

ECPS4018: Study Skills for Psychology

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Lecture overview



Assessments



Think Aloud Method



Tools

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. Study skill infographic
 3. Essay outline

Participation, presentation and contribution

Journal Article Summary

- Often referred to in Psychology as an abstract
- Abstracts effectively summarise the aims, method, results and conclusion of a research study
- Abstracts are used to submit work to conferences
- It gives a snapshot of what has been done and why and what they have found
- Summarising skills are important for when you are reading lots of articles for your essays

What you have to do for this task...

Produce a 300 word summary of an article provided to you

Consider what the key points of the article are to structure your summary.

You can include citations from the article

You should produce an APA reference for the article following your summary

(20 marks)

Produce an infographic



Infographics are a creative way to communicate information in short bursts



They focus on key information and often use images to aid their points



You can choose any topic in relation to your learning e.g. time management



You can use any tool for this - Powerpoint, Canva etc. As long as it can be pasted into a word document

Examples

BE MORE PRODUCTIVE WORKING FROM HOME



1. Use a Calendar

Plan your tasks ahead on a calendar so you can prepare for a productive day.

2. Set a Timer

Work in bursts of 30-45 minutes and set a timer to stop and take a break. You'll be more productive!



3. Write in a Journal

Get off the computer and use a note-book to write down (or draw) your ideas & goals.



4. Power Hour

Get up early for a "power hour" to start work - while the house is quiet!



5. Prepare Your Space

Create a calm, fun environment for creativity with good lighting and a comfortable workspace.



Get more
productivity tips
at reallifegreatsite

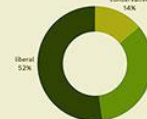


WHAT YOU SHOULD KNOW ABOUT VEGETARIANISM

UNITED STATES STATISTICS



VEGETARIANISM
BY POPULATION



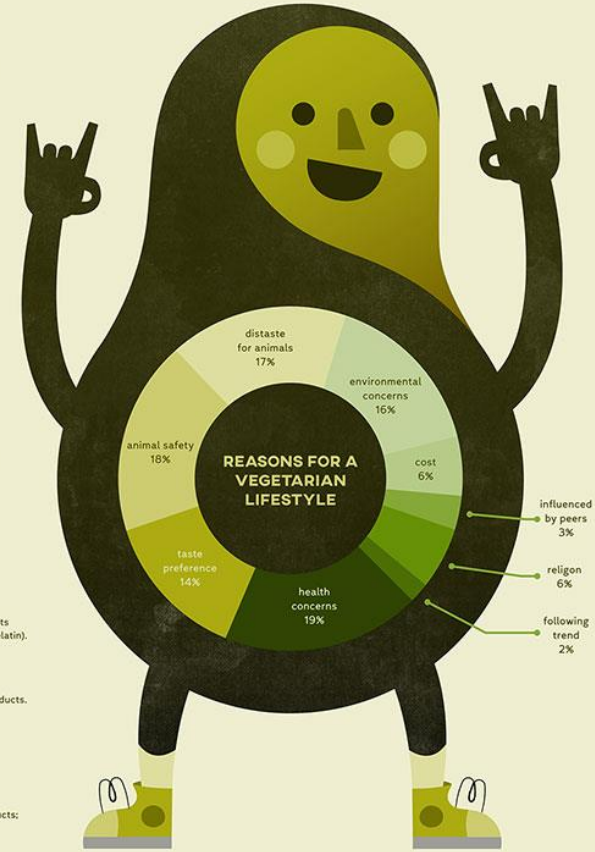
POLITICAL
ORIENTATION



VEGETARIANISM
BY INCOME

TYPES OF VEGETARIANS

- VEGAN**
No meat, poultry, fish, or any products derived from animals (eggs, dairy, gelatin).
- LACTO-OVO**
No meat, poultry, or fish; okay to consume eggs and dairy products.
- LACTO VEGETARIAN**
No meat, poultry, fish, or eggs; okay to consume dairy products.
- OVO VEGETARIAN**
No meat, poultry, fish, or dairy products; okay to consume eggs.
- PARTIAL VEGETARIAN**
No meat; okay to consume fish or poultry.



HOW LOW ARE YOUR HEALTH RISKS ON A VEGETARIAN DIET?

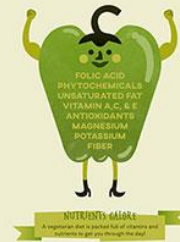
HIGH BLOOD PRESSURE	75%
HEART DISEASE	42%
CANCER	15%



LIFE EXPECTANCY (years added)



In addition to a nutritionally sufficient plant-based diet, a tobacco and alcohol-free lifestyle has been shown to "longevity" the lifespan of vegetarians and curb illnesses, while avid consumption of red meat (beef)—due to its heavy fat and cholesterol content—increases the risk of chronic ailments, certain types of cancer, and other deadly disorders.



