

ECPS4018: Study Skills for Psychology

Dr Stuart Jones (s.a.jones@uwtsd.ac.uk)

Welcome

About us

About the module

How it works

- On campus sessions (3 hours x 10 weeks)
- Online learning (Additional Resources)

Assessment overview

About the module leader



STUART JONES

CONTACT DETAILS - s.a.jones@uwtsd.ac.uk

About the Module....

Dr Stuart Jones - Module Leader.

Contact Details - s.a.jones@uwtsd.ac.uk

The Module is taught on the following programmes

BSc Psychology

BSc Psychology and Counselling

BSc Psychology and Criminology

Aim of the Module

- To develop your skills for independent study and life-long learning, and to develop psychological literacy to aid successful completion of the programme and support future employment opportunities.

Learning Outcomes

Upon the successful completion of this module, you will be able to:

- Demonstrate the foundational skills required to be a resilient and healthy independent learner
- Demonstrate an understanding of core psychological and other relevant literacy skills related to a range of assessments, including appropriate use of references, referencing systems, paraphrasing and avoiding plagiarism.
- Use suitable technology to support and enhance their learning experience within the discipline area
- Demonstrate understanding of your own learning and skill development, including effective personal planning, self-reflection, and project management skill

Assessments

Assessment Component 1 - E-Portfolio (3 elements)

- Digital e-portfolio (Not a physical printed copy)
- Microsoft word
- Three tasks
 1. Journal article summary
 2. Referencing Task
 3. Essay outline

Assessments

Assessment Component 2 - Individual 3-minute video

For this assessment you will be considering your own

personal development in the form of a PDP (Personal Development Plan) and what your main aims and goals are for your academic success. You will be asked to consider your `SMART` targets; in other words, you will need to consider how your goals and objectives will be SPECIFIC, MEASURABLE, ACHIEVEABLE, RELEVANT and TIMELY to your progress.

On campus session topics

Digital literacy

Academic Writing

Time management and employability skills

Reading at degree level

Essay writing and other assessment formats

Referencing and plagiarism

Making and delivering oral presentations and posters

Writing a PDP

Critical thinking and reflection skills

Academic Study Skills

THE BASICS - GETTING TO GRIPS WITH UNIVERSITY LIFE.

What is meant by Academic Skills?

- Cottrell (2013) – Study Skills involve a number of skills and subskills that you will use and require to assist you to achieve your potential in higher education study.
- Gettinger and Seibert (2002, p 350)
- “Academic competence is associated with the knowledge and application of effective study skills. Capable students at all grade levels may experience difficulty in school, not because they lack ability, but because they lack good study skills.”

Why the need for such a module?

- This is a critical module for your academic and personal development.
- Provides you with the skills needed to adapt to your academic studies.
- Psychology

Why the need for such a module?

- Motivation and Maintenance.
- Reflection
- Transferable Skills
- Professional Development Plan (PDP)
- Continued Professional Development (CPD)

What skills are needed?

Independent
Study

Self-Evaluation

Working with
Others.

Managing
Anxieties

Research Skills

Writing Skills

ITC / E
Learning Skills

Note Taking

Presentation
Skills

Understanding
Learning
Styles

Time
Management
Skills

And Many
Many More.

Why are so many skills needed?

- The degree programme you are studying is a fascinating discipline that has been designed by lecturing staff with applied work in the field.
- The variety of assessments that you will undertake are essential in order to achieve the benchmarks of the British Psychological Society.
- Transferable skills that will prepare you for the world of work and / or further study beyond your degree.
 - Essential in today's competitive career market.

