

Thriving through my studies

- A Reflective e - Portfolio

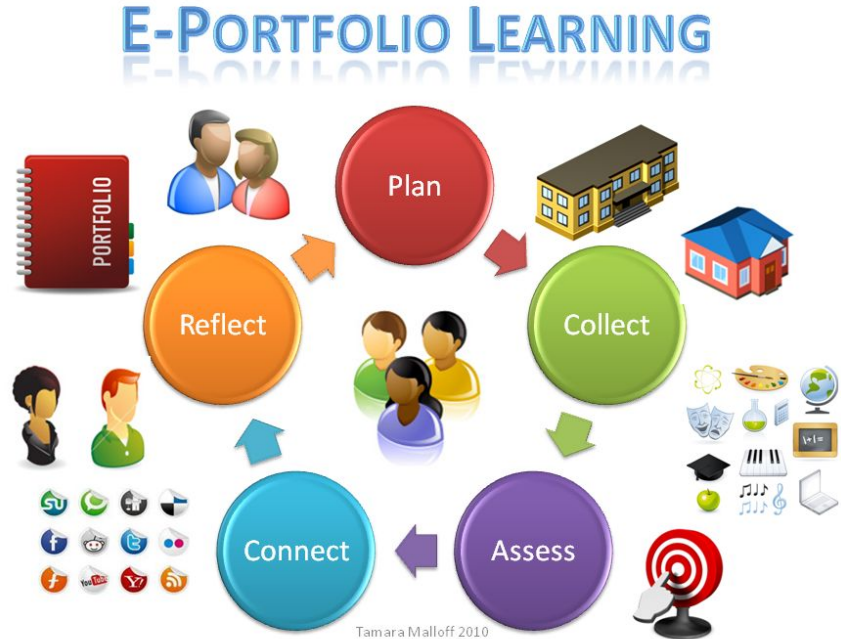
Kristians Savickis

Sports and exercise science

Learning in the Digital Era

E- Portfolio

The University of Wales Trinity Saint David



My key interest - Strength and Conditioning

Why it interests me: Improving performance and reducing injury

How i discovered it: Through modules and gym based experiences

Career goal: Becoming a certified S&C coach, working with professional athletes at a sport club

Academic support: NSCA (2022), Jeffreys & Moody (2016)



Challenge 1 - Procrastination (Short term)

Definition: Delay despite knowing consequences (Steel, 2007)

The impact on me: Stress, rushed and delayed assignments

Strategy: Pomodoro technique

Academic source: Pychyl & Flett (2012)



Challenge 2 - Perfectionism (Mid-Term)

Definition: Unrealistic standards and over thinking mindset (frost et al., 1990)

Impact: wasting time rewriting, issues with student finance, and second guessing

Strategy: CBT style journaling, grammarly, and done but not perfect mindset



Challenge 3 - Desk related physical strain (Long Term)

Problem: Sitting long hours, getting back and neck pain

Why it matters: Impacts long term health and focus

Strategy: Adjusted desk setup, regular breaks with stretching, gym based mobility drills

Support: WHO Ergonomics (2019), ACSM (2021)



Digital tools that help me learn

Trello: Organizing assignments and due dates

Grammarly: Writing support and confidence

Notion: notes, lecture summaries

Stretchly: movement reminders for health

Google docs: Used to do most of my work

The Trello logo consists of a small blue square icon with a white 'T' inside, followed by the word 'Trello' in a blue sans-serif font.

Google Docs

Conclusion

Key interest: Strength and Conditioning

3 challenges: Procrastination, perfectionism, posture strain

Outcomes: using strategies to stay healthy, focused, and resilient



References

Google images - <https://www.google.com/imghp?hl=en&ogbl>

Steel, P. (2007). The nature of procrastination.

Frost, R. O., et al. (1990). Dimensions of perfectionism.

Jeffreys, I., & Moody, J. (2016). Strength and Conditioning for Sports Performance.

WHO. (2019). Ergonomic guidelines.

NSCA. (2022). Essentials of Strength Training and Conditioning.

Pychyl, T. & Flett, G. (2012). Procrastination and self-regulation.

Presentation script

Slide 1 - Hello, My name is Kristian, and i'm currently studying sport and exercise science. This presentation is a part of my e-portfolio for the Learning in the digital era module. I'll be sharing a key area of academic interest, three challenges i've faced during my studies, and the strategies im using to manage them.

Slide 2 - Over the past semester, i've become a lot more interested in strength and conditioning. I realised this while participating in practical gym sessions within lectures and training with the uni football team. Im drawn to how structured strength training improves performance and prevents injury. Reading work from NSCA and authors like Jeffreys and Moody (2016) showed me the scientific approach to programme design. I see this as a potential career path, becoming a strength and conditioning coach.

Slide 3 - One of the first challenges i faced was procrastination. Steel (2007) defines this as delaying tasks even when we know how it will have a negative outcome. I found this tend to happen before assignments. To overcome this, i started using the Pomodoro technique, which consisted of 25 minute focused sessions with breaks. I also used Trello to visually manage my deadlines. Pychyl and Flett (2012) suggest that breaking down tasks like this can reduce stress and increase motivation.

Slide 4 - Another challenge im working on is perfectionism. According to Frost et al (1990), its when people set unrealistic standards and become overly self critical. I often rewrite things to many times or feel like this work is never good enough. To deal with his, i have started using reflective journalism and reframing thoughts. Grammarly also helps with confidence in my writing.

Presentation script

Slide 5 - A long term challenge i have realised is physical discomfort from studying for long periods at my desk. I started experiencing neck and lower back pain, which affected my focus. The WHO's guidelines suggest adjusting chair and screen height, while ACSM recommends regular mobility. I now use an app called Stretchly, which reminds me to take posture breaks.

Slide 6 - Throughout the year, I have experimented with different digital tools to support my learning. Trello helps me track my progress and break down assignments. I use Grammarly to support my writing, and Notion for structured lecture notes. Stretchly keeps me moving throughout the day. Finally, i created this e-portfolio using powerpoint and slides on google docs with voiceover, which helped me build digital presentation skills for future coursework.

Slide 7 - In summary, my journey through the first 2 semesters has helped me identify my passion for strength and conditioning. I've also become more aware of personal habits that could get in the way of success. By applying practical strategies and using digital tools, im learning to work smarter and protect my wellbeing. I know feel more confident in my ability to stay consistent and thrive in my academic studies.

Slide 8 - These are some of the references that informed my understanding of the challenges and strategies i discussed today.