NUTRITIOUS CALORIE
A vegetarian diet is packed full of vitamins and nutrients to get you through the day!

WHAT IS A HEALTHY **WORK/LIFE BALANCE?**



SCHEDULE YOUR ACTIVITIES

oooooooooooooooooooo

If you struggle to get everything done in a day, make a preliminary schedule with which you can strategically complete tasks.



STICK TO YOUR SET WORK HOURS

oooooooooooooooooooo

Don't overdo it in work; if you are strict with your work hours, you will be more effective in work. Staying late limits productivity.



PRIORITIZE PERSONAL ENDEAVORS

oooooooooooooooooooo

Make sure that you do what's important to you, and not let work get in the way. This will help you not feel resentful towards yourself and work.



EXERCISE REGULARLY

oooooooooooooooooooo

Exercise is vital to one's vitality. If you think you don't have time, you do: just read this infographic again. Prioritize your health above all else.



MEET OTHERS HALFWAY

oooooooooooooooooooo

Don't lose a limb because you gave in to others. Compromise, and your life will be a lot easier. Carrying the full weight of a burden is not in one's best interests.



KEEP YOUR WORK EMAIL OFF YOUR PHONE

oooooooooooooooooooo

This is a tough one; it is, however, very rewarding. Don't allow work to creep into your personal life. If you truly want them separate, leave it in work.



DO WHAT YOU LOVE

oooooooooooooooooooo

No one else has your interests in mind more than you do. Make sure you're always doing what it is that's important to you, no matter what.



PUT YOURSELF FIRST

oooooooooooooooooooo

Your company puts itself first. Likewise, you should do the same for yourself. Make sure that you always do what it most important to you before all else.

TO DO'S FOR A Healthy Mind

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Some Facts:



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5

Tips for Virtual Learners

1



Invest in Blue light glasses

This layout is great for a detailed explanation of one topic. You could include up to 2-3 lines of text.

2



Take frequent breaks

This layout is great for a detailed explanation of one topic. You could include up to 2-3 lines of text.

3



Get in some exercises

This layout is great for a detailed explanation of one topic. You could include up to 2-3 lines of text.

4



Have a dedicated learning space

This layout is great for a detailed explanation of one topic. You could include up to 2-3 lines of text.

5



Schedule learning and studying time separately

Flip things around without breaking the consistency of your design! Same as above, in this layout, you could write up to 10-14 lines of text as long as you break them into paragraphs to help your reader digest it all!



HOW TO DEAL WITH EXAM STRESS



An independent study of **2000** college students by Stop Procrastinating found that



are worried that stress and anxiety is affecting performance which will result in lower grades than expected.

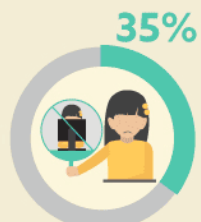


of students believe their levels of stress are greater than in the past.

Students responding to the survey stated



their stress and anxiety levels were high because they were struggling to cope with expectations and competition at college for results.



blamed this on the difficult jobs market for young people, citing worry about lack of job opportunities.

45% blamed the overwhelming significance of their finals exams,



realising that underperforming could affect the rest of their lives,



closing doors to opportunities and missing out on jobs

or



graduate schemes that higher grades would have secured.

HOW TO PROPERLY WASH YOUR HAND



Wash your hands with water and soap



Lather well beyond your wrists



Wash all surfaces thoroughly including wrists, palms and under fingers



Rub hands together for at least 30 seconds



Rinse thoroughly and dry completely

To summarise

- As you can see there is a lot of variation and room for creativity
- We encourage you to support the information in your infographic with appropriate sources and citations
- We would expect to see the references from your infographic in your e-portfolio reference list
- Keep your infographic to a max size of A4

(35 marks)

Essay outline



Produce an essay outline based on a question provided to you



Using some of the templates we will go through in class, you will create an essay outline



You must detail the structure of the essay, the key literature points you think you will search for/include and what you think will be contained in each section



This will demonstrate your understanding of how to effectively plan and write an essay

Essay outline



In addition to the outline plan you should demonstrate your ability to conduct a library search



Within this you should discuss the search terms and/or phrases you used and how you would decide if a source was appropriate or not

Example

This is an editable PDF that you can use to guide your essay plans (on moodle)

It is up to you whether you use this template in your e-portfolio.



