

Reflection 2

Units covered:

- Study skills
- Referencing, plagiarism and searching for academic resources

Types of questions: Reflective and scenario/case study

Weighting: 10% of semester mark

Action verb glossary:

Action verb glossary – Each question has a specific action verb that you need to understand to be able to answer the question.	
Action verb:	Definition in the context of this assessment opportunity:
Choose	to pick out (someone or something) as being the best or most appropriate.
Explain	to make (an idea, concept or situation) clear to someone by describing it in more detail or revealing relevant facts.
Reflect When you reflect, make sure that you go through the content first so that your reflection is meaningful.	Reflection is concerned with consciously looking at and thinking about our experiences, actions, feelings, and responses, and then interpreting or analyzing them in order to learn from them (Atkins and Murphy, 1994; Boud et al., 1994). Typically we do this by asking ourselves questions about what we did, how we did it, and what we learnt from doing it.
Use	to take, hold, or deploy (something) as a means of accomplishing or achieving something.
Write	to mark coherent letters or words whether online or in hard copy.

Questions: **Answer all questions by using the UFSS1504 content (in the online first semester study guide)**

Study skills

1.1 “I would rather master content than to simply become fluent in it.”

You are challenged to a debate. Convince Student M that the given statement is **true** by reflecting on THREE reasons for your argument. – 3 marks

- When you master contexts it means you understand it in full details.
- You can explain the contexts to the next person and make him understand.
- Because it will be able to approach a test and pass.

1.2 Student C wants to learn more about study techniques/skills in order to prepare for university examinations. Read through the list of study techniques and answer the questions that follow:

- Elaboration
 - Active retrieval
 - Interleaving practice
 - Feynman technique
- a. Choose TWO of the study techniques in the provided list and write them down. Explain to Student C how EACH one of the techniques that you chose are defined. – 2 marks
 - b. Explain to Student C how EACH one of the techniques that you mentioned in 1.2a are used by applying it to your own example. – 2 marks
 - c. Explain to Student C ONE benefit of using EACH one of the techniques mentioned in 1.2a in the context of university studies. – 2 marks

- a) Feynman technique – you write down something you studied in your own words, and then reflect with your textbooks.
- Active retrieval – it is the use of flashcards and writing practice tasks on your own to sharpen your knowledge.
- b)
- Feynman technique – there are 4 steps you apply for you when you study to understand the concepts and be able to explain contexts in simpler terms.
 - Active retrieval – you do quizzes and you use flashcards to recall information.
- c)
- Using Feynman you can master the concepts because most of the time you use your own words and also write down summarized notes
 - Using active retrieval you can recall all info because you tested yourself by doing quizzes and after you rectify mistakes you have done, so that when test comes you pass.

1.3 Using the SQ3R method, skim the paragraph below. Write down the main idea in ONE sentence in your own words (i.e. you are NOT allowed to use wording from the paragraph itself):

“Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of this future into reality. The process of setting goals helps you choose where you want to go in life. By knowing precisely what you want to achieve, you know where you have to concentrate your efforts. You'll also quickly spot the distractions that can, so easily, lead you astray.” ~

(<http://www.mindtools.com/page6.html>)

- 1 mark

- Goal setting is paramount because it highlights what you need to do for your future and focus on it. On apex of that it encourages you to work towards your goal so that you can achieve it, you will be able to avoid distractions and do first things first.

Referencing, plagiarism and searching for academic resources

2.1 Do some research in your field and find examples of articles you would be interested in by searching Academic Search Ultimate (EbscoHost) - <https://ufs.libguides.com/az.php>

(You can access this by following the link www.ufs.ac.za and clicking on Library. Hover over Resources and then click on Electronic Resources. Click on Databases and then Academic Search Ultimate. Login with your studentnumber@ufs.ac.za and your UFS campus password if required.)

- a. Find and write down the title of an example of a *published* article (book, piece or topic) that you are interested in. (paste the link to the source in your answer – provided source must exist) – 1 mark

<https://eds-b-ebSCOhost-com.ufs.idm.oclc.org/eds/detail/detail?vid=1&sid=c15d78b3-032e-45ea-a09c-a81dc955efbb%40pdc-v-sessmgr03&bdata=JnNpdGU9ZWZrZWxpdmc2NvcGU9c2l0ZQ%3d%3d#db=asn&AN=148412968>

- b. Using the Harvard referencing style, write down the full citation of the published source you mentioned in 2.1a (author, date, title). You will be graded on the ORDER of the information AND the correct use of punctuation in addition to whether or not you included all THREE points of the necessary information. – 3 marks

- ✓ Rymaszewska, Julia Ewa, Stanczykiewicz, bartłomiej, Lion, Katarzyna, Misiak, Blasej (Authors)
- ✓ Published in 2020
- ✓ Title “ The impact of whole – body cryotherapy on lipid profile : A systematic review and meta – analysis “ .
- ✓ Elsevier (Publisher) .

2.2 Read the following case study and help Student X.

Student X is interested in learning about how the brain processes, stores and recalls information. Student X has done research and found a helpful media source by speaker, Barbara Oakley called “Learning how to learn”. The video was published in 2014 and retrieved from

<https://www.youtube.com/watch?v=O96fE1E-rf8>. Use the Harvard referencing style to help Student X reference the information – you will be graded on: the ORDER of the information, the correct use of PUNCTUATION AND including each of the FOUR points (necessary information).

6 marks

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6 marks

- ❖ <https://www.youtube.com/watch?v=O96fE1E-rf8>
- ✓ Barbara Oakley (The speaker)
- ✓ Title “ Learning how to learn “.
- ✓ Publication of the video was in 2014

TOTAL: 20 marks (10% of your UFSS1504 mark for semester 1)