

**INDONESIA UNIVERSITY OF EDUCATION/UPI/
FACULTY OF SCIENCE AND MATHEMATICS EDUCATION
DEPARTMENT OF BIOLOGY**



***Tips, Importance and Kinds of Individual Study and
Sample Individual Study Plan***

Submitted to:

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By:

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Introduction to Individual Study Plan

- One can improve the conditions for learning by being aware of some of the ways the brain works. For example, the brain works well when:
 - *it is **rested*** - sleep affects our performance
 - *it is **hydrated*** - drinking water helps the electrical connections of the brain
 - *it is **unstressed*** - when it is stressed, it can focus only on 'escape', not on such matters as reading journals and writing assignments.
 - *it **enjoys itself*** - it is important to look for any angle that can stimulate our interest in what we are learning.
 - *it has seen something several times* - little and often works better than trying to understand something in one sitting.

General tips for Individual Study

- Spending long hours studying is not necessarily productive. In order to *study effectively, one can*:
 - ❖ Identify what is really needed
 - ❖ Work strategically
 - ❖ Make the material meaningful
 - ❖ Look for links
 - ❖ Work with others
 - ❖ Set oneself SMART-F targets. The Targets in individual study should be:
 - **strategic** : they assist you to achieve your goals
 - **measurable**: you can tell when you have completed them
 - **achievable**: you are likely to succeed in meeting them

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- **realistic:** they fit the circumstances
- **time-bound:** you have a set time to meet
- **flexible:** you can adapt them if the circumstances change
- ❖ Look for short-cuts
- ❖ Use the word limit to focus your energies
- ❖ Take care of yourself

Importance and kinds of Individual Study

Importance of Individual Study (IS)	Kinds of Individual study Methods:
<ul style="list-style-type: none"> ✓ To gain a love of learning for its own sake. ✓ To develop the gift of independence. ✓ To encourages responsible decision making through problem analysis, reflection, and decision making. ✓ Life long learning and the ability to respond to change are developed. ✓ To fosters skills and attitudes of immeasurable importance ✓ To become self-sufficient, responsible citizens. <p><u>NB.</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Students need to learn how to learn. <input type="checkbox"/> The major purpose of schooling is to teach students how to learn independently i.e how to teach themselves. <input type="checkbox"/> Students must acquire life long independent learning skills. 	<ul style="list-style-type: none"> ✓ Essays; learning units ✓ Reports; programed learning ✓ Projects; distance education ✓ Models; correspondance course ✓ Journals ✓ Inquiry ✓ Games ✓ Fantasies ✓ Interviews ✓ Brain storming ✓ Individualised assignment ✓ Computer assisted instruction ✓ Independent research ✓ Problem solving ✓ Decision making ✓ Learning centers

Sample Personal Learning Plan

- Reviewing the past experience, identifying the present need and goals and planning the future how the desired goals can be achieved are the major components of planning individual study plan. In my stay at Indonesia University of Education, personally I want to know new approaches, techniques and teaching-learning cultures both from the students and instructors to strengthen science education in my country.
- Here I present my personal individual plan how I will study my subjects in UPI as follows: `
- **In this personal study plan I include:**
 - My past achievement and strength
 - What I need to work in this year
 - My learning style and
 - My plan for the future

Past Achievement and Strength

- ***My Past Achievement***
 - Department head; Head of wereda education office at Saint Woreda Education Sector; Participated in Biology Course module preparation; Translating and teaching Biology in both language (Regional or state language (Amharic) and International language (English) at Debre Birhan CTE.
- ***My Strengths***
 - Good work habit; Respecting others; Cooperation with others; Respecting the rules and regulation of once institute; Time utilization or time management; Giving and accepting suggestions or comments.

What I Need to Work through out the Semester

- Develop method/approach/models & media used to teach biology;

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- Applying learning theories in designing lesson plan;
- Design assessment and item tests relevant to specific instructional objectives (SIO);
- Acquire a strategy how to formulate productive questions and specific instructional objectives (SIO)
- Develop science process skills (SPS) through learning experiences.
- Know the utilization of inquiry method to teach Biology.
- Know the different Learning Theories and their importance in teaching biology.

My Learning Style

- Individual task with the help/ or leader of course instructors.
- Use internet or reading books related with the lecture/discussion/ note.
- Cooperative learning, Observation, reading
- Report, projects and assignment.

My Plan for the Future

➤ What I want to achieve this year

- Improve the knowledge, skill and attitude on teaching strategies /methods/ of biology.
- Develop science process skills through practical activities
- developing specific instructional objectives, questioning and students performance assessment skills.
- Research and producing teaching material,
- Develop understanding of what lesson study is, its importance, methods on lesson study implementation, dissemination and how schools keeping it sustainable.

