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STUDENT NAME: ALPHA SILLAH

STUDENT NUMBER: 1705038

PORTFOLIO

TUTOR: KAREN HUDSON

MOODLE: STUDY SKILLS IN CARE (BMHP 4016)

Task 1 – Mindmap

Please delete the task information in red font below and either create your mindmap in Word or insert an image of your mindmap in here and a link to where your mindmap was created, if using an online tool.

To add a screenshot have the full image of your final mindmap visible on your screen. Hold down the Ctrl key and tap the PrtScn button on your keyboard. This will save a copy of the image onto your clipboard.

Place your cursor in your portfolio template where you want your image to appear and either click on Paste on the tool bar or hold down Ctrl and tap V on your key pad. The image of your mindmap will appear in your document.

Underneath the image add the link to the shared version of the mindmap you have created in your online tool.

Please add any references for the citations you used in the mindmap to the References page below.

<https://www.mindmeister.com/map/1833410392?t=l1czGJKsbb>

Task 2 –

Please delete the task information in red font below and insert the written work you submitted to the Turnitin Task 2 link as it was originally submitted, in its place.

Copy the reference list you submitted with Task and add it onto your References Page below. You may need to rearrange some of them so that they appear in the correct alphabetical order when combined with the references for Task 1 above. Then delete it from underneath your Task 2 Written work you have inserted below.

I chose to study at higher education because the foundation to a successful academic experience is designed to help prepare myself as a student, and to become professional in the chosen field. Undertaking study skills in higher education will help me improve to become an independent learner, to enable me to successfully complete the course. Being able to study effectively enables me to gain enjoyment and fulfilment from challenges that I may face throughout my study and to be successful (Payne and Whittaker, 2006).

Attending lectures and tutorials regularly can help me organise a time frame for reading, doing homework and to create the ability to do research on the lectures (Burns and Sinfield, 2016). Being a student I should be able to develop techniques on how to pass assessment, self awareness, strategies, confidence, and to give permission to take that time from busy life and to spend time to study as a priority (Cottrell, 2003). I need to make notes, re-organise information and discuss with other students, and use this information in assignments. I need to evaluate my own progress, and to take responsibility for my own learning, I am confident that I will be successful in this course

The main factor which may help or hinder my study is time management. I need to get a clear understanding of the time available as a starting point in my life. Most students like myself lack motivation, and the use of time outside of timetabled sessions to complete the course work, therefore it is difficult to stick to any plan for too long (Moore et al, 2010). Poor planning or lack of planning results in falling behind with reading or writing tasks which leads to poorly researched or written assignments and deadlines being missed. Part-time employment, family life, being a parent/carer, leisure, recreative and social life can be challenging for students (Backhouse, 2013).

Taking notes will help me gather important information in a quick manner to write a report, article, or an assignment (Chivers and Scoolbred 2006, p.7). Time is essential priority and I must learn to do the first assignment that carry the most marks, and the deadlines that come first. Asking questions during and after lectures, attend virtual learning if necessary, posting blogs, being supportive, encouraging and friendly to other students. Studying in university can be stressful, therefore having skills and time management can help reduce stress (Bruger and Whitlock, 2018). This could as well help me to overcome any potential barrier.

REFERENCES

Backbone, J. (2013) Essential health and safety study skills. London: Routledge.

Bruger, K.A. and Whitlock, A.M. (2018) "Social Studies Skills or Something Else? An Analysis of How 'The Essential Social Studies Skills and Strategies' Reflects Social Studies Instruction," The Catering House: A journal of Educational Strategies, issues and ideas, pp.91(3). Doi: 10.1080/00098655.2017.1418129

Burns, T. and Sinfield, S. (2016) Essential study skills: the complete guide to success at university, 4th edn. London: Sage

Chivers, B. and Scoolbred, M. (2006) A student's guide to presentations making your presentations count. Los Angeles: Sage

Payne, E and Whittaker, L (2006) Developing essential study skills: 2nd Edn. Essex

Additional written work – Type here

Once you have inserted your Task 2 Written work you need to do the following steps. Please remove the guidance in red after inserting your additional 100 words. Please add any new references in the correct alphabetical order to your reference list, inserted below.

