

ECPS4022

Skills for Success in Psychology

Portfolio Assessment

ECPS4022 – Skills for success in Psychology

Contents

ECPS4022 – Skills for success in Psychology	1
Contents	2
AI Usage Acknowledgment Statement	2
MLA Statements.....	3
1. Reflection and Feedback, MLA 4	4
What Challenged My Thinking This Week?	5
What surprised me?	5
What skill do I most need to develop?	5
What will I do differently next week?	6
2. Time and Space Audit, Weeks1 & 6.....	6
3. Psychology Myth Busting, MLA 2	7
4. Jumbled Reference List, MLA 8.....	8
5. EndNote Fusion Account, MLA 7	9
6. EMS Account, MLA 11.....	10

AI Usage Acknowledgment Statement

I acknowledge the use of Copilot

[<https://m365.cloud.microsoft/chat?auth=2&home=1&from=ShellLogo&username=2604751%40student.uwtsd.ac.uk&es=SSR&redirfrom=userTypeCookie&redirfrom=cosmicRingCookie>] on 15th October 2026 to check I was doing coherent work. I used the prompt(s):

“Check this for grammar and spelling. Proofread it only and just tell me where I went wrong. I don’t want you to do this yourself. Just tell me where it went wrong and suggest any corrections. This is for a BSc in Psychology and it’s meant to be a self-reflective work so don’t get too academic about it, it needs to show something in first person so don’t just tell me those sorts of mistakes. I want it to still sound like distinction level work though so don’t miss out important stuff either. Give me actual reasons for why you are suggesting changes don’t just tell me what needs to change.”

[TODO- others when finished]

I confirm that I have not presented any AI generated text as my own work. I confirm I have copies of my drafts, notes, and other resources I used before, and after the use of AI tools which I may be asked to provide in evidence.

MLA Statements

Learning Outcomes	MLA Numbers	Justification for Inclusion
Demonstrate your developing understanding of the essential skills required to be a resilient and successful independent learner	MLA 4 MLA5[TODO]	I included MLA 4 as it was one of the first assignments we did and it shows my thoughts at a very early stage of the course. I included MLA 5 as it shows my journey from week 1 to week 6. I think it also illustrates I have the skills of a good independent learner
Demonstrates your developing understanding of relevant literacy and practical skills related to a range of assessments	MLA 2 MLA 8 [TODO]	I included MLA 2 as it is a good example of how I worked in a team and used a range of sources to check for credibility and specificity to a unique task. I included MLA 8 as it shows my understanding of correctly referencing and giving credit to the sources I use.
Demonstrates your developing ability to use suitable technology to support and enhance learning experience within Psychology	MLA 7 MLA 11 [TODO]	I included MLA 7 as it is a good example of using technology (especially library resources) to enhance my understanding of Psychology MLA 11

1. Reflection and Feedback, MLA 4

What Challenged My Thinking This Week?

Something that has challenged me is my purpose for being here. I have been interested in psychology for many years and read a lot of books, journals, and studies. I never had the time to spend in university, so I just did my own research and got on with it. I am sure that I have come here as the next progression on my journey through life. I think my challenge is to come up with a reason for being here. I believe that sometimes we can recognise areas of our lives which need some work to make us more whole. I don't believe there has to be an expected outcome other than the original goal of gaining a degree. I have some very loose options to pursue when this goal is completed. Other than expanding myself to be degree level, I currently have no other immediate plans.

What surprised me?

Some of my cohorts have already spent a long time studying psychology, but don't seem to have learnt to think outside the box yet. I think I was expecting my peers to be motivated in the same way as I am. I shouldn't really be surprised, as I know everyone is unique. I think something else that surprised me is how, other than when I was teaching in Thailand at a Technical College, I haven't had to mingle with young adults very much. I feel that as these people are still developing, I need to have fewer expectations of them.

What skill do I most need to develop?

Patience is always a good skill to develop, and I think that I will need to be quite patient while I wait for some of my cohort to adjust to me being the same level as they are. I feel that some of them will politely agree or not say something if they feel I am wrong and quite willing to place me as the 'leader'. I am trying not to control anything though, as I have already had working experience with most of the skills we were discussing. I realise I am not an expert in any way, but I feel I need to step back a bit more to let them find the confidence to make mistakes.

