



Motivation & Self Organisation

Pedagogy Team: pedagogy@42wolfsburg.de

Summary: In this project, you will get to know yourself and define your goals both in life and at 42 - Have fun!

Version: 2

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Chapter I

Introduction

Before starting this project, you should have attended the Self Orga and Mindfulness session. If you were not able to attend, fear not! Notion is a wonderful place full of knowledge and wisdom; as well as the recording of the session ;)

The very first thing you need to do is acquire a little knowledge - read the [documentation](#).

Chapter II

Notion Profile - Interests & Basic Information

Now it's time to create a profile that you can share with other Pisciners! This will help others get to know you and you will be able to get to know your peers!

Start by heading over to find the [Profiles](#) section and navigate to your subsection for students, staff, Wolf PACK, etc.

Now follow these steps:

- Make a copy of the respective Template Profile. Instructions are provided on the Notion page.
- Fill out the basic information:
 - Replace the image with a picture of you (or if you really don't want to show yourself you can use something that you'd like to represent you).
 - Add a few lines about yourself either as a paragraph or with bullet points.
 - Add a link to your [Intra profile](#).
 - Add links to other online services you are active on like GitHub, StackOverflow, Twitter, Instagram, LinkedIn etc.
 - Add the languages you speak (this is not on programming yet).
- **Add your Learner's Identity:**

When you duplicate the profile template, you also copy two subpages. One of them is called "Learner's Identity". Use this subpage for a first self-reflection and add a more detailed description of yourself. This is a living document that you can evolve over time. It contains your interests, skills, and motivation but also your learning goals.

Privacy: Your base 42 profile should and is accessible to your peer group of pisciners by default but you can choose to keep the Who, What and why page private (after all you reflect mainly for yourself) but we encourage you to share with individual friends, or even better make it available for all 42 peers or even open it up to the www. Again getting feedback on your identity can be useful and being open as a person generates trust with those who learn about you. Sharing your interests

etc also makes it more likely that you will find other with similar goals and mindsets.

- **Add Personal Pages:**

If you would like to create one or several subpages with more private information you are welcome to do that and open those only to selected trusted peers and friends. In order to do that, you have to create private pages and link them to your profile section. For your personal pages you can set permissions as you like.



To change visibility of your pages, click on "share" in the top right corner.

Chapter III

Life & Learning Goals

At 42, you do not learn for school, but for yourself. Our goal is to enable you to live the life that you desire. These next steps aim to help you get there.

Please refer to the documentation about the [GROW model](#).

Once you've read the documentation, make your own triple-GROW by identifying your:

- Life GROW
- Competence GROW
- Piscine GROW

On the Learning Goals & OKRs sub-page you duplicated along with the template, reflect on your goals - refer to [this documentation](#) about setting goals and OKRs

Chapter IV

Learning Journal

A good way to keep track of goals and personal growth is writing it down! This is the purpose of the learning journal. In this chapter, you will start your own learning journal and write your very first entry.

Refer to the [documentation about Learning Journals](#). Start your learning journal on Notion - You will find a subpage called "Learning Journal" that you duplicated along with the profile template. You can structure this journal page and make it pretty as you wish. It's your space to keep track of your own progress and thoughts!

In your first entry:

- Write about your triple-GROW
- Write down any questions you want to answer by the end of the Piscine - An example might be "Is 42 for me?" or "Do I enjoy coding?". Take some time to think about your questions, you'll reflect on and try to answer them in your final journal entry!
- Write about your thoughts and expectations for the piscine
- Add anything else you think is relevant/valuable!



You must submit a textfile called "profile.txt" containing a link to your Notion Profile