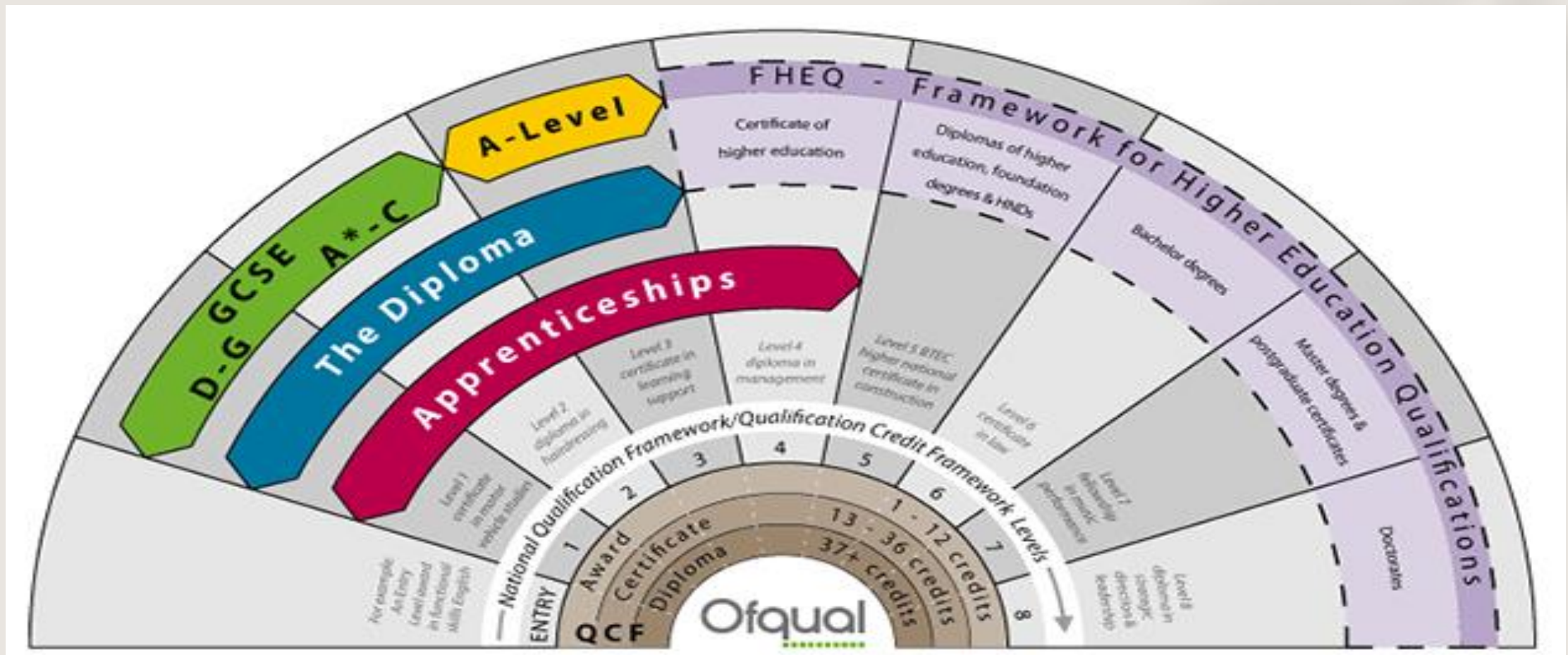
Expectations of studying at degree level.

- In addition to face-to-face learning, we'll expect you to cover a good deal of reading and private study.
- This is likely to take up a lot of your remaining time.
- Most students recommend treating the course like a full-time job, even if you don't necessarily follow a 9-5 working pattern.
- Therefore, whilst the contact time with lecturers might appear to be little there is an expectation that students will spend a lot of their remaining time in independent study.

University regulations

- In order to progress to the next Level of study, a student must pass 120 credits at their current level.
- As an example, for you to progress onto Level 5 (Year 2) of your study you must pass 120 credits which have been set at the Level 4 (Year 1) level.
- A pass mark is set at 40% (or more) for the module at Undergraduate level.
- Each module is typically worth 20 credits, although the module lead / programme director will state if this is not the case.

An overview qualification levels in England and Wales.



Therefore.....

