Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
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Essential Skills:
Assessment Focus

Trawsnewid Addysg, Trawsnewid Bywydau
Transforming Education, Transforming Lives

www.uwtsd.ac.uk

Session Objectives

During this session you will be:

- Working out what actually deserves your attention over the next three weeks
- spotting the habits helping (and hurting) your progress
- making a realistic plan, not an unrealistic fantasy timetable
- Identifying one thing 'Future You' will genuinely thank you for.

This session will help you make connections between your academic success and your onward professional development.

Quick Poll

How are you today?

Complete the multiple-choice poll to log how you are feeling in week 10.

- ❄️ Feeling cool and calm
- 🥵 Too hot to think
- 📚 Buried in deadlines
- 😌 Surprisingly okay
- 🥳 Running on caffeine

Read the statements below, choose one that sounds most like you feel today.

I genuinely have a lot to do but it is manageable.

I have lots to do but I don't know where to start.

I am actually more on track than I give myself credit for.

I am overwhelmed because I am thinking about everything at once .

I have too much to do.

I will never get everything done in time.

Everyone else has it together except me.

I am going to fail.

You <u>are</u> doing better than you think.

What is one panic thought that you can let go of today?

Immediate priorities

- In your notebook, draw three circles.
- Identify one task for each circle

🔥 On Fire

Needs attention in the next 7 days.

⚠ Simmering

Needs planning soon.

❄ Can Wait

Stop feeling guilty about things that are not genuine priorities.

Share

Do we have similar or different tasks to do in the next 7 days?

🔥 On Fire

⚠ Simmering

❄ Can Wait

What's draining your battery?

Be real. You cannot fix what you do not notice.

A reset routine

Everyone goes off track sometimes.

Successful students are not the ones who never struggle, they are the ones who <u>notice it early</u> and know how to <u>reset</u>.

Having a reset routine can help you to get back into your assessment work.

Spot when you need a reset

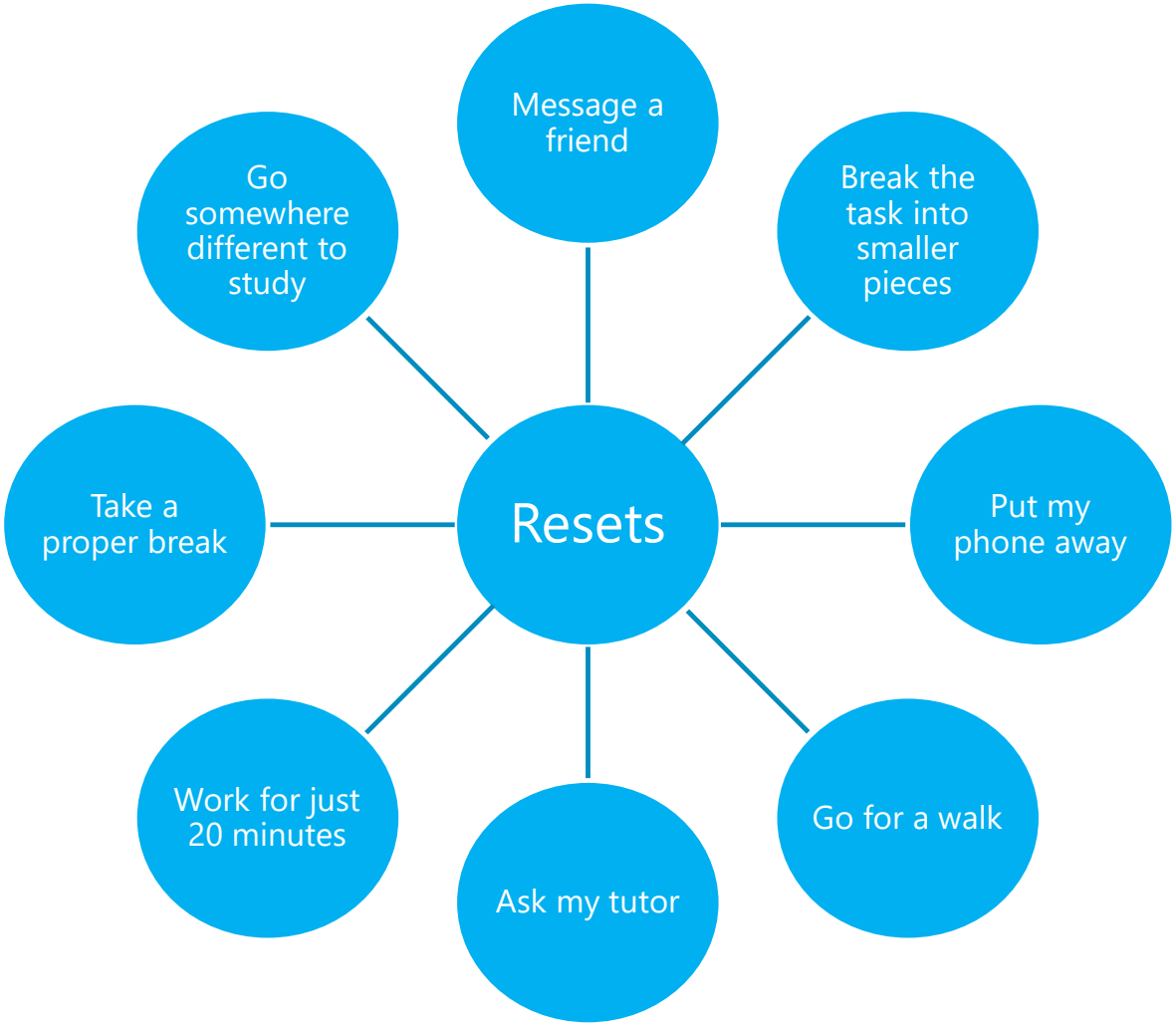
Know Your Trigger

- Feeling overwhelmed
- Working too many hours
- Money worries
- Family commitments
- Poor sleep
- Heat/lack of energy
- Social media distraction
- Group work problems
- Thinking "I'll start tomorrow"
- Perfectionism

Spot Your Warning Signs

I know I'm slipping when I...

