



# PORTFOLIO

## STUDY CAREER COACHING

### *Your data*

Student :	Peter Kapsiar
Student nr. :	5486866
Education :	Highschool
Class/Group :	IT
School year :	1

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# Learning to study

## 2. Effective Studying

### Learning outcome

You can evaluate your own study behaviour using proven effective strategies and habits and determine the actions that are most relevant for you to improve.

Do you think you are studying effectively? Argue your answer by indicating where you think you are effective and what you can improve upon.

Yes, at the beginning I was struggling because it seemed like there was an impossible amount of tasks that I needed to do but when I got up to speed I found out that just a minimal amount of organization can make a huge difference. Once I made a simple list with everything that needed to be done I had a straightforward path that I just needed to follow. All I really need to focus on now is staying motivated and determined.

### Your learning style

- What were the results of your learning style test?
- Do you recognise yourself in the results?
- Explain why the outcome does or does not apply to you.
- Which learning style or combination of learning styles does your study programme (or a particular part of your study) appeal to?
- What personal learning behaviour do you think you can adjust to study more effectively?

The distributions of my styles were almost even but the biggest part was in the Application-oriented style. I definitely agree with this being my most dominant method because I always try to find meaning behind the learning material and I think about ways I could apply it whether it would be in my project or my everyday life. On the second look I also kind of see why the styles were so evenly distributed. I believe that every problem requires a different approach and because of that for me different school subjects would have different learning methods.

### Which strategies will you work on?

	Your answer(s)
<b>No cramming</b> spread the learning material over several study moments	I already am
<b>Switch</b> between subjects during a study moment	I reckon this is not for me
<b>Ask, explain and connect</b> material by asking and answering 'how' and 'why' questions	I'll definitely try it out
Gather practical <b>Examples</b> for the material	I already am
Combine <b>Words and Visuals</b>	Maybe I'll try it in the future
<b>Recall what you know</b> about previous subjects	I'll definitely try it out

**Coach yourself:** before, during and after studying by considering how it's going, and if it is necessary to change your approach

I already am

### Which habits can you improve?

	Your answer(s)
Visit class faithfully	I already am
Studying together	I already am
Ensure you are concentrated	Maybe I'll try it in the future
Looking for support in time when I can't figure out something on my own	I'll definitely try it out
Getting enough sleep	Maybe I'll try it in the future
Having fun and seeking out conviviality	I already am
Spending time	I already am

### My shortlist for the coming period

Your shortlist	Your explanation(s)
spread the learning material over several study moments	I think this is going to ensure that I don't get burnt out as well on a single topic. This will also make me have the topic in mind for a longer period of time which can make it stick in my head better and it also opens up the possibility to discuss the subject with my classmates in the meantime.
Gather practical examples for the material	Applying the material to practice or at least having a practical example has always helped me to recall the material in the past. By putting the material to practice I am essentially turning my knowledge into a skill or a product which can help me build my portfolio.
Looking for support in time when I can't figure out something on my own	When I am stuck on something for a while staring at it while doing nothing will most likely be a waste of time. By getting support from somewhere else I can see what other people think from an outside perspective which can help me think outside of the box.

After trying out the three tips, look back and consider which one worked best for you.

Write out a short pitch below for a fellow student. A pitch is a short explanation with which you try to convince someone of something.

Tell your fellow student: why do you think this strategy works so well? How did you go about it? What do you advise your fellow student to do?

Using practical examples has always helped me remember material better. It turns knowledge into a skill, and by applying it, I'm not just learning, I'm also building something I can use for my portfolio or refer to later. Next time you are explained some new programming functions or concepts try focusing on the assignments that are provided. If there are none try building a simple project with them.

### 3. Staying on Point

#### Learning outcome

You have researched the extent to which you actively participate in class, and have substantiated this with examples. You have formulated a number of points for improvement and substantiated in practical terms what you are going to do to gain even more from class.

Which learning phase are you in when it comes to attending class?

What are you doing and what aren't you doing yet?

-

#### Social disincentives

- How positive is the social climate in your class or group of friends to perform?

