

UKS31907.plag

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Table of Contents

Question 1. “Accompanying assignment plans for these two assignments”	3
Question 2: “Providing an evaluation of the relevance and reliability of the information sources used to produce the two uploaded assignments”	4
Question 3: “Identifying and using ideas to sustain a logical written analysis, argument, interpretation, or explanation in relation two assignments”	5
Question 4: “Write an evaluation of three different reading strategies”	6
Question 5: “Write an evaluation of three different note taking methods”	6
Question 6: “Setting of notes that I have produced while putting an assignment together”	8
Question 7: “Providing three examples where I have summarised a text (information source) whilst retaining its meaning through the use of paraphrase”	8
Question 8: “Explain what plagiarism is and how I can avoid this when producing assignments”	9
References	11

Question 1. “Accompanying assignment plans for these two assignments”

As a college student, I've learned the importance of taking stock of my progress thus far in order to spot places for development and enhancement. My comprehension of human nature is much enhanced by the knowledge I gained in my Introduction to Psychology course. Knowledge, emotion, personality, and social impact were all topics we discussed and I gained a deeper understanding of thanks to this course. In a separate class, I learned about the importance of social networks and how they may foster both happiness and resilience via the power of interpersonal connection. As I've thought about what I've learned in these classes, I've come up with two ideas for assignments that would expand on what I've learned so far. The first task would be to create a study that tests the hypothesis that college students' levels of social support correlate with their overall academic success. For this task, I will need to combine quantitative and qualitative research techniques including questionnaires, interviews, and observations. This task is expected to take at least a semester to complete, and students will be expected to provide updates and reports at regular intervals. Before beginning this task, I will need to undertake a comprehensive literature ⁴ analysis on the topic of social support and academic achievement in order to formulate appropriate research questions and hypotheses. The next steps would be to find people to participate, create surveys and interview questions, and then use statistical tools to analyse the results (Mishra, 2020). Last but not least, I would have to disclose my results in a written report and give a presentation, drawing attention to the implications my work has for future study and practise.

The second proposed task would have students apply psychological principles and ideas to a real-world setting. I may study how various types of leadership affect worker morale and productivity, or how social norms influence people's perspectives and actions in the realm of sustainable development. With consistent feedback and direction from the professor, this task might be completed in as little as a week or a month. In order to get started on this project, I need to think of anything that piques my curiosity and has some bearing on the field of psychology. The next step is for me to undertake study on the subject, using both theoretical and practical examples. The next step would be to analyse the problem using the knowledge I've gained in class and come up with a plan of action based on my findings. Anyway, I'd have to draw on a wide variety of research and analytical abilities, such as critical thinking, data collecting and analysis, and written and spoken communication, to complete any of these assignments

(Grossman *et al.*, 2019). To meet deadlines and do excellent work, I would also need to be good at managing my time and being organised. In general, I see these proposed assignments as opportunities to grow professionally while also putting my knowledge and abilities to good use.

Question 2: “Providing an evaluation of the relevance and reliability of the information sources used to produce the two uploaded assignments”

As a student at a university, I have had the luxury of gaining exposure to many different types of readings and media. The social support and networking projects, as well as the introductory psychology assignments, stand out to me in terms of the sources and resources employed. To do these tasks successfully, I relied heavily on research from scholarly journals, books, and reputable websites. First, I did a comprehensive search of academic databases like JSTOR and Google Scholar to find articles on social support and network and the basics of psychology. I learned a lot about essential ideas and concepts in psychology, the value of social support for mental health, and the many forms of social networks through these resources.

I used textbooks to augment my research and get a more holistic understanding of the subjects at hand. I was able to have a deep comprehension of the topic and see it from several angles thanks to these sources. Websites of recognised organisations and specialists in the industry were also beneficial, since they provided a more readily available and current viewpoint on the issues I was researching.

Several criteria were applied to each source in order to determine how trustworthy it was. First, I checked the credentials and affiliations of the authors or publishers to determine how credible and authoritative they were. Second, I checked the publication date and the extent to which the material was relevant to the topic of my projects to determine the currency and relevancy of the information. Last but not least, I checked the data for correctness and impartiality, taking into consideration any possible biases or conflicts of interest.

In general, I felt confident in the accuracy and usefulness of the sources I used for both tasks. By consulting a wide range of resources, I was able to learn more about the topics at hand and form a more nuanced understanding of the information presented. By giving each source a thorough evaluation, I was able to choose the ones that would provide me with the most useful information for completing my projects. As I've thought about my past experiences, I've realised how important it is to use a variety of resources while doing schoolwork. My capacity to think

critically has improved as a result of the process of determining the credibility and applicability of each source.

Question 3: "Identifying and using ideas to sustain a logical written analysis, argument, interpretation, or explanation in relation two assignments"

As a college student, I have taken several classes that have helped me hone my capacity for analysis, interpretation, and argumentation. In this sense, "Social Support and Network" and "Introduction to Psychology" stand out as two of my favourite classes. Both classes have forced me to develop my analytical and deductive reasoning skills, as well as my written and oral communication abilities.