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➤ ***What I want to achieve at School/College/ in my country***

- Use the best practices on skill, knowledge and attitude gained through training from Indonesia University of Education and different junior high schools and transfer the knowledge to others. Not only transferring the knowledge but also follow up the success of the training is my major duty.

➤ ***Where I would like to be in five years time***

- To implement and disseminate the lesson study program in my country I prefer to stay at college and implement the experience shared through training in UPI to others and then to learn more about teaching Biology at higher level.

My Useful Links

- Using E-mail, hand phone and report system with persons who are professionals at Indonesia University of Education (UPI).
- Internet access to find necessary informations and documents for my study
- Education Professionals at different colleges in Ethiopia.

My Subjects

- Subject specific Science Training including Biology teaching, Practical Biology, Teaching primary school science, Phanerogamic botany; On-the-job training including Fundamental Biology and Invertebrate Zoology; and Lesson Study Program.
- Other Training
- Education system of Indonesia
 - Introduction to Indonesian language
 - Meeting on lesson and chapter design training at junior and senior High schools in Bandung

Some Details About Me

- Plan my time; sets goal; Work tough/give effort and do it; Work in collaboration; work independently; take risk and accept my-self

My Short Term Plan

Date.....

- ❖ Once the objectives were designed, **“how I will try to achieve my goal /Objectives?”** is the next big and basic question. To this end I will try to achieve my goal through:

- collaborative learning with others,
- inquiry method, Problem Based Learning
- self-study or individual study plan with the effort or guidance of my instructors.

My Weekly Study Plan

Time	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
8:00-6:00	Religious beliefs	Assignment of BI707	Lesson Design of teaching materials	Experimental data collection of BI706	Lab. Report of BI706	Indonesian course	Lesson observation note, photo of lesson
13:00-16:00	Rest by watching TV on National Geography	Meeting time on BI707	Lesson Design of teaching materials	Lesson Observation and reflection	Lab. Report of BI706	Ethics, academic policy, monthly meeting	Reflection on lesson observation
16:00-19:00	Family contact, refreshment, sport, movie watch	Family contact, refreshment, sport, movie watch	Family contact, refreshment, sport, movie	Family contact, refreshment, sport, movie	Family contact, refreshment, sport, movie	Family contact, refreshment, sport, movie	Family contact and refreshment
19:00-21:00	Study and assignment on subject specific courses	Collect Information on lesson design, lesson study lesson plan	Collaborative work on Projects	Information collection for subject specific courses	Report and data organization on subject specific courses	Break and TV Watch	Break on TV movies
5:30-7:00	Study on Subject	Study on Lesson study	Study on subject	Study on research	Study on lesson study	Preparation for school	Organize data and

My Research Guide

- How I work on assignment/project? In order to perform my assignment or project work successfully, I will use the following methods;
 1. Understand or paraphrase what is asked
 2. Collect informations by using inquiry method or problem solving method for the question from different sources.
 3. Discuss on the major ideas with my colleague.
 4. Organize and write the report independently.

My Study Guide

- **How I study?** In order to achieve the desired goals throughout my study I will use the following methods;

1. Cooperative work with my colleague.
2. Collecting and organizing lecture or discussion notes.
3. Collect additional information from internet, books, templates, or other reference materials.
4. Collecting relevant examples and explanations in my study area and inquiry method to solve certain problem in my study.
5. Experience share with others.
6. Read with concentration what I have in my note book and using internet independently early in the morning i.e 5:00 – 7:00 Am.

My Support Team

1. Prof. Dr. Nuryani Rustaman – by providing necessary course materials, leading and assisting me to achieve the desired goals, giving and correcting/evaluating assignments. Mainly she provides so many teaching materials that can support biology teaching and science teaching at college and primary school levels.
2. Prof. Sumar Hendayana, Dr. Harun Imansyah and Dr. Asep Supriatna – by assisting school based training on Lesson Study Program, method of lesson study program designing, implementing, reflection and improving the designed lesson and the secret how lesson study program stay sustainable in school and become a culture.
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4. Ms. Rini Solihat and Dr. Yayan – in showing the preparation of lesson design, lesson study and its implementation and reflection after the class room instruction.
5. Dr. Pupung Purwanto – assisting by giving Indonesian language course for improving my communication with others.

6. Ms. Rika and Mr. Dian – providing necessary things and creating suitable environment for my study.

TCTP Program