- When lecturers talk about or two level 4 students, they are referring to students embarking on their first year of their degree.
- Level 5 – Second year of their degree.
- Level 6 – Final year of their degree.
- Postgraduate students are referred to as Level 7.

Types of Assessments you will undertake for your degree.

Essays

PowerPoint
Presentations

Poster
Presentations

Examinations

Multiple Choice
Questions
(MCQs)

Research
Report Writing

Seen
Examinations

Open Book
Tests

Promotional
Leaflets

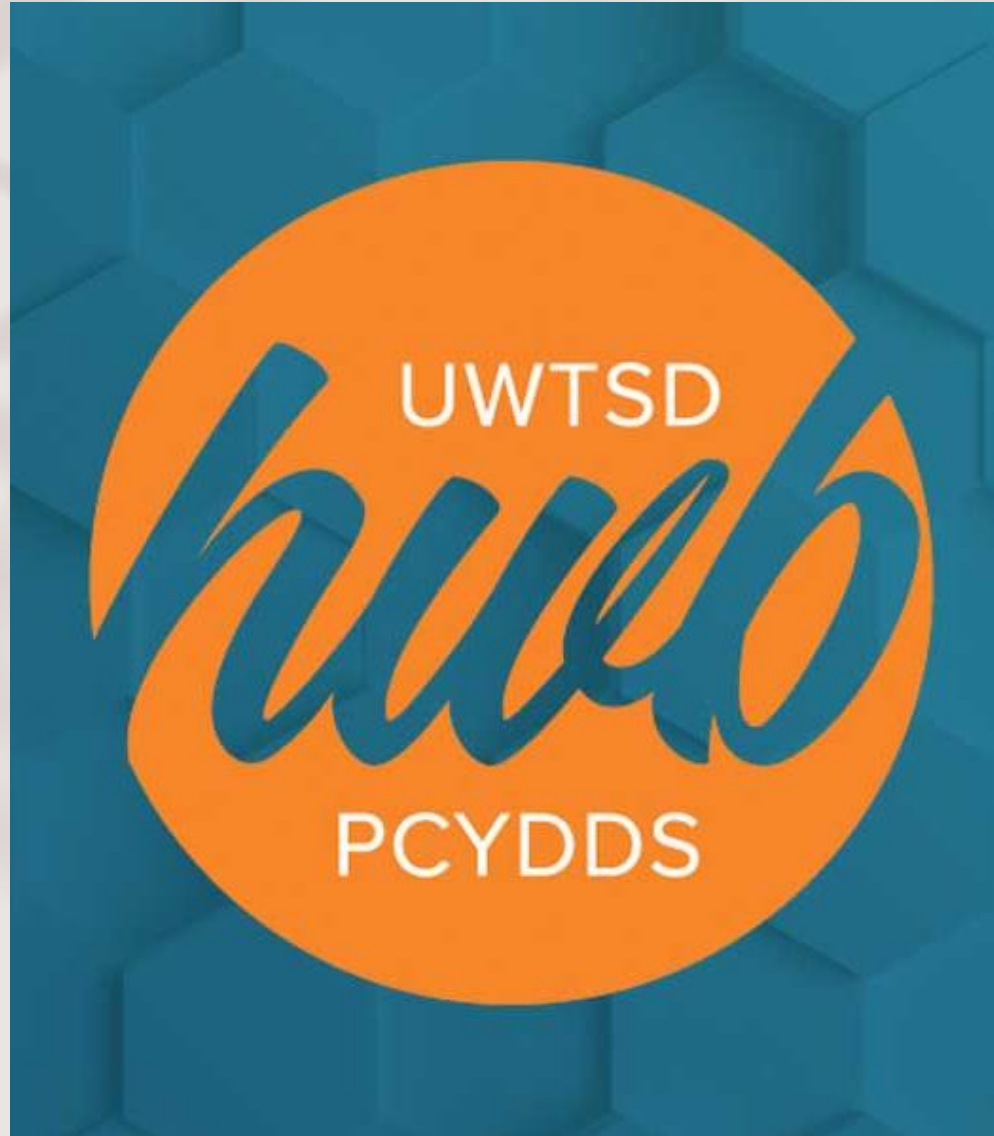
Campaign
Strategy

Briefing Report

Portfolios

Dissertation

And many
more...

