

EDUC 1300
Successful Student Reflection

Student Learning Outcomes

	At the successful completion of this assignment the student will be able to:
LO1.	identify the key components of a successful student.
LO2.	articulate career goals in an academic setting through self-awareness and research.
LO4.	Compare the historical, biological, psychological, and sociocultural dimensions of learning and how they influence human behavior
LO5.	examine the psychology of learning, cognition, and motivation through theory and research.
LO6.	compose writing assignment(s) using Standard American English and basic computer skills.

Directions: Write an essay that reflects on your learning this semester. USE APA STYLE. Follow these guidelines:

- Begin with an introduction that generally describes your growth as a student and narrow your focus to three individual traits that have either helped or hindered you this semester.
- Compose body paragraphs (at least 3) that each addresses a specific trait or behavior that has led to your success or has hindered your success as a student. If you choose to discuss how a trait has hindered your success, include a discussion of how you plan to improve or address this hindrance in the future. A connection should be made to educational theory learned throughout the course. You MUST INCLUDE THE FOLLOWING TO RECEIVE FULL CREDIT:

- 3 specific traits or behavior
- the dimension connected to that trait
- the psychological theory that supports your success or explains the hindrance

Your discussion may include, but is not limited to, the following categories:

- Learning Preferences- How has your learning preference affected your success? Describe strategies you use for success based on your learning preference.
- Multiple Intelligences- What is your dominant intelligence and how has it affected your success as a student?
- Time Management- What are your time management strategies and how have they affected your success as a student?
- Persistence and Motivation - Are you internally or externally motivated and how does that affect your persistence?
- Learning/Study Strategies- How have your study strategies helped or hindered your success as a student?
- Personal and Financial Health- Are there personal or financial health factors outside of your academic life that are affecting your success as a student?
- Write a conclusion that summarizes your growth this semester as a student and describes areas of growth for next semester.

***USE THE ATTACHED OUTLINE/EXAMPLE AND THE ONLINE RUBRIC TO HELP YOU IDENTIFY THE MAJOR COMPONENTS OF THE PAPER.**

Draft Outline: Use this outline to help you organize your ideas and ensure you have all the requirements. I've provided an example thesis and outline for the first body paragraph.

I. Introduction:

A. Describe yourself as a student

1. Strengths:
2. Weaknesses:

B. Thesis: Should list three areas of growth or needed growth that you will explain in the body of this paper.

1. Specific trait or behavior #1: time management
2. Specific trait or behavior #2: active reading strategies
3. Specific trait or behavior #3: stress management

Example Thesis: My time management and active reading strategies helped me earn a 3.8 GPA this semester, but my mental health was affected by poor stress management.

II. Body:

A. Specific trait or behavior #1: time management

1. What dimension? (biological, historical, psychological, socio-cultural)- explain
 - Biological -time management is executive function which is a cognitive task (brain task).
 - Socio-cultural- my family helps me manage my time by watching my daughter so I can study.
2. Explain the behavior/trait with specific examples from your semester
 - Used an electronic task manager
 - Planned my week out every Sunday night
 - Allowed for flexible scheduling
 - Tackled big tasks first
3. Provide an explanation of the behavior using course theory.
 - Chapter 4: prioritizing
 - Crash Course- eating the frog and promodoro
4. If this behavior was a hindrance, how can you improve?

B. Specific trait or behavior #2

1. What dimension? (biological, historical, psychological, socio-cultural)- explain
2. Explain the behavior/trait with specific examples from your semester
3. Provide an explanation of the behavior using course theory.
4. If this behavior was a hindrance, how can you improve?

C. Specific trait or behavior #3

1. What dimension? (biological, historical, psychological, socio-cultural)- explain
2. Explain the behavior/trait with specific examples from your semester
3. Provide an explanation of the behavior using course theory.
4. If this behavior was a hindrance, how can you improve?

III. Conclusion- Summarize your growth this semester and suggest how you will continue to grow as a student in the future.

Learning Objective Mastery	Meets Expectations	Does Not Meet Expectations	No Submission
LO 1: Identify the key components of a successful student.			
LO 2: Articulate career goals in an academic setting through self-awareness and research.			
LO 5: Examine the psychology of learning, cognition, and motivation through theory and research.			
LO 6: Compose writing assignments using Standard American English and basic computer skills.			
PO 1: Critical Thinking			
PO 2: Communication			
PO 6: Personal Responsibility			