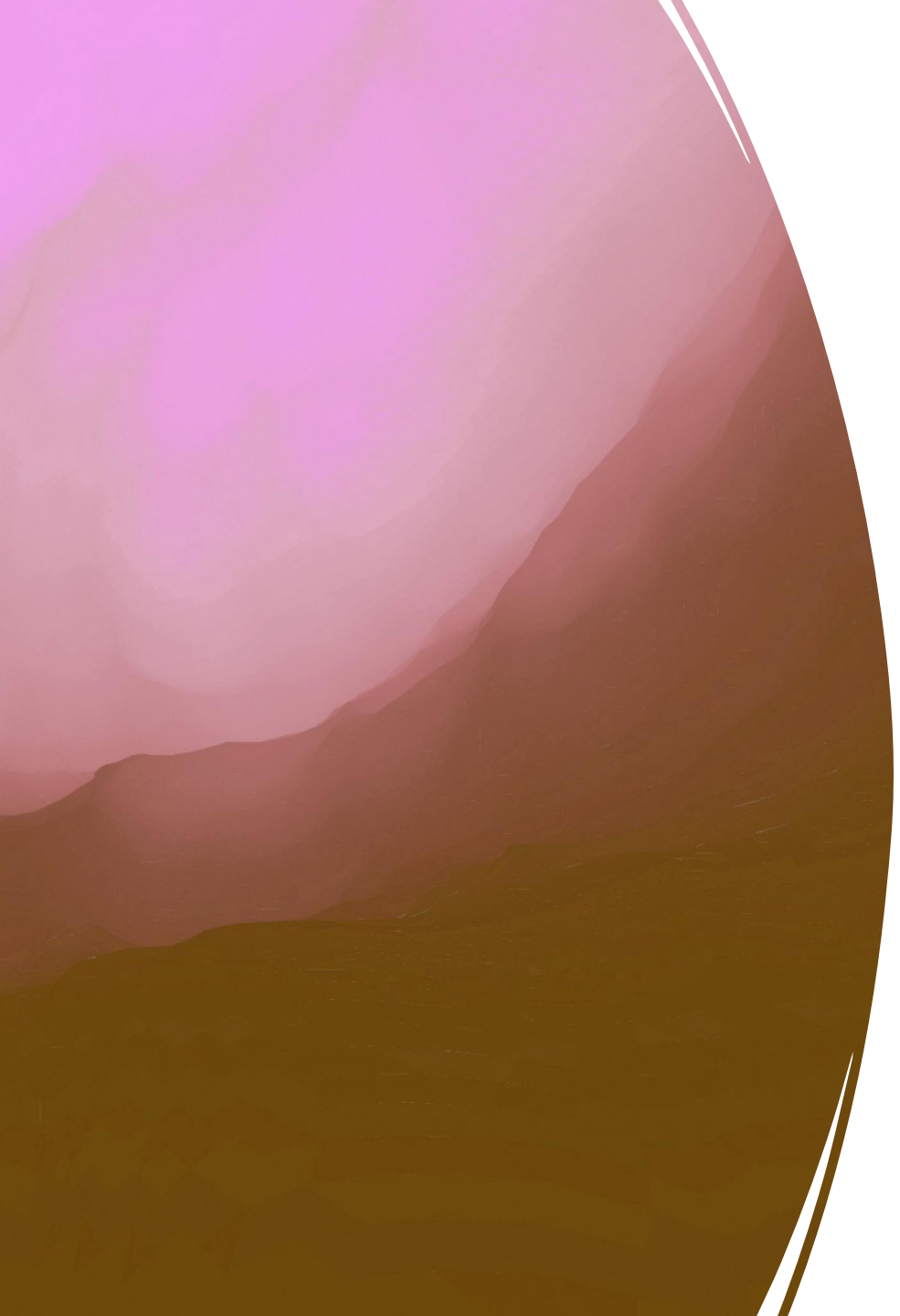
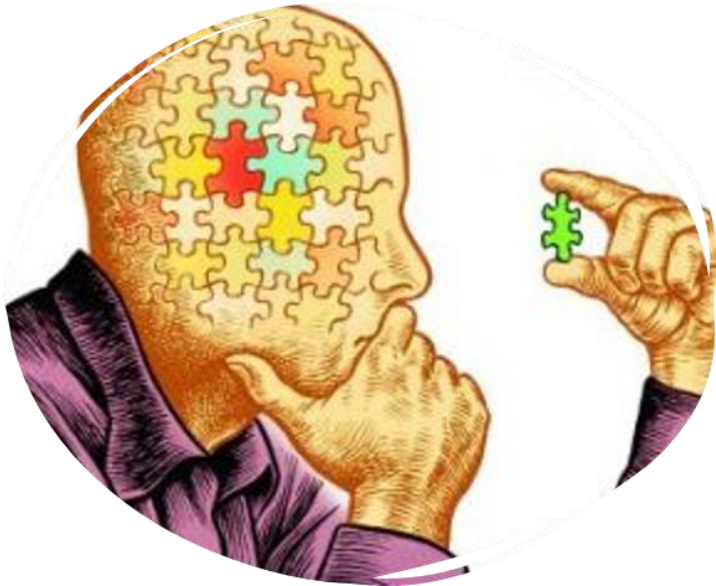