- To what extent do you let your social environment stimulate or inhibit you?

- Support your answers with examples.

- Do you see reasons for yourself to change this?

The group of my classmates is full of bright minded and goal seeking people so the social climate is very encouraging to be successful. I think that this has a great positive influence on my study habits. As an example, whenever I come to the landscape people are always talking about something relevant or important. I would not change this, if anything I would like to contribute to this.

What are your most important reasons not to go to class? Argue why you think this is good reason or not.

I always try to attend as much classes as possible but sometimes I think there are valid reasons not to go. The reasons I would skip a class would be: medical reasons, important family events, something taking place at the same time that has already been planned for a long time

Reason	Mark 1-10
You gain insight into the broad lines of the course	10
You receive an explanation regarding the material	6
You can ask questions on what is not clear	8
You gain insight into what is important to the teacher	8
It saves time because you don't have to study everything	7
You'll be at school anyway, and you will be able to work with other students, or you'll have personal study time	10
It helps you to stay up to date throughout the period	7
You can tap into the enthusiasm of the teacher	8
You will learn more about why this course is important in professional practice	4

Classes exist for a reason; these have a role in the study programme	1
You rather listen or watch than read	8
You can show who you are	5
It is pretty interesting	6
You get to know the teacher	7
You'll have a better idea of what will be asked of you in a test	7
It helps you obtain discipline or structure	3
It is an opportunity for contact with fellow students	8

What are your most important reasons to go to class? Explain to what extent these reasons already encourage you to go to class.

For me the most important things are:  
 You are able to get a lot more clarity by asking the teacher or other students.  
 You can find out what might be on the test.  
 To socialize.  
 Sometimes the lecture is enough for me to skip all other studying on that subject.

#### My preparation:

- What do you do to prepare for class?
- Do you act like a student or a professional?
- What is an important reason for you to be better prepared?
- What step are you taking to be better prepared than you previously were?

-

To what extent is active participation in class a challenge for you, and what can you do to get more out of a class?

-

After class, compare your notes to the notes of two classmates.

- To what extent do your notes differ from those of your classmates?
- What can your classmates learn from you?
- What can you learn from them?

-

Substantiate the extent to which you make effective notes during class and use the theory and feedback to describe at least two things you will be doing starting tomorrow to make your notes more effective.

I will admit that i will still be writing my notes on a laptop instead of paper because this has proven to be more effective for me in the past. I will however try to pay as much attention in class and focus heavily on organizing my material because I know

this helps me a lot. I will also try to prepare for some important classes beforehand so I can learn the material as much as possible.



## Reflection

### 1. The Importance of Reflection

#### Learning outcome

You now know what reflection entails and you have argued why it is useful for you to develop this skill further in work or study situations.

In which learning phase do you place yourself when it comes to reflection? Please explain your answer.

-

Do you recognise any of the aforementioned risks? Have you ever encountered one in a previous study programme? If so, outline the situation and explain how you dealt with the risk.

-

Which of the three methods of reflection mentioned above are covered in your study programme?

-

Which of the three above-mentioned instruments are used in your study programme?

In my programme we are making a portfolio which consists of a reflection report, feedback forms and some examples of the projects and assignments we finished.







Conclusion: substantiate the extent to which learning to reflect more effectively is important for you and your study programme and/or work.

Learning to reflect is important because it helps me identify strengths and areas in which I can improve. Reflecting on my past behavior helps me to better adapt to future challenges in both academic and professional life.

## 5. STARR(T) Method

### Learning outcome

You are now familiar with the STARR(T) method by applying it step by step to your own situation.