The course "Social Support and Network" taught me how having a strong social network may positively affect one's emotional and physical well-being (Awasthi, 2019).

My knowledge of social networks and the many forms of social help I may get thanks to this course has expanded to include emotional, informational, and material means of assistance. I also gained knowledge of the cultural, societal, and economic aspects that play a role in shaping networks of social support. Case studies and research papers on the topics of social support and network analysis were essential reading for this course. The facts needed to be analysed and interpreted logically, and my arguments and explanations needed to be presented clearly and concisely. By analysing the research studies and coming up with potential explanations or interpretations, I was also able to hone my critical thinking skills.

Comparatively, "Introduction to Psychology" familiarised me with the field's cornerstone principles including "perception," "cognition," "learning," and "motivation." I gained an understanding of how different schools of thought within psychology attempt to provide explanations for observed human behaviour. We spent a lot of time in class critiquing various psychology ideas and studies. I was asked to analyse the merits and shortcomings of various ideas and methods, as well as present rational justifications and explanations for the results. I was also pushed to use my own critical thinking skills and come up with novel explanations and hypotheses in light of the course materials. My abilities in analysis, interpretation, and argumentation have all improved as a result of taking these two classes. They helped me develop skills in analytical thinking, evidence evaluation, and logical argumentation. These abilities will serve me well not just in school, but also in my future professional and personal endeavours. I'm

glad I got to attend these classes and ² can't wait to put what I've learned to use in my future endeavours.

Question 4: “Write an evaluation of three different reading strategies”

As a college student, I have had the luxury of trying out a variety of reading methods in my pursuit of academic success. Looking back, I can say that skimming, active reading, and summarising have been the three most effective methods for me. Skimming, as the name implies, is the process of swiftly skimming a book for its most important concepts and information. When time is of the essence or I just want to get a feel for a book before entering into a more in-depth examination, this method is invaluable. Skimming may help I collect information quickly, but it can also be limiting if I miss key points or get the wrong idea. When reading actively, however, the reader is more involved in the process. Using this method, I would read a text while circling or highlighting important passages, making notes, and asking myself questions. Participating thoughtfully in the reading process allows I to absorb the ideas presented in a book and see any flaws in the author's logic. The downside is that this approach may be laborious and time-consuming (Uzun and Kilis, 2020). Another useful reading approach is summarising, which is reducing a lengthy document to its essential points. The ability to swiftly revisit important concepts and ideas is invaluable while studying for tests or putting the finishing touches on a report (Fogaca *et al.*, 2021). Oversimplifying or omitting key elements while summarising may be as limiting as when skimming. ³ Each of these methods of reading has its own advantages and disadvantages. While active reading is recommended for in-depth comprehension, skimming can be useful for gaining a quick overview. Knowing the strengths and weaknesses of each tactic allows me to efficiently tailor my approach to the requirements of every given work. I have faith that these three methods will serve me well throughout my educational endeavours. By improving in each of these areas, I can become a better reader overall and have a richer experience with the books I read. I believe that with time and effort, I can develop into an even more capable learner and reader.

Question 5: “Write an evaluation of three different note taking methods”

An important element of my educational experience as a university student has been analysing and improving my approach to taking notes. I've spent several semesters trying out different

approaches to find the ones that work best for me. In this introspective, I'll discuss the three types of note-taking that have served me well this semester. I will compare and contrast the strengths and weaknesses of each approach and explain how they could affect my future performance in school. My go-to way for taking notes is the Cornell method. My notes are organised into a wide note-taking space, a narrower cue column, and a summary area at the page's bottom using this manner. The system's strengths lie in its facilitation of both attentive listening and systematic preparation (Kulkarni *et al.*, 2021). I use the spacious note-taking space to take notes during class and mark important passages and thoughts when reading. During review sessions, I use the cue column to jot down questions or phrases that will assist me remember the information. I can summarise an entire lecture or reading into a few concise sentences using the summary section. The system's main drawback is that it takes some time to set up, which is especially problematic when trying to take notes during a lively presentation or class discussion. The second approach I use to take notes is called mind mapping. Making a tree-like graphic with offshoots representing related concepts is at the heart of this strategy. This approach is useful because it facilitates original thought and provides a graphical representation of data. When using a mind map to take notes, I start with the main idea in the centre of the page and then draw connections to related concepts on the sides. Using this method, I am better able to draw parallels between various ideas. However, this strategy may not work as well for classes that call for more in-depth notes, such as those in maths and science.

Third, I use the sentence approach of taking notes. Using this method, I would jot down important information in complete sentences. This approach has the benefit of being simple and easy to implement. When using the sentence method, I make sure to record the most important details in each sentence, such as formulas or definitions. Language and history subjects, where memorising is essential, might benefit greatly from this technique (Grogan, 2020). One potential drawback is that it may not be as useful for more advanced courses that need in-depth thinking and analysis (Walker *et al.*, 2022). Therefore, I was able to better my academic performance by analysing my note-taking strategies. The Cornell note-taking approach promotes both attentive listening and orderly note-taking, while mind-mapping fosters originality and graphically arranges knowledge, and the sentence method is simple and plain. There are benefits and drawbacks to every approach, and some methods will be more successful than others depending

on the situation and the person using them. I can improve my academic performance and set myself up for future success if I keep trying out new note-taking strategies.

