Independent Learning Support (SRL)

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Topic	Notes
TASK UNDERSTANDING Go through the course and week goals, task description, assessment criteria and browse the materials. Answer the following questions: *How do I understand the task? What am I supposed to do? What am I supposed to learn? What is unclear?*	I believe that I understand the task at a satisfactory level. It is, again, very open-ended so I don't have a clear idea of what I am going to do yet (comic, cartoon, video, presentation, drawing?) or which digital tool I'm going to use to implement it, but I do have many possible digital tools in mind so I'm not worried about that aspect of the task. Throughout this week I am supposed to learn about the theoretical concepts of emotions and motivation, their role in learning, possibly about how students' emotional state and motivation can be addressed and supported in the learning process, but mostly learn about where do our emotions come from individually, what do they mean and give emphasis on how emotions and motivation can be regulated.
ACTIVATING PRIOR KNOWLEDGE What do I know or/and think about the topics of the tasks at the moment?	I am not aware of the theory and definitions behind emotions and motivation. I can only give very subjective experiential explanations about them and how they can affect one's learning, because they have affected mine throughout my life. For example, I am thinking that I have had very diverse emotions throughout my studies in the school environment and later the university environment. Those emotions were sometimes targeted to the topic of my studies and my lack of intrinsic interest about it, sometimes towards my peers in social situations that were part of our learning, others towards my teacher and if I perceived them in a negative or positive way, and many, many times towards myself. Those emotions ranged from frustration, anger, boredom, sadness, fear, failure, anxiety, stress, to joy, accomplishment, enthusiasm. All these emotions impacted my learning a lot, the obvious examples being that I always did better and was more motivated in subjects where my teacher inspired me in some way, or that I enjoyed interacting with the people that I was working with, and vice versa. Also, I've had experiences where stress has worked "positively" for me in the sense that it has pushed me to do better, and other times where it has completely "paralyzed" me and made me give up on the tasks that I was doing. So, this has led me to the thought that negative and positive feelings don't work only in one way but every person has very different reactions to a stimulation.

	Lastly, I can separate motivation to internal and external, even though in my life so far I have mostly been externally motivated which is not ideal.
GOAL SETTING: Go through the course and week goals, task description, assessment criteria and browse the materials a bit. Check your schedule for the tasks. Answer the following questions: What are my learning goals for the task and my own learning? When do I want to be finished with the task? What kind of smaller subgoals do I have? (E.g. what do I do today)	My practical/organizational goals this week are correlated to the last 2 weeks' goals, more specifically I want/except from myself to: ● Use the SRL table more actively in my learning process this week ● Start building on SRL habits by filling the SRL table in the right timing for each SRL stage ● Start my readings earlier than the weekend – preferably in the beginning of the week ● Engage in the learning material at least 1 hour every day ● Phrase my goals in a more efficient way, based on S.M.A.R.T and such techniques My learning goals are to: ● Read at least two articles of all readings ● Attempt to read an article of difficulty level 2 ● Define the concepts of emotions and motivation ● Distinguish intrinsic from extrinsic motivation ● Give at least one example of a strategy for self-regulation of emotions ● Give at least one example of a strategy for self-regulation of motivation ● Recognise some motivational sources
ANTICIPATING CHALLENGES: Reflect your own experiences in studying and your current situation that may affect how you are able to focus and arrange your studying. Answer the following questions: What could prevent me from reaching my goals? What may challenge me during my learning?	Still, I have not reached a point where I am comfortable with the readings, it's still early in my adaptation to literature and academic texts, so I am expecting to face similar problems as those of the last two weeks, which are: 1) Lack of concentration 2) Overwhelm – information overload 3) Procrastination Also, my novice skills in multitasking might affect my performance because of other ongoing deadlines from other subjects this week.

