

# CHIP Learning Log

Detailed Guidance 2024/5

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## Detailed CHIP Learning Log Briefing

### Overview

The CHIP Learning Log is an opportunity for you to reflect on the conceptual, historical, and integrative perspectives covered during the year. It encourages you to engage deeply with the ideas presented in lectures and explore how they connect with your own development as a student, a future scientist, and a lifelong learner. The learning log is divided into two reflective accounts, each of only MAX 600 words (not including references) allowing you to explore 1) a key topic from multiple perspectives and 2) document an aspect of your learning journey.

### Key Objectives:

- Present **two reflective accounts** based on relevant topics raised during the year. 1 Reflect on the relevance of a topic to your development as a scientist, a student, or possibly as an individual. Two perspectives are required. 2 Document how your understanding of a chosen topic has evolved over time.

A detailed rubric can be found on the VLE

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## Structure and Requirements

### 1. Two Reflective Accounts

You are required to submit two reflective accounts, each addressing different topics of the course and your personal engagement with them. The reflections are not summaries of the material (at all - biggest error) but are intended to encourage **critical thinking, personal reflection**, and **engagement with broader themes** in psychology.

### 2. Eligibility of Topics

The topics for your reflective accounts can come from the range of topics signposted during the term or with specific learning materials. While this offers a great deal of flexibility, it is important that the topics are meaningful to you and fit within the broader themes explored during the course. You can choose an alternative topic, but it must fit the parameters of the CHIP brief. They must be big-picture controversies, debates, historical issues, or related to how Psychology meaningfully integrates into your life, or how you meet Psychology. Plenty of examples will be seen, discussed and proposed. If you are unsure, ask on the Forum. Simple.

#### **Action Point:**

Early in the year, keep track of lectures, readings, and discussions that resonate with you. Consider how they relate to your development as a psychology student or your future goals. Discuss potential topics with your peers and ensure they are approved if not part of the signposted topics. It's very quick, you don't need to write more than a quick sentence or two to make sure it fits. NOBODY lost a single mark for topic selection in either 2022-3 or 2023-4 (since we permitted getting approval in the Forum from Gordon).

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### First Reflective Account

The first reflective account must adopt **two perspectives** from the list below and engage with a topic raised during the year:

- **As a STUDENT of psychology:** How has this topic influenced your understanding of psychology or your approach to learning?
- **As a TRAINEE psychologist:** How does this topic relate to the skills and knowledge you are developing for future professional practice?
- **In relation to a RESEARCH application:** How might this topic inform or inspire your future research endeavours?

- **As a HISTORIAN of psychology:** What does this topic reveal about the development of psychological theories or practices over time?
- **Reporting on the CULTURE or PRACTICE of psychology:** How does the topic reflect current trends or challenges in the field of psychology, either locally or across cultures?
- **As a critic or supporter of psychology's status as a SCIENCE:** Does this topic strengthen or weaken the argument that psychology is a rigorous science? Why?

### **Signpost:**

Choose perspectives that resonate with you or reflect your aspirations as a psychology student or future psychologist. Ensure that the reflection in your reflective account is analytical, not just descriptive. Ensure that your reflective account is personal. I want to hear your voice, I want to hear your perspective. I want to see you write in a tone and style that helps convey your argument, it is an opportunity to ditch that weird passive voice and use "I". It is NOT an opportunity to be imprecise or write without sources, or to ignore the guidelines.

### **Example title:**

Please notice that the 2 perspectives chosen are in the title. Is Psychology a Science? From the perspectives of: STUDENT/FUTURE CLINICAL PSYCHOLOGIST

### **Short and Sweet:**

600 words is not long enough to waffle. Know what you want to say right at the outset, and keep it focused. Assume an interested and intelligent reader, but make sure you give them enough to follow along, reference key sources and explain terms if uncommon or important.

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## **Second Reflective Account**

The second reflective account focuses on **one starting point** — this could be a reading, TED Talk, cartoon, TikTok video, song lyric, or another source of inspiration. From this starting point, you will log your journey of exploration into a relevant topic. This reflective account should focus on how your understanding has developed over time, and across multiple sources, and the personal learning process you experienced.

### **Suggested Approach:**

- **Identify your starting point:** Explain why this source resonated with you and how it links to the topic. This should be referenced or included (if feasible)
- **Document your learning journey:** Describe how your understanding of the topic evolved as you explored it further. Did you encounter conflicting viewpoints, new theories, or surprising insights?

- **Reflect on your experience:** How did you react to these new ideas? Did your initial assumptions change? What emotions or thoughts did the learning process evoke?
- **Conclude with your key takeaways:** Summarize what you learned or rediscovered during this reflective process.

**Example:**

You may start with a TED Talk on the replication crisis in psychology, which leads you to explore various debates in research methodology. Reflect on how your understanding of psychological science changed through this exploration and what this process taught you about the importance of research integrity and how that integrity will manifest in your Final Year Dissertation - something that you feel is important.

**The spark:**

This is easier if you actually do the thing. So give yourself a chance. People usually wait until after they submit their Mini-Dissertation before starting thinking about this. You are probably more interested to start thinking about exams than another bit of pesky coursework. Why do that? Keep some notes of topics that are unknown to you now or that you'd like to know more about, track a few things you read and what you genuinely learned and experienced. Real is easier. Authentic is easier.

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## Writing the Reflection

When writing both reflective accounts, keep the following points in mind:

**Tone and Style:**

- **Reflective writing** is personal, but it should still be analytical and effective. You are not just recounting what happened; you are critiquing and exploring your thoughts, feelings, and reactions.
- Use the first person where appropriate, but balance this with academic rigour.

**Structure:**

- **Introduction:** Briefly introduce the topic and the perspectives or starting point. Give us something to latch on to and get our bearings.
- **Main Body:** Explore your chosen perspectives or journey in more detail. Ensure each reflection is well-structured and follows a logical progression. References and explanation of terminology is still necessary.

- **Conclusion:** Summarize your key insights and discuss how these reflections have influenced your development as a psychology student, future psychologist, or lifelong learner. Bingo.
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## Key Tips for Success

1. **Engagement:** Only 4 or 5 topics will get full lectures (in the second half of term 2) - many more will be signposted and indicative readings or recommendations for articles, books, or films will be given along the way.
  2. **Depth of Reflection:** Go beyond summarizing course content. Use your reflections to critique, analyse, and engage with the broader themes of psychology.
  3. **Personal Connection:** Consider how psychology as a discipline connects with your own development, both academically and personally. How do these reflections help shape your future goals as a psychologist or researcher? If I can't hear your voice, or your perspective, it's not going well.
  4. **Relevant Topics:** Ensure that your topic comes from those listed or meets the parameters. Feel free to use the Forum to check and be confident. There is no mystery in any of the coursework on this module. No hidden surprises or traps.
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## Final Thoughts

The CHIP Learning Log is not just an academic exercise but an opportunity for you to reflect on your journey as a student and connect the ideas presented during the course to your own aspirations and understanding of psychology. Use this task to critically engage with psychology as a discipline, exploring both its challenges and its contributions. This is the last piece of coursework you will submit this year, and could be one of the highest scoring - we had a number of 88s in 2023-4 (and this is worth DOUBLE a Cognitive Essay!) all you have to do is do what you are doing, jot some ideas in your daily journal, maybe something annoys you and you want to vent? Great. Bring it.