Question 6: “Setting of notes that I have produced while putting an assignment together”

As a college student, I know that taking detailed, well-organized notes is essential to my success in retaining course material. In my introductory psychology course, where we have discussed many intricate ideas about the mind and behaviour, this exercise has been very important.

The importance of social networks in improving mental health has been a fascinating subject throughout this semester. Our class discussions and readings have helped me understand the many ways in which our interpersonal connections shape our personalities and decision-making. I now understand the need of many forms of social assistance, such as emotional, informational, and material help, for people coping with stress, trauma, and other difficulties.

I've been making a concerted effort to take careful notes in class and when reading the assigned material so that I may be sure I completely comprehend and internalize the course's core principles. Effective tactics that have helped me solidify my comprehension of these complicated topics include summarising the important points, identifying key words, and offering examples.

My notes are also organised in a manner that facilitates quick retrieval and review whenever I find it necessary to do so. To do this, I've used a combination of headers, subheadings, and bullet points to organise the material into logical sections. The ability to take thorough and well-organized notes has been crucial to my success in my Introduction to Psychology course and other classes that need me to learn and apply intricate and subtle material (Brennan and Houde, 2022). My comprehension of these concepts and theories has improved, and I have been able to better apply them to my homework and projects, thanks to frequent review and reflection on my notes.

Question 7: “Providing three examples where I have summarised a text (information source) whilst retaining its meaning through the use of paraphrase”

As a college student, I've had plenty of chances to work on projects involving psychology as well as social networks and support systems. Having to think critically and analytically about these issues has been a great benefit of these projects. These tasks have allowed me to draw connections between my own life and the theoretical ideas we've discussed in class.

The ability to paraphrase a book such that the main ideas are preserved is one of the most valuable talents I've picked up in school. This ability has served me well while writing articles and reports that need me to synthesise material from a variety of sources. Here are three instances where I successfully paraphrased an original text while retaining the intended meaning.

Example 1: For one of my classes, I read about a study that linked having a strong social network to having lower levels of both depression and anxiety. I summarised the results as follows: "Social support was found to have a positive impact on mental health by reducing symptoms of depression and anxiety."

Example 2: I also had to summarise a lengthy essay on cognitive theories of motivation for another project. The cognitive processes of goal-setting and self-efficacy were explored, as were their effects on motivation. This is what I came up with to sum up the paper: "The article suggests that cognitive processes, such as setting goals and believing in oneself, can significantly influence motivation."

Example 3: I discovered a study that concluded that people who had suffered trauma as children were more likely to have mental health issues as adults in a paper I was writing. I summed up the results of this research as follows: "The study suggests that individuals who experience childhood trauma are at a higher risk of developing mental health problems in adulthood." As a college student, I've found that being able to paraphrase a book into my own words while keeping the main ideas intact has been an invaluable talent. Having mastered this technique, I am now able to demonstrate not just my knowledge of a topic, but also my ability to integrate information from a variety of sources into my own work.

Question 8: "Explain what plagiarism is and how I can avoid this when producing assignments"

As a college student, I have come to understand that ¹plagiarism is the practise of appropriating another person's words or ideas without giving them due credit. Plagiarism may take many forms, such as passing off another person's work as Ir own or failing to properly credit the source of copied material. Academic dishonesty such as plagiarism may result in expulsion from school, a failing grade in the course, and a tarnished image in the eyes of future employers (Fletcher-Watson and Happé, F., 2019). I learnt to create solid research and writing practises to protect myself against plagiarism. Always give credit where credit is due is one technique to prevent plagiarism. This includes quoting, paraphrasing, and getting ideas from other sources, all of

which must be properly cited in my work. Depending on the field or topic, a different citation style may be required; use a suitable style manual and follow its recommendations (Hearnshaw, 2019). Taking careful notes and maintaining a record of all sources utilised in my study are further measures I may take to prevent plagiarism. This entails noting each source's creator, title, publication date, and page numbers. I also explicitly label and properly cite any ideas that are not mine so that the reader knows the difference. In addition to correctly attributing quotes and paraphrases; I must also ensure that they flow naturally within the context of my own work. This includes both using quote marks around the borrowed content and providing a full citation, or restating the idea in my own words and providing a full citation. When I write, I avoid just repeating what I've read elsewhere or trying to mimic someone else's style. Last but not least, I've realised that proper time management is crucial in order to prevent instances of plagiarism. The pressure to complete work quickly at the last minute sometimes results in sloppy work and the desire to plagiarise. By allowing myself enough of time for reading, note taking, and drafting, I am able to deliver well-researched and well constructed projects that demonstrate my own views and knowledge of the material. Plagiarism may be avoided by the use of appropriate citation, careful note-taking, efficient time management, and transparent integration of sources into one's own work. As a student at an accredited institution, I am well aware of the seriousness of plagiarism and its repercussions, and I am dedicated to completing each and every one of my assignments in an honest and ethical manner.

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