 SITUATION	 TASK	 ACTION	 RESULT	 REFLECTION	 TRANSFER
<p>I competed in a game jam with two of my classmates. There were around four other teams, and we had to create a game within the 24 hours. It started off well, but we quickly became exhausted, and our limited experience and skills slowed us down towards the end.</p>	<p>My task was to develop as much of the game features as possible, guide my teammates and keep them motivated to make sure we finish the game in time.</p>	<p>We began with a solid idea and divided tasks based on our strengths. As time went on and we got tired and we found out that our skills weren't as developed as we thought. This really made it difficult to stay focused and motivated which slowed down our pace. In the end, I tried to keep the team going, but we had to adjust our expectations and simplify parts of the game to make sure we could deliver something presentable.</p>	<p>We managed to submit a playable game. It wasn't as polished or complex as we had hoped but despite this, I was very happy that we lasted until the end and we even managed to win.</p>	<p>Looking back, I'm sure even despite the exhaustion it was worth it and I'm happy I pushed through and finished the game. I think that me and all the other members gained a lot from this experience and we would like to try again and do better next time. The experience taught me that we need better preparation and more developed skills. I realized that we shouldn't underestimate how much effort is needed, especially when it comes to teamwork and time management.</p>	<p>Next time, I think the best approach would be to come in well-rested, study our tools more, and maybe do a practice session beforehand. If I remember what went wrong this time, I can only do better next time.</p>

# Collaboration

## 1. The Importance of Collaboration

### Learning outcome

You have argued why collaboration is an important competence for professionals and to what extent collaboration is important in your study programme and (future) profession. You have learned what exactly the collaboration competence is and have made an initial estimate on how to develop this competence further.

What exactly is collaboration? What different aspects are involved?

In today's world collaboration is a crucial part of almost any process. It is a system in which a group of people split work in order to achieve a bigger common goal. It not only helps the group achieve their goal more quickly, but also enables them to learn from one another. Collaborating has many benefits in but it also requires skills like communication, coordination and a professional attitude or mutual respect for each other. These skills need to be practiced in order to achieve the best results.

How many points did you score?

To what extent is collaboration part of your study programme?

Is there collaborative or cooperative learning and if so, how is this reflected in the course materials?

Which educational components feature collaboration and why?

-

What is the importance of collaboration when it comes to your (future) work?

Is collaboration reflected in the competences and/or professional profile of your study programme?

Support your answers with examples.

Learning to collaborate is a major part of my study course. This is highly beneficial to me because in IT it is almost always utilized. There are basically none IT companies which consist of just one IT specialist. All of them split the work between multiple team members which have to collaborate and work together with each other in order to fulfill the clients demands.

	Already excel at	Yet to develop (later)	Developing now
<b>Knowledge</b>	< Variable:76140.edef5d38-90b-a-4c0b-a59c-0a9766bac699   Variable:76133.fd731ef0-1d5f-4502-a930-9695ea117499 >	< Variable:76140.25935207-be9e-41ce-894c-2903cbeca93c   Variable:76133.66509949-3682-4694-8b53-63c542ffe144 >	< Variable:76140.c8112856-3152-453b-be38-3bfa2e417fdc   Variable:76133.3ba050a1-e1bc-448f-9b3a-dfc308aadfd6d >
<b>Skills</b>	< Variable:76140.d40b6348-0bc-b-486f-85c4-ad772763ccf5   Variable:76133.e97166f4-d834-46a7-be5e-d47e613f469c >	< Variable:76140.9e066cea-7c53-4891-83dc-81f5d9eebd17   Variable:76133.dd4e35a0-d5e4-4d27-9c6f-1da2257a88fb >	< Variable:76140.ddce04a0-859e-4ff0-afc8-9e9bdac2c714   Variable:76133.547ac9c5-e3d6-432a-a7e8-f5085e27d2d6 >
<b>Attitude</b>	< Variable:76140.0cd95e83-46e9-4eb8-863e-8839514387c1   Variable:76133.fe69a4a7-1aff-4de9-b706-a86ca5ce61d4 >	< Variable:76140.a51feb44-1530-4f84-9a1b-97e5c2f96d4e   Variable:76133.0b3f94b7-7768-4c96-9305-beb047e96405 >	< Variable:76140.53348465-6d79-4063-b878-9156cc6399d7   Variable:76133.1b7cbcd2-673e-44e9-ab8c-532747a6ddc8 >

Which parts are useful for you to work on?

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### 3. Team Roles

#### Learning outcome

Using Belbin's theory of team roles, you explain your strengths and weaknesses in collaborative settings and how they relate to your collaboration partners. You subsequently apply these insights in an actual collaborative setting.