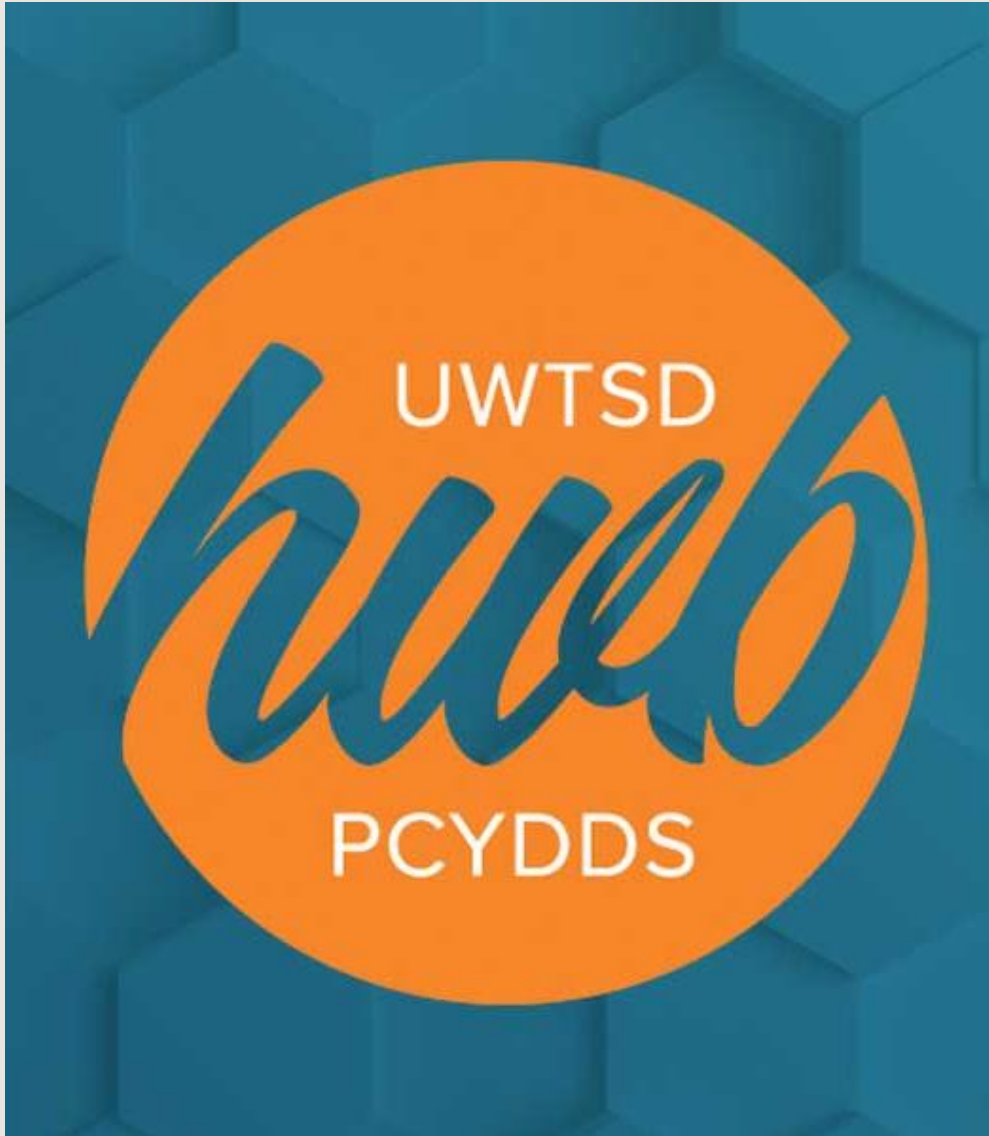


Student HWB

- One stop shop for all the essential information that you will need at UWTSD.
- Accessible via desktop of any University desktop computer OR via downloading The UWTSD Hwb app directly from your app store.
- Manage your studies with all your course essentials.
- <https://hwb.uwtsd.ac.uk/>

