

#REF!		
	0 = no Difficulty and 5 = is very Difficult	0 = Not Important and 5 = Very Important
PERSON – Managing Yourself and Others	Level of Difficulty	Level of Importance
Lectures, Seminars and Tutorials, Lab Work, Attachments/Placements		
Being on time for College (lectures, labs etc.)	0	0
Concentrating during lectures and tutorials	3	3

Understanding the content of lectures	2	2
Using Libraries and Getting Information		
Understanding the Library System	1	1
Retrieving Information/Books	1	1
Writing Essays, Projects and Reports		
Understanding topic / question	1	1

Understanding your departments expectations/standards (eg. Length, style etc)	2	2
Understanding the course structure and content	0	0
Studying		
Handing up work on time	0	0
Maintaining concentration during study	2	2
Getting started with studying	0	0
Procrastination	0	0
Exams		

Knowing how best to study	2	2
Remembering what I have studied	2	2
Managing the stress before an exam	0	0
Deciding which question to do	0	0
Recalling Material	2	2

Managing panic and “writer’s block”	0	0
Managing fear that I may fail exams	0	0
Life Skills		
Receiving and coping with bad results	3	3
Managing anxiety	0	0
Managing negative thoughts	1	1
Managing stressful situations	2	2
Maintaining good mental stamina/endurance	0	0
Being Confident	0	0
Emotional Concerns		
Managing conflict	1	1
Managing anger	1	1

Being a perfectionist	0	0
Switching off and relaxing	2	2
Getting enough good quality sleep	0	0
Score PERSON	28	28

Please explain your answer	
	ENVIRONMENT - Managing the University System and its Social Environment
	PHYSICAL - Lectures, Seminars and Tutorials, Library, Lab, Placement/Attachments
My punctual has been spot on since before college times	Tolerating external distractions e.g. noise, light
Sometimes the lecturers are reading off the powerpoint presentation making it boring to listen to. More often then not I think I already know the material	Managing lab / placement environments

I either understand what the content is (if new), have seen it before or know where to look to catch up	Exams/Support Services
	Getting to the exam hall
I have good idea where to look for the necessary info and I communicate with the staff for assistance	Using Computers
I use the library system to assist me	Managing student support services
	Managing Tutor system
If I don't know initially, I google it as the question I would normally think would be technical	Social

I either understand or overestimate the work. If it is the latter, I normally request clarification from the lecturer very quickly	Getting involved in societies
Yes due to it being technical related	Communicating with people
	Communicating with my supervisor
I actually normally early	Communicating with other students
When I get tired or uncertain that's when it gets a little difficult	Making friends within college
I'm a motivated self-starter	Making friends outside college
I actually avoid this whenever possible	Managing flatmates/housemates
	Life Skills A

While I have tried mixing it up, I took study tests prior to leaving cert a few years ago	Managing family
Lately, rather than memorising everything, I would try to understand the concepts so I could apply to more situations than the exam	Managing finances/bills
I actually pretty chill as I'm normally prepared in advance	Managing nutritional needs
I normally go over past papers to understand the layout in relation to my studies	Managing any medication
Simply put, I either remember it all or nothing, there is no inbetween	Managing shopping, housework etc

I like to think I'm pretty structure. The only thing not the best is my handwriting	Life Skills B
I normally prepare in advance to the topic	Managing alcohol intake
	Managing / avoiding other substances
They don't happen even moderately but the one time it did I went to the person who was associated with it to find out the next steps. I try to resolve why it happened and what to do next.	Results ENVIRONMENT
I am normally more then prepared for any incoming tasks	
They happen infrequently but when they do, I remind myself why the thought is incorrect	
I manage them well through thorough planning	
Through mindfulness, I practise this every day	
I am comfortable in my own skin	
I try to resolve by understanding the different perspectives	
I have good self-control	

Nobody perfect, I rather be balanced	
If I am too busy or attempting to catch up on work, I would feel this is not an option	
I ensure to get proper sleep	
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Level of Difficulty	Level of Importance	
0	0	I normally go to quiet areas to conduct my studies effectively
0	0	I use my own pc for the work in which I normally have everything I need. Also people sometimes work together to get task done

0	0	The area where I normally have to go has been consist in a familiar area
0	0	I study Computer Science
2	2	I normally do the work alone and not ask for assistance so Im uncertain about this
0	0	I have the details to contact the tutor

0	0	This year is the only year I decide to abstain from societies due to final year
0	0	I believe I have good communication skills
0	0	If there is misunderstanding between any of us, the other requests for more detail
0	0	Handle it quite well
0	0	Capability as I have a few
0	0	Capability as I have a few
0	0	I live with parents so never tried it

2	2	I have a brother so has slight difficulties due to slight more extreme case of disability
0	0	Unless I am working, I do not have to assist in bills. I also ensure to get items I need or going to use to assist myself
0	0	I actually improved and my thesis actually relates to this topic
0	0	I read the package of the necessary to avoid overdose
0	0	I put effort and efficiency into the tasks

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[illegible]

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OCCUPATION – Managing the Job of Being a Student	Level of Difficulty	Level of Importance
Lectures , Seminars and Tutorials		
Participating in discussion	2	2
Asking questions	0	0

Working in groups	2	2
Doing presentations	2	2
Social/Interpersonal		
Talking to lecturers and tutors	0	0
Asking for help	1	2
Life Skills		

Dealing with time pressures and deadlines	0	0
Goal – setting	0	0
Achieving goals	0	0
Dealing with work overload	2	2
Balancing college work and life	2	2
Managing my free time	2	2
Lab Work, Field Trips, Attachments/Placements		
Doing practical work	0	0

Managing work load	0	0
Completing Reports	2	2
Essays, Projects, Reports and Exams		
Getting down to writing	1	1
Continuing writing, avoiding “writer’s block”	1	1

Finishing the work	0	0
Staying and doing the exam	0	0
Studying		
Taking notes in class	2	2
Referencing	0	0
Writing study notes after class	2	2
Organising information	0	0
Structuring and planning the essay or project	0	0
Results OCCUPATION	21	22

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Please explain your answer				
Only moderately difficult when tired				
I ask questions if I do not understand to get clarification for myself.				

If the other people are uncomfortable for unexplainable reasons, I don't like working with them				
Gotten lessons in first year dedicated to doing presentations				
I talk to them if I need to know something in relational to their area				
I be hesitant to other student if they are busy. With lecturers, no problem				

I plan most things				
I know a methodology called SMART Goals				
I ensure to plan and put sufficient effort to meet the achievements				
I would normally get tired from this, so I plan ahead to avoid this.				
It is difficult but I do some personal activities to balance life				
I barely have free time this year				
Favourite part of academic work				

I think I am doing it well				
If I do not know what I am doing, I talk to someone who does and try to get examples				
While I don't like it, it necessity means I disciplined myself to do it				
Because I do it in intervals, I normally write what I have and return to it if not fully satisfied with ot				

Unless I absolutely cannot, I always finish my task				
I use the time I need to complete the exam				
Most of the time, the notes will be provided so I listen and take down some minor details not mentioned in notes				
I either use vancouver or harvard				
I normally cannot do this until after the lectures have been completed				
I try to go into minor details for my benefit				
One of my best skills, when I do it right				

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