What type of behaviour do you display most in a collaborative setting? Are you oriented towards actions, people or thoughts? Please explain your answer.

I feel like I'm an action-oriented person because I always think about how the problem is going to be solved on a technical level. I also like to lock in to long sessions of getting work done without being disturbed by any distractions.

Which team role did you choose?

To what extent do you recognize yourself in the explanation of this team role? Please explain your answer.

I definitely like having clear instructions and organized plans. If necessary I want organize the plan to be as clear as possible. The clearer my instructions or plans are the easier I can complete them.

Belbin test	Your answer(s)
Which team roles do you fulfil according to the test?	Resource investigator
	Plant
	Shaper
Does the result of the test match what you described on the basis of the theory?	Implementer
Listing everything you have learned in this section, which team roles suit you best?	Plant
	Shaper
Argue in which aspects of the team roles you recognise yourself and substantiate why with examples.	Most of them all I find myself in the role of an Implementer because I like to be organized and I like to stick to the plan. I also see myself as a plant because I daydream a lot and I like to come up with new ideas. Sometimes I also see myself as a sharper because I like to get competitive and seek challenges. At times I also like to become a specialist because when it comes to my area of expertise I like to get technical and pay attention to details that might be otherwise overlooked.

Based on your team roles, what are your strengths in collaborative settings?

being organized

Based on your team roles, what are your weaknesses in collaborative settings?

can lack social skills

creative	can sometimes get stuck in theory and have trouble taking action
seeking challenge	can be impatient

What is the most important feedback you received?

Describe how the feedback obtained relates to the characteristics of the team roles that suit you.

The feedback that has recently impacted me the most has been receiving a "good job" response. When I felt overwhelmed or lacking behind this gave me a great boost in confidence and energy which helped me to continue and move forward.

What **new information** about your strengths and weaknesses in a collaboration have you gained from the feedback?

Receiving feedback made me realize that sometimes I can outdo myself but it also made me realize that I still have room from improvement. Overall this made it clear to me that receiving and outside perspective on my work can greatly speed up my thought process and simplify research that I would otherwise had to do myself.

According to the theory, which two roles do you collaborate **best** with? Is this reflected in the actual collaboration with your project group? Support your answer with an example.

I find it that I pair best with my team manager which would take the role of a coordinator or a team worker because he can always provide me with clear instructions on what to do or great feedback on my work. This greatly complements my role of an implementer which requires clear instructions.

According to the theory, which two roles do you collaborate **less** well with? Is this reflected in the actual collaboration with your project group? Support your answer with an example.

As a specialist myself I find it most difficult to collaborate with other specialists because we all want to think our solution is the best and have trouble finding common ground. This way of thinking can also make it difficult for me to work with an evaluator because if think my solution is correct but they think otherwise i can get discouraged.

## Group assignment

Which team roles are represented in your team? Use the first and second preferred role of each group member for your answer.

Coordinator, Shaper - Alexandros Karayiannis  
Implementer, Monitor evaluator - Kyan Jeuring  
Plant, Team worker - Victoria Iascevschi  
Team worker, Implementer - Flavius Petrasciuc  
Completer/Finisher, Specialist- Peter Kapsiar  
Implementer, Team Worker - Arad Kashef  
Implementer, Team worker - Marcell Bujtas

How are the roles distributed? Which role is over-represented? What is missing?

I would say that in our team we have a lot of team workers/implementers but I would say this is a positive thing because it contributes to the positive and organized working atmosphere.  
The team might lack some creative minds like the resource investigator or plant but fortunately this did not end up being a problem.  
Generally I would say that this team has a very good balance.

Question	Your answer(s)
<b>Is this effective?</b>	As previously mentioned, I can say that the distribution is good enough to make for a very effective team.
<b>Which roles reinforce each other?</b>	Having good coordinators and other leading roles massively benefits the effectiveness of all the other roles.
<b>Which roles may get in each other's way?</b>	Too many specialists may have different opinions which may end up in a conflict.
<b>What can you change to improve collaboration?</b>	Distribute the workload based on the natural strengths of each member.

