

Assignment 1

Chapter 1:

1. Briefly describe how being aware of your own multiple intelligences can help you to thrive in higher education.

Life is a process of learning and learning is constant. And throughout our lives we experienced many kinds of learning. Students can learn a concept or theory in so many ways and acquire knowledge. Some students prefer practical interpretations over theoretical concepts. Every individual can understand and identify their multiple intelligence, Individual strengths, and weaknesses. Being aware of personal multiple intelligence can help them to be motivated to attain the important skills. Multiple intelligence can help to manage their own strengths, so that they can improve when it is required in the education.

2. Give an example of the difference between intrinsic and extrinsic motivation.

Intrinsic Motivation	Extrinsic Motivation
In intrinsic Motivation you are motivated by your internal desire	In Extrinsic motivation you are motivated extrinsically.
You are motivated to do something for your own sake	Some external things, or facts are required to push you to do something
You are motivated to learn some facts or to learn some new skills because you are eager to learn.	One always expects rewards after completing the task in extrinsic motivation.
Example: Reading a book because you really enjoy reading Learn new skills like swimming, driving, cooking because you like to be independent, and you enjoy doing that activity.	One always expects something after completing the work with extrinsic motivations. Example: Reading for the preparation of a test. People working in a company are extrinsically motivated by the manager to complete the tasks.

3. Explain three ways that you can use knowledge of your learning styles to succeed in school.

There are plenty of ways to improve the knowledge to succeed in school. The important 3 ways would be,

- **Understanding the learning style:** Every individual's understanding skill and ability is different. First, we need to understand individual learning styles. To achieve highest in academic one must understand that learning style is not a constant. Also, it is very important to understand that we may use different style in different phases of our school life for different tasks.
- **Choosing visual processing over listening:** To achieve this we need to focus on reading and writing rather than listening. Someone might face difficulties in remembering verbal instruction given, so to overcome this difficulty they need to focus on some visual instruction or reading the instruction.
- **Take Good notes:** Even though Visual instruction helps to remember the things that the read and see, keeping a good note helps to remember the concept later.

Chapter 2:

1. Based on the definition of self-efficacy, what is one thing that you can influence based on your behaviour in your studies?

High self-efficacy can affect motivation in someone's life in both positive and negative ways. A person with self-efficacy faces challenges and never avoids them, and such people are able to recover from failure compared to people without self-efficacy.

A strong sense of self-efficacy allows you to tackle problems with confidence, set long-term goals, and see difficult tasks as creative challenges rather than potential disasters.

In the education system, some students can face a problem in listening to lectures. With self-efficacy, they can overcome that situation by discussing with the instructor about their problem in understanding, hence by making aware about how the use of different strategies could produce a better outcome. So, by this way, a student's self-efficacy could be improved as they continued to figure out what strategy helped them to overcome the problem.

2. What are at least five of the 23 ways to get the most out of time now that you can apply to your own procrastination habits?

The time-management techniques are all about choosing your time, choosing your place, getting focussed when you study, and questions that keep you focussed.

1. **Choosing your time:** Choosing the time plays a very important role in procrastinating habits. So, while preparing for exams, students must start with difficult or boring subjects first. We tend to give top priority to what we enjoy studying, yet the courses we find most difficult often require the most creative energy. With that task out of the way, the rest of the day can be a breeze. Save your favourite subjects for later. So first we need to understand how to manage our time.
That is why choosing our time is the most important key in procrastinating habits.
2. **Choosing a place:** We need to have a comfortable place to study. Your body and your mind know where you are. Using the same place to study, day after day, helps train your responses. Learning requires energy, so put yourself in a situation that supports this message. So choosing a comfortable place plays an important role to keep you focused in what you do.

Session 2

Chapter 4 Questions

1. You must complete all nine steps of Muscle Reading to get the most out of any reading assignment. True or False? Explain your answer.

Yes, we need to follow nine steps of muscle reading to get most out of any reading assignments. The steps are categorised in to three phases. Before reading, while you read and after reading.

Before we start reading any books we need to follow these steps to understand the concepts. For Phase 1, visualize or feel yourself prying out questions from a text. Before you start reading, preview the entire assignment. You don't have to memorize what you preview to get value from this step. Always its better to keep an eye out for summary statements. If the assignment is long or complex, read the summary first.

In phase two we need to focus on what we are reading and need to understand the concepts. And, after the completion we need to recite and review the reading.

These are the nine steps we must follow to get the most out of any reading session.

Chapter 5 Questions

2.What are the three major steps to effective notetaking, as explained in the chapter? Summarize each step in one or two sentences.

I believe that note taking is one of the best ways of memorising the concept we learnt. Note taking technique is different for different individuals. Effective notetaking consists of three parts observing, recording, and reviewing.

First, we need to observe the lecture, events slideshows or if any lecture require reading then we must read first before starting the writing session. Observing capacity of students are not same, so it is always better to re-watch recorded class before making notes.

What you record determines what you review. And the quality of your review can determine how effective your next observations will be.

With good notetaking, we create a set of materials that refreshes your memory and helps you prepare for tests. So, these are the three major steps we must follow for effective notetaking.

Chapter 6 Questions

3. Preparing for tests can include creating review tools. Name at least two of these tools.

While taking notes its always better to create a review tool for future reading. If you are creative, then It can be a diagram because a picture or diagram are attractive and they can be very easy to understand by visualisation.

The second major review tool would be, creating a “I am lost” signals by marking double question mark wherever you find difficulties in understanding the concept. When you write down your code for “I’m lost,” leave space for the explanation or clarification that you will get later. The space will also be a signal that you missed something. Later, you can speak to your instructor or ask to see a fellow student’s notes.

