....

The ultimate tragedy, as Oliver Wendell Homes has said, is that many people go to their graves with the music still in them. We have a song, dream and vision in our hearts, but we have never acted on it. We choose to live in a dream world and never take the step to change.
Some of the saddest words in the English language are “if only”, or “it might have been”. Many people use these phrases because they can’t take the first step. They are paralysed by fear.

Today we have so many career options. Most people spend far more time planning the purchase of a new car or planning their vacations than they do thinking about what they really want to do with their lives.
HOW TO SUCCEED

We have two choices: We can choose to “be there” and become passionate about our careers, or we can choose to “get out”. As John Henry Newman says, “Fear not that your life shall come to an end, but that it shall never have a beginning.”

You have the choice.
Managing stress:

Work Overload + High Demands + Low Control = Unfulfilled Goals
Managing stress:

Stress Buster One: Neutralize work overload with small victories

When we are overwhelmed by the magnitude of the work overload, we often become paralyzed. Breaking the project down so that we can achieve small victories makes the overload manageable.
Managing stress: Stress Buster Two: Regain control with routines

Routine stabilizes one’s life. They are the proactive, disciplined rituals that produce balance, harmony and a sense of control.

You can choose to control the following areas of your life: nutrition, breaks, exercise, spirituality, planning, sleep, and even commuting. Establish disciplined routines in these areas and you will not only feel better physically, but also feel like your life has rhythm and healing.
Managing stress:

**Stress Buster Three: Just do it**

Unfulfilled goals are a silent stressor. When I am stressed because of high demand and low control, I take this advice:

Neutralize work overload with small victories, develop healthy disciplined rituals, and, just do it!
A good learner is someone who ......

- actively participates
- always tries
- analyses new information and contrasts it with what they already know
- asks questions, or any questions relevant to discussion
- begins with being present – physically, mentally. Knows how he/she learns best and is creative
A good learner ..........

- cares about the material
- cares about what they are learning
- comes prepared
- could think critically
- doesn’t only study for an exam or for a test
- enjoys learning
- has “academic empathy”
A good learner ..........

- has a personal interest in the subject matter
- has active listening, thinks and responds
- has frustrations and asks a lot of questions
- incorporates new knowledge into daily life, activities, and other courses
- interacts with other students
- a good listener
A good learner ..........

- is a listener, really listens – retains what is being said and is willing to ask questions
- is able to access resources – in and out of the classroom
- is able to question their own beliefs
- is an active listener, comes up with a question beyond what they have learned in class.
A good learner ..........

- is aware of when they don’t understand and is able to communicate that to the lecturer
- is creative – is able to challenge assumed knowledge
- is curious
- is enthusiastic about learning. You don’t have to be smart
- is interested in the material and motivated to learn as much as they can about it
A good learner ..........

- is motivated and willing to learn always more
- is not afraid to ask questions and question the lecturer
- is open to new and different ideas
- is open to taking risks, exploring. It’s more about the process than the product
- is open-minded
A good learner ..........

- is pro-active and responsible for their own learning. Finds out what they need to know and how it fits into their life
- is willing to be taught
- is willing to put in the effort to learn
- is willing to take a risk
- is willing to work hard
- knows what he/she is looking for in the chosen course
A good learner ..........

- listen intently and can make the material interesting for themselves
- listens to information and figures out what it means in your life and respects what it means to others
- listens, even if they disagree
- makes full use of lecture time
- never stops learning
A good learner ..........

- asks for help when they don’t understand
- reviews class notes regularly should be very curious, aware and focused on his/her mission
- tries to apply what they are learning tries to cultivate “beginner’s minds”
Make a concerted effort that Semester 2 will see you becoming a good and smart learner!
“Our greatest glory is not in never falling, but in rising every time we fall.”

- Confucius