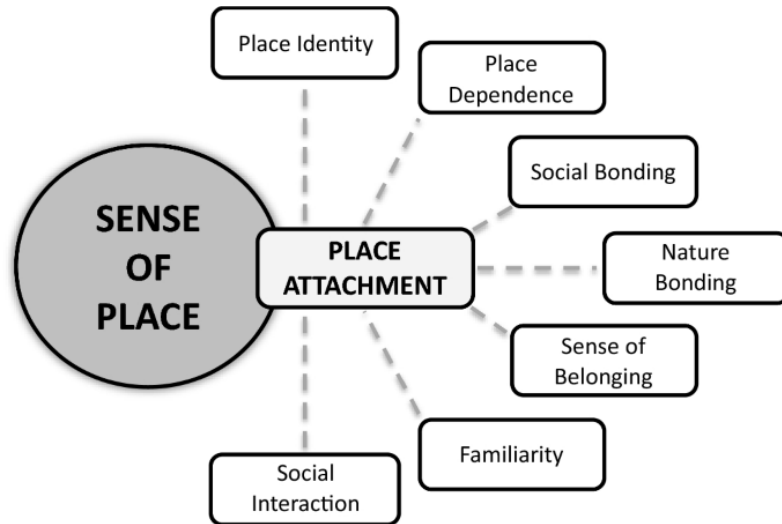
Personal Identity

Personal Identity



personal identity is a mix of how you see yourself and how other perceive you. What this means is that there are so many examples of showing your identity. Your personality, gender, ethnicity etc all make you unique individuals and that is a good thing because if everyone was the same in the world then life would be boring. You wouldn't be able to see other sides of certain points and that is very important especially when working in groups as others may not agree with you and they could mention a point that is very important in the task you are doing, and you may have not thought about it from that angle.

Sense of place



categories in their mind. To understand sense of place people often attribute details to the location; for example, University is known to me, and I am aware of what it looks like, where it is located and where it is in relation to my location. Sense of place is very important; places carry meaningful memories and cultures. This links towards being a good team player if someone is better at a certain job for example; if someone can do good editing on videos you wouldn't make them write the script since their skills are being wasted and someone else who could be good at writing could be doing that. Understanding everyone's skills and what they bring to the table is sense of place, knowing everyone is

Values



Values are very important to teamwork. Being able to help each other improve each other's performance when following team values will help you become more productive, and this will enhance your performance. A good team player contributes to solutions and will be able to handle conflicts that could arise whilst working with others. The main value you will need as a team player would be treating everyone with the same respect and not being blunt if they disagree with what you say instead understand what they said and learn from it and develop the idea to better it and to reach the end goal.

Beliefs

Building a Team Based On The Beliefs, Basics and Brilliance

They are many models for building fine teams. One approach is for people to build on their beliefs. It is then to translate these into continually doing the basics and, when appropriate, to add the brilliance.