Student HWB

- ▶ The Student HWB is a cloud based system which will provide UWTSD staff and students with a new, simple way of accessing key online services and information in one convenient location. The HWB portal will allow access to services such as Email, Moodle and Library while at the same time providing the latest information, forms, procedures, news and developments of the University.
- ▶ The portal will provide just about everything you need to access in an easy to use format, you can access it on your computer, laptop, tablet or smartphone. The HWB is available on and off campus.
- ▶ <https://hwb.uwtsd.ac.uk/>



The HWB.

- The HWB Portal allows you to manage your university experience by providing a gateway to:

Moodle

Library Services

PC Availability

Office 365

IT Service Desk

University Email

Help and Advice

Student Forms

News and Events

Important
Announcements

And Many
More...

How to Access The HWB

- Use the Shortcut provided on the desktop of University PCs
- Follow the “Quick Links” on the University Website
- Download the app from the App Store
- Download the app from Google Play
- <https://hwb.uwtsd.ac.uk/>
- Any issues relating to the hwb contact
 - hwb@uwtsd.ac.uk
 - 0300 131 3030

Student HWB

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📧 Sign in 🌐 sexya | 📁 All Bookmarks

hwb Staff PERSONALISE 🔔 👤 🔍

💬 Send feedback

DASHBOARDS

- 🎓 Students
- 💻 Help & Report
- 📁 Staff
- 👤 Welcome
- 🔗 Why UWTS?
- 📢 Daily Update
- ✉️ Important Correspondence

APPS

- 🆔 Digital ID
- 👥 Teams

Welcome

Mail
Can't load data from Office 365
Something went wrong

My Timetable
Thu 21 Complete online course 9:00am Populating
Fri 22 No events.
Sat 23 No events.

Teams

S&OP

OneDrive

O365 | Apps

hwb CAST

Penodau newydd ar gael nawr!
New episodes available now!

Moodle

Library

My Student Record | MyTSD

Help Desks & Report issues

Academic Support

Financial Support

Student Life

Health & Wellbeing

Digital ID

My Balances

Forms
Student Policies and Forms

Students' Union

Student HWB

hwb.uwtsd.ac.uk/dashboard/student

Sign in W sexya

Staff PERSONALISE

hwb

Send feedback

DASHBOARDS

- Students
- Help & Report
- Staff
- Welcome
- Why UWTSd?
- Daily Update
- Important Correspondence

APPS

- Digital ID
- Teams

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Academic Support

Financial Support

Student Life

Health & Wellbeing

Digital ID

My Balances

Forms
Student Policies and Forms

Students' Union

Moodle

- Moodle is a learning platform designed to provide educators, administrators and learners with a single robust, secure and integrated system to create personalised learning environments.
- Open Source Virtual Learning Environment.
- Will contain information that is vital for your learning, such as Lecture Material, Supplementary Reading, and other important information relating to your course.
- It is strongly advisable that you log in to moodle frequently throughout the course.
- <https://moodle.uwtsd.ac.uk>

Moodle



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Log in using your UWTSD account:

Login

Problems or technical issues?