## 8. Feedback

### Learning outcome

You are able to indicate the importance of feedback for learning and good collaboration and are able to give and receive feedback in accordance with the established (theoretical) rules.

Describe the situation.

There is a lot of chaos around the project but the project leader is doing a really good job of maintaining order.

Your answer(s)	
<b>Behaviour</b>	There is a lot of chaos and misunderstanding around the project lately but you are doing a really good job of keeping things clear and in order.
<b>Emotion</b>	I'm really glad that you are able to do this because it takes off unnecessary stress from me.
<b>Consequence</b>	This allows me to focus more on the work we need to do and helps me remain productive.
Here you give the other time to respond	
<b>Desirable</b>	It would really benefit us in the long run if you would maintain this way of leadership because it has a huge positive impact on the team.
Here you ask what the other thinks of your proposal.	
<b>This is your current feedback.</b>	<p>There is a lot of chaos and misunderstanding around the project lately but you are doing a really good job of keeping things clear and in order.</p> <p>I'm really glad that you are able to do this because it takes off unnecessary stress from me.</p> <p>This allows me to focus more on the work we need to do and helps me remain productive.</p> <p>It would really benefit us in the long run if you would maintain this way of leadership because it has a huge positive impact on the team.</p>
<b>Condition</b>	
Descriptive	Yes
Specific	Yes
Taking into account your own needs and those of the recipient	Yes
Applicable	Yes
Desirable	Yes
At the right time	Yes
Clearly and precisely formulated	Yes



Correct

Yes

#### *Giving feedback*

- What was it like to give the other person feedback?
- To what extent have you succeeded in conveying the core of the feedback to the other?
- Which insights from this section have helped you with this?
- Is the other person going to do something with the feedback?

At first giving feedback seemed a little intimidating but in the end I can see it had a positive impact on the other person and it seemed like they want to continue this behavior. Using the BECD method allowed me to keep the feedback emotionally neutral.

#### *Receiving feedback*

- Describe as clearly as possible what feedback you have received.
- What was it like hearing this feedback?
- What are you going to do with this feedback?

I have received positive feedback mentioning that my work is up to great standards and that my contributions are very helpful to the team. Hearing this was reassuring because it made it clear to me that I'm on the right path. I will try to maintain this standard of work as much as possible.

## Planning & organising

### 1. The Importance of Planning and Organising

#### Learning outcome

You can substantiate the importance of planning and organising your study (and work) and have indicated the extent to which planning is a development theme for you.

Why do you think planning is important during your study programme? Include the terms effective and efficient in your answer.

Planing out the study hours of each aspect of the course provides me with a simple overview of what needs to be done next. This allows me to manage deadlines and maintain a balanced workload therefore I can use my time more efficiently. Spending my time more wisely then allows me to do my assignments more effectively by focusing on key tasks and setting clear goals.

To what extent are you satisfied with how you spend your time? Include the above questions in the substantiation of your answer.

-

To what extent should or do you want to develop your planning skills further? Substantiate your answer with at least one example.

The most important think that I need to get a habit for is keeping an up to date TODO list and having my resources organized. This allows me cut off the time needed to figure out what I actually need to and I can always go directly where I need to go. To do this I'm using RemNote to organize all my class notes and files and have them linked in my TODO list. It is also important for me to have a graphical overview of the deadlines for which I'm using my google calendar.

#### 4. Procrastination Behaviour

##### Learning outcome

You have made a coherent summary of the type of procrastination behaviour you are showing, given concrete examples of this and given reasons for what you are going to do about it.

Describe a situation in which you postponed something. Why did you do so?

I had a habit of postponing doing homework and studying. The problem was that I didn't even know where to start and I was overwhelmed by the backlog of the tasks. For some of the subjects I also felt like they were not important for me which also contributed to my demotivation.

Specific procrastination behaviour	Rationale
Endless tweaking	I sometimes find myself tweaking every single detail of my work because I want it to be "done properly", "organized" or "future proof".
Delaying decisions	I hesitate to choose a solution because I worry it might not be the best one and I keep thinking I might come up with a better one.
Over planning	Before starting anything I like to be absolutely sure about every detail so I know when I am in the process nothing will surprise me.