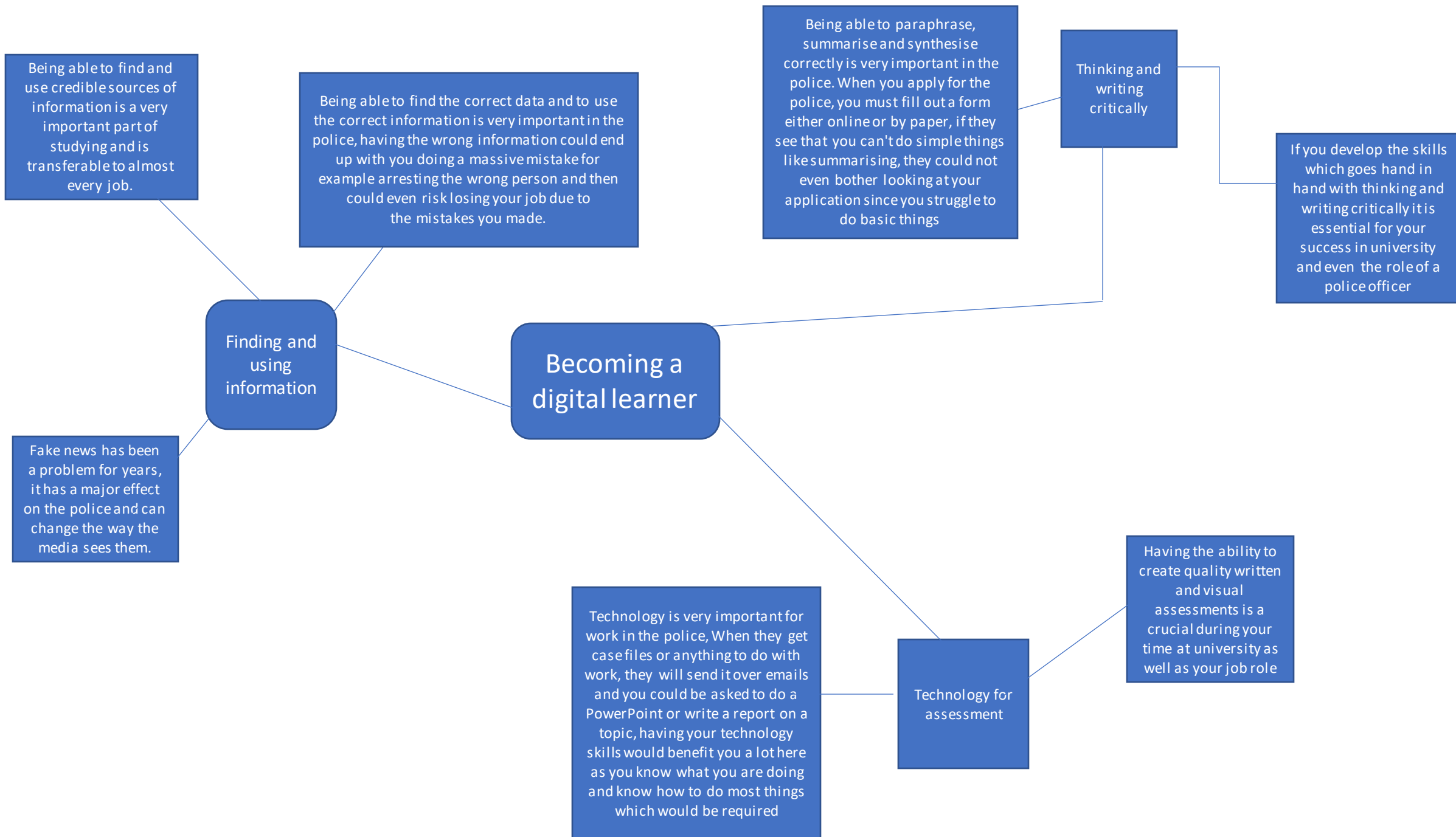


- (Fredrick, 2020) claims that you won't succeed in a team if you don't believe in your team, and they don't believe in you. It is important because It enables you to share ideas and to decide who's doing what, this helps to reduce stress and allows you to be meticulous and thorough when completing tasks. Without belief in the team nothing would be done since none of you think you could reach the end goal.