Assessment Planner: Essay

Psychology and Counselling
UWTSD

Essay Title	Deadline

Basic Plan

Introduction	Main body	Conclusion

Research Needed	Key References

Created by Stacey Coleman Discipline of Psychology and Counselling

SEARCH CRITERIA

Any field contains **benefits of dog ownership** AND Any field contains **dogs**
AND Any field contains **mental health** AND Any field contains **happiness**

SEARCH

SIMPLE SEARCH

Sign in to get complete results and to request items Sign in DISMISS

Tweak my results

Expand My Results

Sort by Relevance

Availability

- Peer-reviewed Journals
- Full Text Online
- Open Access

Resource Type

- Articles (8)
- Newspapers search

Collection

- DOAJ Directory of Open Access Journals (6)
- EBSCOhost Academic Search Premier (1)
- Elsevier ScienceDirect Freedom Collection (1)
- Elsevier ScienceDirect Journals Complete (1)
- IngentaConnect Journals (4)
- Show More

Subject

- Dogs (7)
- Pets (7)

0 selected 1-8 of 8 Results Personalize

- 1



ARTICLE

Benefits of dog ownership: Comparative study of equivalent samples

Ramirez, MoNica Teresa GonzaleZ ; Hernandez, Rene Landero
Elsevier Inc; Journal of veterinary behavior, 2014, Vol.9 (6), p.311-315

“ Owing to the inconclusive findings of research regarding the health benefits of pet ownership, we compared perceived health, stress, life satisfaction, happiness, and psychosomatic symptoms in dog owners and non-dog owners...”

PEER REVIEWED

Download Article

Full text available

View Issue Contents
- 2



ARTICLE

Expectations for dog ownership: Perceived physical, mental and psychosocial health consequences among prospective adopters

Powell, Lauren ; Chia, Debbie ; McGreevy, Paul ; Podberscek, Anthony L ; Edwards, Kate M ; Neilly, Brendon ; Guastella, Adam J ; Lee, Vanessa ; Stamatakis, Emmanuel
United States: Public Library of Science; PLoS one, 2018, Vol.13 (7), p.e0200276-e0200276

“ An Australian-wide sample of 3465 prospective adopters completed a self-administered online questionnaire about the physical, mental and psychosocial health benefits and challenges they associated with dog ownership...”

PEER REVIEWED OPEN ACCESS

Download Article

Available Online
- 3



ARTICLE

A framework for understanding how activities associated with dog ownership relate to human well-being

Barcelos, Ana Maria ; Kargas, Niko ; Maltby, John ; Hall, Sophie ; Mills, Daniel S
England: Nature Publishing Group; Scientific reports, 2020, Vol.10 (1), p.11363-11363, Article 11363

“ There is notorious inconsistency regarding mental health benefits of dog ownership, partially due to repeated cross-sectional studies comparing dog owners and non-owners, without taking into account...”

PEER REVIEWED OPEN ACCESS

Download Article

Available Online



Example layout



Essay outline including question



Evidence of library search



Short discussion on evaluating the sources identified

Finally: Participation, Presentation & Contribution



Your e-portfolio should have a title page, contents page and a reference list at the end.



It should be professionally presented with each task on a new page.



Your participation and contribution to class discussions and activities will be taken into consideration for these final 10 marks

Assessments

Assessment Component 2 - Individual 3-minute video

Access and reflect on assessment feedback, utilising the think aloud method you will record yourself (using screen share or screen recording software) to talk through and reflect on the mock assessment feedback.

The task

Accessing your assessment feedback and understanding the written feedback and in-text comments given by your module tutors is crucial to developing your work

You will view the mock assessment provided which has been marked with feedback

You will then record your narration about the feedback, discussing each point, what you think it means and how the essay could be improved.

We suggest you finish your video narration on summarising the key areas for development within the essay.

How?



We recommend you use the 'Think Aloud' method.



This is a method often used in user experience research whereby you quite literally 'think out loud'



We don't want you to take lots of practice runs, we would like you to press record and talk through all of your thoughts in relation to the feedback

What does that look like?

- https://youtu.be/-q__eqNevb4?si=Or86_nXnxaPDzgfg
- You may feel a bit silly at first but it is a really useful method to understanding the thought processes behind completing a task and understanding what you are being asked to do.

How you can do this...

- The mock assessment will be provided as a PDF of what it would look like inside Turnitin
- This will allow you to see as close as possible how your assignment feedback will appear in Turnitin
- However... Turnitin is **interactive** and the PDF will not be. So it is important to remember when you access your feedback on Turnitin you can click on the icons and expand comments.
- You can either host a teams call with yourself and record it, or use screen recording software.



DEADLINES

Assessment component 2 is due ***before*** component 1

AC2 = 14th November 2023

AC1 = 15th January 2024

Everything you need to know is on the proformas on moodle.



QUESTIONS?