– Contact Hwb

English (en) ▾

Cookies notice

Moodle

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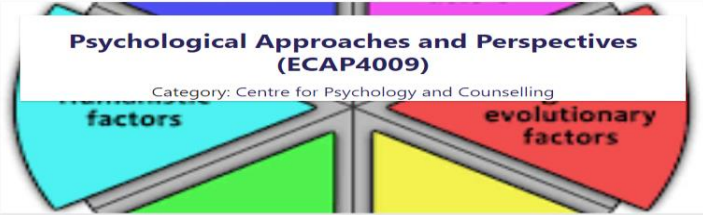
Home Dashboard My modules Moodle Archives ▾ Useful Links ▾

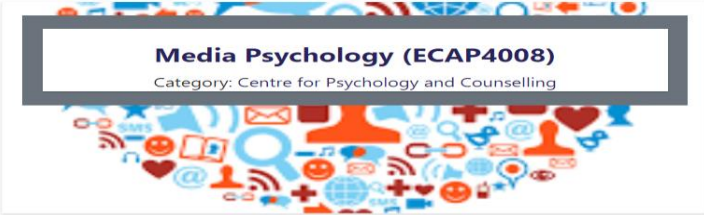
UWTSD Moodle

Module Search

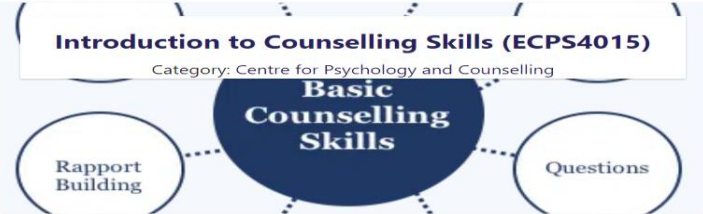
My modules

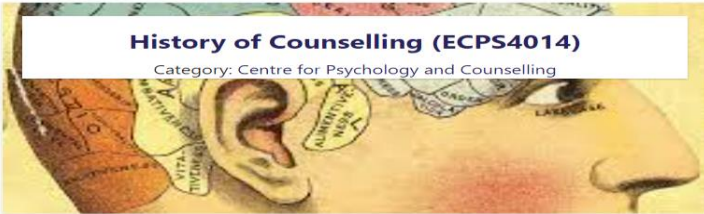
Children's Mental Health and Development (ECAP4007)
Category: Centre for Psychology and Counselling

Psychological Approaches and Perspectives (ECAP4009)
Category: Centre for Psychology and Counselling


Media Psychology (ECAP4008)
Category: Centre for Psychology and Counselling


Psychology in Practice (ECPS4017)
Category: Centre for Psychology and Counselling

Introduction to Counselling Skills (ECPS4015)
Category: Centre for Psychology and Counselling


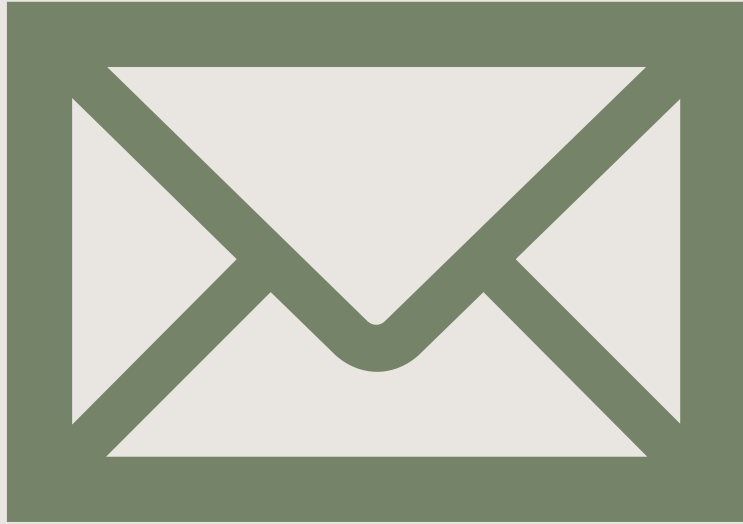
History of Counselling (ECPS4014)
Category: Centre for Psychology and Counselling


Conceptual and Historical Issues in Psychology

Exploring Emotion and Communication

Personality and Individual Differences

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How to contact us:

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