Add the additional references to the final reference list below. You will then have completed Task 2. Delete any of the previous instructions given above so that only your work is presented in the document.

My Submissions				
Part 1				
Title	Start Date	Due Date	Post Date	Marks Available
Task 2 Written Work Submission - January Cohort - Part 1	10 Feb 2022 - 10:24	29 Apr 2022 - 23:55	6 May 2022 - 10:00	100
Refresh Submissions				
Submission Title	Turnitin Paper ID	Submitted	Similarity	Grade
View Digital Receipt Task 2 Written Summary (Study Skills in Care)	177722494	28/04/22, 22:29	30%	--

STUDY SKILLS IN CARE (BMHP 4016)

STUDENT NAME: ALPHA SILLAH

STUDENT NUMBER: 1705038

TUTOR: KAREN HUDSON

REFLECTION:

It is important to ensure the integrity of my work if i am able to perform a learned activity well and at will. The experience of studying in HE can be life changing (Cottrell, 2019, p.9). I got a similarity score of 30% due to the fact that i needed to do more research online and to write in my own words. The clour coding shows that i should have rephrased some of the sentences that i used, and some of the contents of the papers that i submitted were the sole property of the authors, instructors and the respective organisations. I should have a clear understanding of the time available as a starting point of my life, and the main issue i find myself with is the use of time outside outside of timetabled sessions to complete course work or assessment revision. Without strong motivation to succeed, it is difficult to stick to any plan for too long (Moore et al, 2010). However, i am satisfied with my overall work. I will give myself 60% as i think there is still room for improvement. It is a challenging task, my main focus is to continue to develop my study skills and learning techniques.

REFERNCES

Cottrell, S (2019) Study Skills Handbook, 5th edn. London: Red Globe Press.

Craig, C (2009) Study Skills for Health and Social Care Students, London: Sage (C.6).

Moore, S., Neville, C., Murphy, M. and Connolly, C. (2010) The Ultimate Study Skills Handbook. Maidenhead: Mcgraw-Hill.

[https:// www.skills4health.co.uk/welcome.html](https://www.skills4health.co.uk/welcome.html)

Task 3

Produce your presentation or video using the guidance in red below.

Save your presentation or video and share the link with me via mail.

Add the link to your saved presentation or video in here.

Add the references included in the presentation or video to the reference list below. Delete the task guidance in red below and any other instructions before submitting your final portfolio. Make sure that all citations in all three tasks match to the final reference list below.

Task 3 (2000 words equivalent)

<https://petal.20220506.175613.mp4>

References

Minimum of 10 references listed following the Harvard Method of referencing method.

Backbone, J. (2013) Essential health and safety Study skills. London: Routledge.

Bruger, K.A. and Whitlock, A. M. (2018) Social Studies Skills or Something Else? Na Analysis of How 'The Essential Social Studies Skills and Strategies' Reflects Social Studies Instruction,' The Catering House: A Journal Of Educational Strategies, issues and ideas, pp.91(3). Doi: 10.1080/00098655.2017.14.18129.

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MCMillan, K.(2012) The study skills book.3rd ed. Harlow: Pearson.

Moore, S., Neville, C., Murphy, M. and Connolly, C. (2010) The Ultimate Study Skills Handbook. Maidenhead: McGraw-Hill.

Murphy, D., Walker, R. and Webb, G. (2001) Online learning and teaching with technology: case studies, experience and practice. London: Kogan Page

Payne, E and Whittaker, L (2006) Developing essential study skills, 2nd Edn: Essex.

Smale, B and Fowlie, J. (2009) How to succeed at university: an essential guide to academic skills and personal development, Los Angeles, California: SAGE

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