

Learning Outcomes	MLA Number	Inclusion Statement
1. Demonstrate your developing understanding of the essential skills required to be a resilient and successful independent learner.	MLA: 4	
2. Demonstrates your developing understanding of relevant literacy and practical skills related to a range of assessments.	MLA: 2	
3. Demonstrates your developing ability to use suitable technology to support and enhance learning experience within Psychology.	MLA: 7	

Learning Outcome 1

MLA:6 MY DIGITAL HABITS REVIEW

Understanding How Technology Affects My Learning

Why am I doing this?

Technology is an important part of university life. It helps us learn, communicate, organise our time and access information. However, some digital habits can make it harder to concentrate, manage time and achieve our goals.

This worksheet will help you reflect on your own digital habits and identify positive changes you can make to support your academic success and wellbeing.

PART 1: SCREEN TIME

Step 1: Check Your Screen Time

Use your phone, tablet, laptop, or app usage reports to estimate your average daily screen time.

My average daily screen time: _____ hours

What am I using screens for?

Tick all that apply:

- ☐ Studying
- ☐ Social media
- ☐ Messaging
- ☐ Streaming (Netflix, YouTube etc.)
- ☐ Gaming
- ☐ Shopping
- ☐ News
- ☐ Other: _____

Reflection

1. What surprised me most about my screen time?

2. Which activities take up most of my screen time?

3. How much of my screen time helps me achieve my academic goals?

Critical Evaluation

Benefits of my current screen use







Drawbacks of my current screen use







Overall judgement

Do I think my screen time is helping or hindering my success at university?

PART 2: MULTITASKING HABITS

How often do I multitask while studying?

Circle one number for each statement.

Statement	Never	Rarely	Sometimes	Often	Very Often
I check my phone while studying	1	2	3	4	5
I switch between multiple tabs/apps	1	2	3	4	5
I respond to messages during study sessions	1	2	3	4	5
I watch videos while completing coursework	1	2	3	4	5
I use social media during study breaks that become longer than planned	1	2	3	4	5

Reflection

Think of a recent study session.

What was I trying to do?

What distractions or additional activities did I engage in?

Did multitasking help or reduce my productivity? Why?

Critical Evaluation

One strength of my multitasking habits:

One weakness of my multitasking habits:

Overall conclusion:

PART 3: PROCRASTINATION

Which of the following apply to me?

Tick all that apply.

- ☐ I delay starting assignments.
- ☐ I leave work until deadlines are close.
- ☐ I spend time on easier tasks instead of difficult tasks.
- ☐ I tell myself "I'll start later."
- ☐ I use social media to avoid studying.
- ☐ I feel overwhelmed and avoid getting started.
- ☐ I distract myself when a task becomes difficult.

Reflection

What tasks do I procrastinate on most?

Why do I think I put these tasks off?

How does procrastination affect my grades, stress levels or wellbeing?

Critical Evaluation

Complete the sentence:

"My procrastination behaviour is mainly caused by..."

"The biggest consequence of these behaviours is..."

PART 4: TECHNOLOGY-RELATED DISTRACTIONS

My Biggest Digital Distractions

List your top 5 distractions.

Rank	Distraction
1	
2	

3	
4	
5	

Reflection

When am I most likely to become distracted?

Which apps or platforms distract me most often?

How long does it usually take me to refocus after being distracted?

Critical Evaluation

How do digital distractions affect my learning?

How do digital distractions affect my wellbeing, sleep, or stress levels?

PART 5: ACTION PLAN

My Key Findings

Complete the table below.

Area	What I Learned About Myself
Screen Time	
Multitasking	
Procrastination	
Distractions	

One Change I Will Make

My digital habit improvement goal:

What specific action will I take?

How will I know I have succeeded?

When will I review my progress?

Date: _____

FINAL REFLECTION

Looking at everything I have written, what is the most important thing I have learned about my digital habits?

What is one realistic change I can make over the next two weeks to improve my academic performance and wellbeing?

MLA 4 Reflection and Feedback (20 minutes) 300 – 500 overall

Students to discuss in groups:

- What challenged my thinking this week?
- What surprised me?
- What skills do I most need to develop ?
- What will I do differently next week?

Learning Outcome 2

MLA: 2 Psychology Myth Busting

Addressing one of the four statements (Week 1 Activity 3), write a 500-word piece of work that uses scientific evidence to justify your argument.

- We only use 10% of our brains.

Skills for Success in Psychology: Jumbled Reference List

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MLA: 3

Source Credibility Ranking > MISSING?

Complete the Source Credibility document (Week 1 Activity 4) using the questions in the checklist to guide your answers.

Learning Outcome 3

MLA 7: EndNote Fusion Account (formally RefWorks)

EndNote Fusion Untitled Project  University of Wales Trinity Saint David Language (English) 

 All References

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