STRATEGY PLANNING What concrete strategies can I come up with to deal with the potential challenges and issues and achieve the goals? E.g. Changing or trying out different study strategies, Pomodoro-technique for sequencing study time, use of helpful tools and technologies to help with difficult things, asking for help, creating a motivating and peaceful study environment, talk with friends or colleagues, using generative AI to help in understanding basic concepts and ideas to assist reading materials, depending on the potential challenges.	I am trying to switch my strategies a bit. I have found a lofi music playlist in Spotify that helps me concentrate because it is instrumental and doesn't have many alterations in rhythm and tone. I used to listen to my own music/playlists the past two weeks but I observed that I got distracted very easily and often ended up exploring more music and browsing websites rather than having it as background noise. So, I am planning on using this specific playlist for my studying. Also I'm trying to listen to music from my laptop's speakers and not from my headphones, because I observed that when I use my over-ear headphones I sometimes get over-stimulated. Also, the other day my friend came over and we studied together which I found out helped my focus time – I could concentrate for larger time spans continuously without needing a break, so I am planning on organizing another study session. Lastly, I observed that when I use AI in a complementary way – after I have read through the material

Performance phase: monitoring task progress

Questions	**Answers**
How have I progressed towards my goals?	I have started my readings earlier, in the previous weeks I would start them right before the weekend, now I started them mid-week. I completed the first section about Task Understanding of SRL table when I started engaging with the task. I tried phrasing my goals a bit more specifically but I still view them very theoretically so I haven't given them as much weight as I would've wanted to.
What have been the main challenges or obstacles that I faced so far	Managing the overload from the readings. Just like the previous two weeks, the readings have been going in a very slow pace and taking notes on paper is really slowing me down. Also, managing fatigue this week has been challenging. I find myself focusing late at night which means that my sleep schedule has shifted.
What strategies are working well for me and why?	The strategy of no-headphones use is working really well for me so I am avoiding them.

	A strategy that I hadn't planned but I'm using due to new information that we got about academic reading & writing in our Orientation session this Friday 27/9, is downloading **Zotero** and **Obsidian**. These two apps are helping me be more focused during my reading and be more time-efficient with my note taking.
What strategies do I need to change or improve and how?	I still need to improve my time management strategies because for example, even though my usual problem is that I cannot concentrate enough on a task, this week because the task is creative, I get overly concentrated with the result being not taking care of myself, my sleep schedule, and hyperfocusing on the comic when I should make more space for my other courses during the day as well. So scheduling has been the major issue this week.
What are the next steps that I need to take to achieve my goals in the task?	I think I need to decide which theoretical points of all I want to use in my comic, which ones are more relevant to my experiences so that I can then find out a way to connect them with my story.
What confuses me with the task or the topics?	I decided on the digital tool that I'm using, which is Canva, but it's confusing to me whether my comic should directly show the connection with theoretical concepts or if they should be implied and analysed externally from the comic. About the topics, I'm having a really hard time going through the readings with difficulty level 2. They are too dense and I'm getting lost in an information-searching loop because I have too many unknown terms.

Reflection

Questions	**Answers**
How have I reached my goals?	I have used the SRL table more mindfully this week. I have started engaging with the material earlier this week, but still not early enough so that the readings would go smooth.
What have been the main challenges or obstacles that I faced?	Focusing too much on the artistic part of the comic because I enjoyed my time being creative - and losing valuable time for doing theoretical work. Also time management in general! Lastly, my anxiety and taking care of myself this week has been a challenge.
What strategies have worked well for me and why?	Using the reference manager for, as well as digitalizing my notes with Obsidian helped

	tremendously in saving time and going through my readings more effectively. I think I will see more of those effects in next week's tasks, because I only started using those two apps before the weekend.
What strategies do I need to change or improve for the next tasks and courses and how?	I really need to make room for studying everyday with no exceptions. It's really difficult for me to prioritize my tasks, and now that the other courses have expectations, I'm constantly torn between what I should do. But I should organize my time slots better each day so that I can fit studying time for each course everyday.
What things strike the most important things that I have learned during this task? What is something that I'd like to learn more about?	I think one of the important things that captured my attention was the subsection "Cognitive Change" in the explanation of Gross's process model of emotion regulation. This is because in my brief studies about learning sciences during my bachelor's degree, one of the definitions of learning was "learning as a cognitive change", meaning that learning happens when our existing cognitive schemas change when new knowledge is acquired. This kind of resonates with what this paragraph says because when a situation happens and you interpret it somehow, it's like you're learning from this situation and this directly impacts your emotions. Or that's how I understand it so far. Also, one article that I haven't gotten to read yet but it's highly correlated to my interests is the one about "Emotions and technology-based environments" by Loderer, Pekrun, Lester so I'm sure it will have some very interesting points!