- ❑ Perfectionism stops me finishing
- ❑ Spending hours planning instead of writing
- ❑ Ignore emails
- ❑ Keep making to-do lists instead of starting
- ❑ Spend hours scrolling
- ❑ Convince myself I'll work better later
- ❑ Forgetting to take breaks



Your reset plan

Which actions would genuinely help you reset?

Discuss in pairs and come up with three more reset methods.

Small wins = Perfect Plans

Small wins

Instead of making huge goals...

Choose **one** tiny action you'll complete in the next 48 hours.

Write 300 words.

Read one paper

Organise references

Email project supervisor.

Update LinkedIn.

Small wins

Share your small action goal with a peer or your tutor.

If you do not feel comfortable sharing, try setting an alarm on your phone for two days time to remind you to review your goal.

Future You

Future You

Imagine this...
It's three weeks from now.
You have submitted your final assignment.
You have closed your laptop.
You have completed the term.

Future You has just sent you a 30-second voice note.

What do they say?

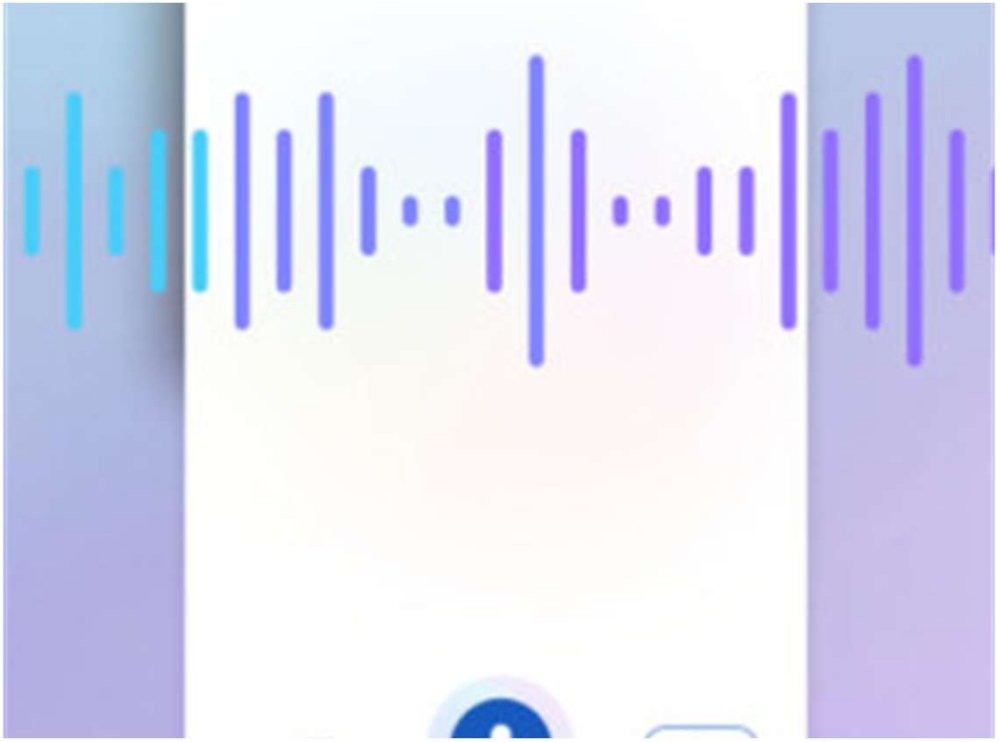
Future You

Create a voice note on your phone, imagine we are three weeks in the future and the term is complete.

Complete these prompts

- 🎤 "Thank you for...“
- 🎤 "I'm so glad you didn't...“
- 🎤 "The thing that made the biggest difference was...“
- 🎤 "You were stressing about... but honestly...“
- 🎤 "One thing I wish you'd done sooner..."

Voice note - Pair Discussion



Share one part of your voice note with a partner.

Discuss:

- Which message felt most real?

Did anything surprise you?

Is there anything 'Future You' would tell both of you?

Reflect and review

Personal Progress Padlet

There are **no formal assessments** within 'Essential Skills' classes but you are encouraged to keep your Personal Progress Padlet.

Note down in your Personal Progress Padlet:

- What have you learnt today?
- How will you use this new skill?

Share your Padlet with your tutor – email the link or share a QR code

The remainder of the session

- Spend the remainder of the session focusing on the small goal you have set yourself.

Traffic Light it

	Where is your learning at ?
Red	I have misunderstood some of the topics. (write down 2 questions that you need help with)
Amber	I have understood most of the topics so far (write down 1 question and 1 key theme you have understood)
Green	I have understood the topics so far (write down 2 key themes from the lesson to show your understanding)