What are you going to do about your procrastination behaviour? Describe three actions and make them as SMARTER as possible.

-

-

-

On the basis of the above theory, motivate which two types of procrastinators you identify with the most. Substantiate your answer with examples.

-

Type of procrastinator	
Procrastinator 1	-
Procrastinator 2	-

## 8. Working Effectively on a Daily Basis

### Learning outcome

You substantiate how putting the tips provided into practice has benefitted you in order to spend your days effectively and efficiently.

Using at least two examples, describe how the tips from this module have helped you to achieve your goals on a daily basis.

When organizing tasks I always try to “start with the end in mind” because when I know exactly what the end product is supposed to look like it is much easier for me to fill in the steps that lead to completing the task. After I figure out the boundaries of any new task I add it to my TODO list which is sorted by urgency and deadlines. With this simple system I always know what to do next and I do not have to worry about forgetting anything which minimizes the risk of procrastinating or unnecessary decision making.

# Explore your opportunities

## 2. Explore Your Study Programme

### Learning outcome

You have a general sense of how your study programme is structured. You have summarised that which is most important for you.

Explain whether your study programme is more specific or broad.

-

Describe how your study programme is structured throughout the years.

-

What do you think of your current knowledge level with regard to your study programme?

What areas should you explore further?

I think I currently have a decent understanding of technical skills and a understanding of how to approach new technical skills. During my upcoming lectures and work sessions I am hoping to expand my professional, administrative and communication skills.

### Study programme

- What will you be learning over the course of the study programme?
- How is the study programme structured?
- What are the possibilities for work after graduation?
- At what moments do you have the freedom to choose what?
- Can you go abroad during your study programme?

-My programme is mostly focused on becoming a software engineer, I will gain knowledge in many programming fields such as HTML, CSS, PHP, Java, C, SQL... To complement this I will also gain theoretical and practical experience in many professional skills such as communication with clients, team work or time management. I will also learn the basics of the dutch language so I can have access to a breather job market.

-The structure of my study programme is organized in such a way that I will start developing my skills in a closed lab environment and later on when I have enough experience I will be given the opportunity to test my skills with an internship in an external company.

-The study programme is broad enough to give me a very wide variety of opportunities. In the Netherlands there are many open IT job positions in a variety of different fields or I could also start my own company if my skills are sufficient.

-For now I have to follow the study programme but later on I will get to chose my own projects and eventually my own internships.

-I am allowed to do my minor abroad.

### Study programme requirements

- What are the profession-specific competences that you will develop over the course of this study programme?
- What knowledge is important for you future profession?
- What skills are important for your future profession?

- What kind of attitude is important for your future profession?

As I said I will gain knowledge in many programming fields such as HTML, CSS, PHP, Java, C, SQL... To complement this I will also gain theoretical and practical experience in many professional skills such as communication with clients, team work or time management.

### Environment

- Are you able to find your way around the building?

- Are you able to find your way in the electronic learning environment?

-I have become somewhat familiar with the layout of the building. I know where the main parts are such as the canteen, student info and informatics section. I also know that the rooms are numbered in this format F.RRR where the F stands for the floor of the building and RRR is the individual room number. While the the room number arrangement seems quite random at times the floor plan in the YOS app helps if I don't know where to look.

-While I have familiarized myself with all the web-apps used within the school by bookmarking all of them, I still feel like there are too many of them.

### Relevant people during your studies

- Are you familiar with the main teachers?

- Are you able to consult your coach/supervisor when necessary?

- Who can you turn to in the event of problems?

-I know who my programme teachers are but I can always see them in the blackboard app.

-E-mail and personal communications are always available.

-Depending on my problem I can contact my study coach, my study buddy, my classmates or any other teacher

### Professional possibilities

- What are the possibilities for working after graduation?

- What type of work can you do with this study programme?