I need to have more confidence in my own skills. I am a self-diagnosed sufferer of imposter syndrome. Even when I have been working on some very prestigious contracts, when I move to another one, I have always doubted myself. As a child, I was always labelled a 'big head', so again in my amateur view, I believe that may have affected me.

What will I do differently next week?

I will try to give other people a chance to be involved in the process. I will try to wait a few moments before jumping in and let some of the others in the class vocalise and debate. I will try to encourage and support the others in the group to lead. I will, however, be ready to step in if there really seems no hope of somebody else taking the initiative.

DRAFT

2. Time and Space Audit, Weeks1 & 6

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06:00							
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							

Lectures	14	Reading	9	Writing	14	Revision	8	Total	45
	hours		hours		hours		hours		hours

3. Psychology Myth Busting, MLA 2

[Grammar check todo]

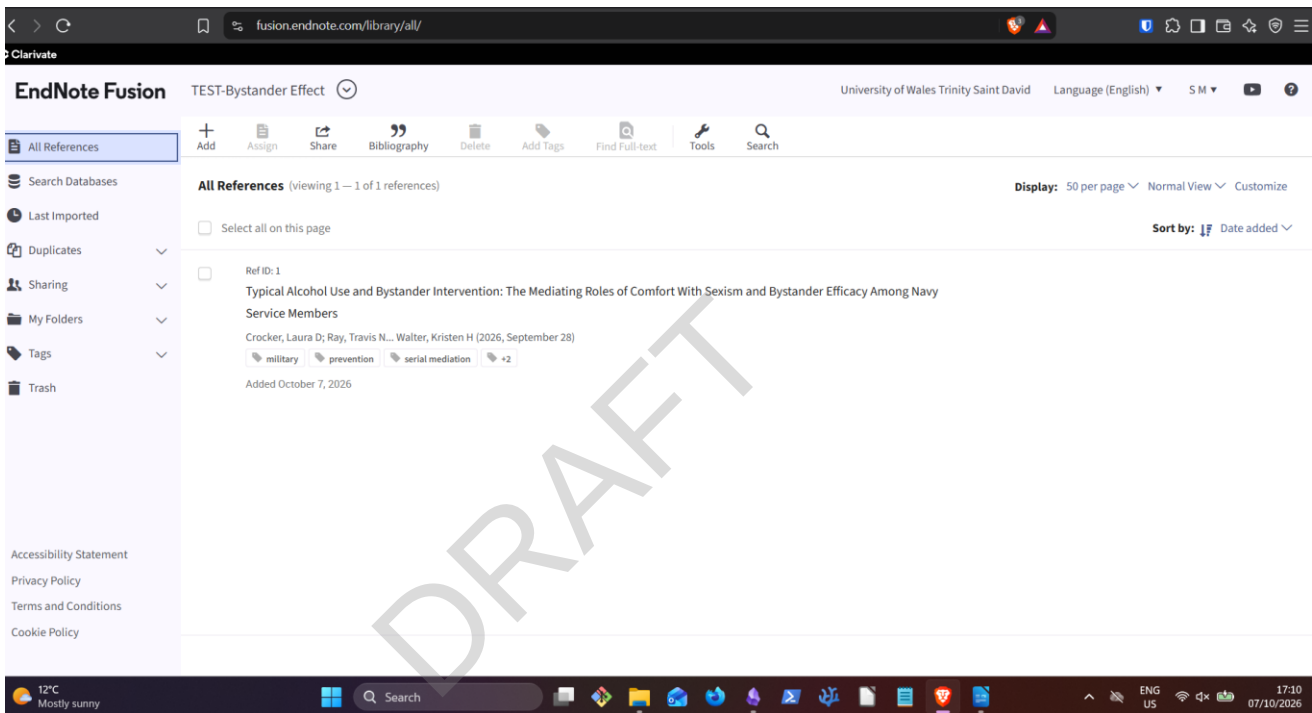
DRAFT

4. Jumbled Reference List, MLA 8

[TODO]

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5. EndNote Fusion Account, MLA 7



6. EMS Account, MLA 11

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Appendix

[For time management]

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