4. When answering multiple-choice questions, it is better to read all the possible answers before answering the questions in your head. True or False? Explain your answer.

True, while answering multiple choice question its always better to read all the possible answers listed before answering the questions. First, we need to answer the question in our mind before going throw all the options given. In next step after reading all the option we can eliminate the options which we’re 100% sure are wrong. If we quickly select the answer before reading all option, there is a chance that we will end up writing the wrong answer. So, its always advisable to read all option given before writing the answer.

Session 3

Chapter 8 Questions

1. One suggested guideline for nonverbal listening is to respond frequently to the speaker. True or False? Explain your answer.

Most of the listening is nonverbal. There are six effective guidelines for nonverbal listening, which are, Being quiet, maintaining eye contact with the speaker, displaying openness, sending non verbal acknowledgement, Releasing distractions and suspending judgements. Responding speaker frequently is the example for verbal listening. So, the statement given is false.

2. The suggested techniques of verbal listening include which of the following?

- a) Parrot exactly what another person says.
- b) Pay attention to the speaker's words and not the emotions behind the words.
- c) Always put your own concerns aside to listen attentively.
- d) Look for the requests hidden in complaints.

The suggested technique of verbal listening includes Look for the request hidden in complaints(d) Viewing complaints as requests gives us more choices. Rather than responding with defensiveness, resignation, or indifference, we can decide whether to grant the request or help the person translate his own complaint into an action plan. So, the technique of verbal listening is Look for the request hidden in complaints.

3. Define plagiarism and explain ways to avoid it.

Using another person's words, ideas, or pictures without properly citing the source is called plagiarism. Plagiarism also refers to stealing someone else's work and claiming it as your own which is the equivalent of cheating on a test. There are many ways to avoid plagiarism.

The basic technique for preventing plagiarism is to note down a source for any idea that is new to you. These include words and images created by another person. The overall goal is to clearly distinguish your own work from the work of others. A secondary goal is to give enough information about your sources so that they are easy for your reader to find.

To avoid plagiarism we need to identify the source of any material that we refer, quote or summarize. If we refer any books, we need to note down all the details about each source including the author, title, publisher, publication date, location of publisher, and page number.

If our source is a Web page, we need to note down or save as many identifying details as you we can get like name of the author, title of the blog, sponsoring organization, URL, publication date, and revision date.

These are the most effective ways to avoid plagiarism as much as possible.

• Session 4

Chapter 9 Questions

1. Explain the differences among stereotypes, prejudice, and discrimination as defined in the text. Be sure to use your own words as much as possible.

Stereotypes are errors in thinking. It refers to an often unfair and untrue belief that many people have about all other people or things with characteristic opinion in mind. Usually, people or groups are stereotyped based on gender, skin color, identity, age, languages etc.

Prejudice refers to positive or negative feelings about others based on stereotypes and this is not based on any actual experience or there is no actual reason for prejudice.

Discrimination takes place when unfair beliefs or prejudice get expressed in society. Discrimination also refers to treat someone differently or less favorably based on skin color, gender, disability, sexual orientation etc.

2. Explain the differences between self-fulfilling prophecy and self-justification when it comes to detecting stereotypes. probably escape our attention.

Self-fulfilling prophecy is a kind of prediction that ultimately comes true at least in a small portion of expectation. Sometime people often beliefs influence their actions. When we interact with people based on stereotypes, we set them up in way that confirm our thinking. This is the outcome of a situation by the overthinking.

Self-justification is the excuses made by some one in the defence of something they did. This allows people to convince themselves that what they did was the best thing they could have done even though it's a bad for themselves also to others.

3. Describe at least one way to overcome stereotypes with critical thinking.

When we stereotype, we gloss over individual differences and assume that every member of a group is the same. We need to avoid that thinking. There are some ways by which we can overcome this with critical thinking.

First, we need to look for errors in over thinking. I.e., we need to analyse that "what if I am wrong?". Then we need to make over categories narrower. Next, we need to interact with people of different culture, race, color etc. because learning about these can help with finding answers for our thinking. If we are able to do so then we can overcome stereotypes.

Chapter 12 Questions

1. Explain how work content skills and transferable skills differ. Give one example of each kind of skill.

Work content skills are those skills specific to one job or occupation. For example, the skills such as identifying diseases, prescribing medicines etc. are specifically required for doctors.

Transferable skills are type of skills which are used in a vast variety of occupations. Example for transferable skill is communication. Because communication is the personal development skill which is required in every aspect of life, and it is not limited for one particular occupation.

• Session 5

Chapter 7 Questions

1. In your own words what is egocentric thinking? Recall a time that you were involved in a moment of egocentric thinking.

Egocentric thinking refers to the type of thinking in which someone is unable to understand other persons view or opinion and they are unable to notice that people have different opinion. People with egocentric thinking keep on expecting that other share the same perspective as they do.

Couple of years ago I faced the consequences of egocentric thinking when I went to a dinner with my one friend for is her birthday party, she ended up ordering dishes and drinks with her choice and she didn't even think of asking other's choices. Sadly, I ended up eating the dishes I don't even like.

2. Name at least one fallacy involved in this statement: "Everyone who's ever visited Toronto has agreed that it's the best city in the country."

This statement is opinion of one person with out considering the opinion of others. Hence it is the example for egocentric thinking.

3. Which fallacy are you guilty of committing? Why?

I am Guilty of committing a fallacy a year ago when my husband and I are planning to go on a vacation. At that time, I wanted to visit a place desperately, and with out consulting my husband opinion I ended up booking the hotels. I feel that it is an egocentric behavior and I am guilty of doing so.