-The possibilities are very broad and also dependent on my interests and skills I develop. Some of the fields I can work in after the course are: Software Development & Engineering, Database Management, IT Support, Web & UX Design, Cloud Computing and DevOps

### Professional orientation

- During which part of the study programme can you explore the various career options?

- When will you do an internship and what kind of internships are possible?

-In year 3,4 I will be given the opportunity to take an internship which means for a short period of time I will be working in a real company that is in the same sector as my study course.

### Working method/educational vision of the study programme

- What did you learn about the educational methods of your study programme?

-We are mostly focusing on group project and practical work. This is done to simulate a "real" working environment so when we start working on real problems we will already have at least some experience.

#### 4. Evaluate Your Choice of Study Programme

##### Learning outcome

You have analysed how the choice for your study programme came about and you have argued how this choice has worked out so far.

Why did you choose this study programme at the time?

This study programme appealed to me the most out of those that I got accepted into. I knew that I wanted to study and work in the field of IT and the design based education that the course offers seemed like something I could excel at. I chose to study abroad because I wanted to seek out new opportunities and network with new people. I specifically chose the Netherlands because I already have family members living here and they spoke very highly about the local education system.

How did your choice come about?	Not true at all / Not true / True / Totally true
I made my decisions <b>in time</b> .	True
I gathered sufficient <b>information</b> about the study programme in advance (internet, open day, etc.).	True
I was properly <b>guided</b> in making my decision (by mentor, dean, etc.).	True
I gained <b>concrete experiences</b> with regard to this study programme in advance: - Trial study - Student for a day - Analysing study material - Talked to students with experience with the study programme - Talked to people from the professional field	Not true at all
I consulted <b>other people</b> before making a decision (family, friends, etc.).	Totally true
I eventually chose from <b>two to three</b> programmes that I thought suited me most.	Totally true
I followed my <b>gut</b> in making my decision.	Totally true
I made a <b>rational</b> decision in choosing my study programme.	True
I made the choice for this study programme wholly <b>by myself</b> .	True
After registration, I participated in <b>choice of study activities</b> associated with this programme.	Not true
At the start, I was <b>convinced</b> that this was a suitable study programme for me.	True

With today's knowledge, argue the following two questions using the statements above:

1. To what extent do you think that your choice for this study programme was made carefully?
2. To what extent were you convinced of your choice at the start of the programme?

I've had a lot of consultations, advice and research about the available study programmes but it is true that at first I chose a different one than my current one. I ended up being rejected from the first one and I was left with very little time to choose an alternative and I was also pressured by having to remotely find housing. Despite this I would say that I ended up in the course that matches my abilities and expectations. When the study first started I have to admit I was quite overwhelmed and stressed out but later when I got more comfortable I started to enjoy it a lot more and even managed to get some good grades.

#### How has your choice turned out so far? Argue per element.

Capabilities (capacities)	If I have any skills they are certainly in the IT sector. Since a young age I always had an interest towards this and I've been developing my skills ever since. Since middle school I've been researching this topic online, I attended competitions and tried to seek out people with similar knowledge.
Knowing (social)	When I was younger it was difficult to find people who shared the same enthusiasm and interest for the things I wanted to achieve but as I moved forward in my study career and closer to the topics that I wanted to get better at I started meeting a lot of like-minded people. Now that I actually am in an IT specific environment I find myself surrounded by such people.
Action (commitment)	When it comes to IT I can get highly competitive because I know it is something I can be good at. I do not see such commitment in myself at many different topics.
Desire (interest)	I always found many things I was forced to do in school a waste of time and a huge hurdle but right now I can say that there are parts of my study that I find really enjoyable and sometimes it does not feel like work at all.

#### What conclusion do you draw from this assignment?

- What went well?
- Where can you improve?
- What actions can you now take?
- What is your opinion: does this study programme sufficiently suit you?
- What are the most important points to discuss with a counsellor?

I am definitely happy that I chose to study abroad because even if nothing comes out of it I would say it is a great experience. I feel quite comfortable that I can now finish the course. Right now the only problem I need to solve is financing my study and getting a job. I am not sure if I can manage the extra responsibility alongside of the already quite demanding school work.