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 would like to develop my knowledge and understanding in the field of sports and exercise science further. As well as increasing my knowledge in sport, also take part for a healthy physical and mental lifestyle.

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

Keeping up to date on every work assignment or reading task. This could be sacrificing social time and trying to keep myself in a positive and motivated point of view to do so, to allow myself the best grade possible.

* How will your learning and accomplishments being monitored?

As university is more of an independent work layout, personal understanding within the lectures and lab lessons will be my way of monitoring my progress or regression in the sense of if I understand the work load. Also any grades or information the lecturers may have feedback wise can also help give me an indication as to how I am getting on.

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

I am the main person responsible for my learning and outcome. The lectures are only introductions into the topics and I am responsible for making additional notes and reading in my own time to make sure I understand. If I struggle I will come to them for help or visit help support but I am the one responsible for myself and the individual goals I have set for myself.