Reference list

Drew, C (July 25, 2022) 65 Personal Identity Examples. <https://helpfulprofessor.com/personal-identity-examples/>

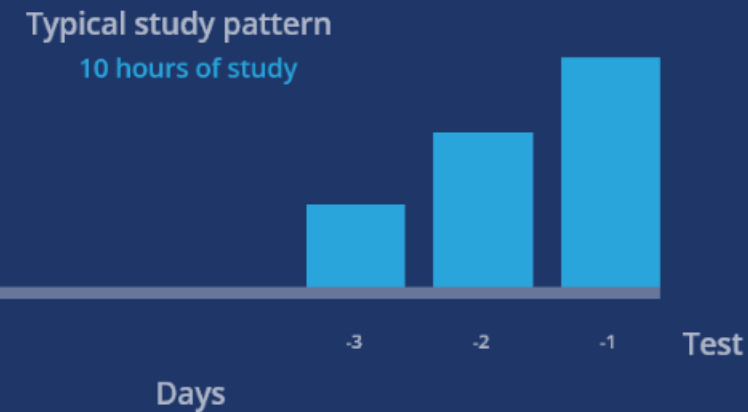
Frederick, R (November 3, 2020) The Importance Of Team Belief. <https://www.bizjournals.com/columbus/news/2020/11/03/the-importance-of-team-belief.html#:~:text=To%20truly%20believe%20a%20team,in%20trust%20C%20honesty%20and%20transparency.>



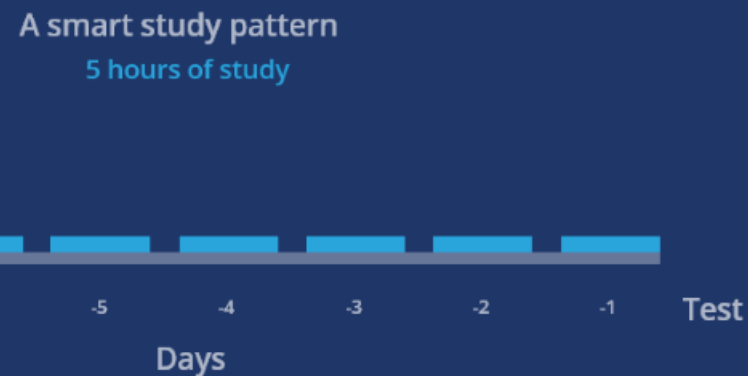
Borton reflection tool

- Starting university, I was excited, the work so far, in my opinion, is quite heavy as there are a lot of things I need to learn and be able to memorise and sometimes perform for example GOWISELY arrest. I find it extremely hard so far to understand the Harvard referencing and know if my work is correct. Because of this, I have looked online to understand how to reference correctly and slowly get the ropes with it but still not 100% confident with it so far.
- We have not really done any online learning as covid is over and we are in class all the time but what is new to me is using Moodle and the UWTSD library. I have never used Moodle before, so I am still learning how to access the correct classes and find the work I need to do and not the work I do not need to do.
- I should have started the assignments a bit earlier as its less rushing and I could have taken more time with them which overall could have made my work a better grade than it is. I now know that I need to do the work asap because there is nothing worse than being stressed and having to do work as you rush and do not work to your full potential.

Cut your study time in half with spaced repetition.



Cramming
10 hours of
total studying



Spacing
5 hours of
total studying

- Preparing for higher education
- How to study effectively
- According to (Cuesta College 1997) there are many ways to improve your study skills. One of the main points they list is studying at certain times, for example, if you are more productive during the night then it would help you more to study during that time rather than the day. Location of studying is also especially important; it would be wise to choose a place where there would be less distractions. (Cuesta College 1997) also mentions that you should not study when tired, they say "Psychologists have found that everyone has a certain time of day when he or she gets sleepy." They say not to study at this time as it hardly ever refreshes, and you should use that time to do something productive or to get some rest.
- Another book which gives more information on this topic is (Pugsley, 2009) They say active reading will help you analyse what is written and to critically appraise the information that is given to you. (Pugsley, 2009) claims that improving your reading speed is not beneficial to you as you are sacrificing your level of understanding and the ability to remember what you have recently read, if you read with others or share materials in clubs it will allow you to debate concepts and perceptions which will then further your understanding of what you are reading and will help you see other people's views towards the information you are gathering.
- Reference list
- Paul D. Nolting, Ph.D., Winning at Math, 1997 1989 by Academic Success Press, Inc
- Pugsley. (2009). How to Study effectively. *Education for Primary*

