

This is a good attempt. The aims are clear and achievable. There are many opportunities to open conversations, for instance about how to get the motivation to start a project, and how to avoid leaving things until they get critical. The student might think about rewriting some of the journalistic type phrases in his essay as an exercise to remind him of what he is trying to achieve. The resources are a bit weak. He might be pointed to our study skills section here.

2013/14 Semester 2 - Group Meeting

Exercise 1:

Action Plan Based on Feedback from the ODL Essay

A student submitting an important essay submission can sometimes be compared to an athlete giving their best shot at an important competition. Imagine that you are your own academic coach. You have just seen the results and feedback of the ODL essay. As your own coach, what new training regime would you prescribe yourself to ensure that you perform better next time?

*Please write it as an **action plan** using the template below ensuring you cover different areas of improvement with as detailed timing as possible, and what goals you are expecting to reach.*

Overall Aim

What is it you are trying to improve?

I am attempting to improve my ability to write in a concise scientific manner and my use of relevant biological examples and figures.

Current Situation

Describe what you can currently do, or the stage of your development. What is it you are trying to change?

Currently, I have a tendency to use journalistic language to explain scientific concepts. I plan to replace such instances with succinct and factual descriptions. Some of my biological examples are not particularly relevant to the concepts that I am attempting to illustrate. I plan to invest more time into examining research papers so as to cite more suitable examples. Some of the figures in my essay were not adapted to its content or explained thoroughly enough. I plan to make better use of figures, eliminating the disjointing effect of having muddled graphs and tables in my work.

Steps to success

List down the steps to success (including deadlines where possible).

- Begin writing my Medical Biology Practical report (due late March) to maximise time
- Finish my MGC in-course problem (3rd March) in time to confer with classmates
- Attempt to implement concise writing and better use of examples and figures in my Medical Biology FGD report on Whole Genome Sequencing (due 17th March)

SWOT Analysis

In this section you can describe any personal strengths and weaknesses that will aid or hinder your successful completion of this plan. Also, what opportunities exist to aid your success and what external threats and barriers may hinder it.

Strengths	Weaknesses
<ul style="list-style-type: none"> - I become very focussed when I immerse myself in a project - I have a reasonable amount of writing experience - I enjoy planning things 	<ul style="list-style-type: none"> - I struggle to motivate myself to start projects - I sometimes sleep in - I often neglect tasks until the deadline is looming
Opportunities	Threats
<ul style="list-style-type: none"> - I have enough free time to implement my plan - There are no immediate deadlines - if I start now I will be able to submit work completed to the best of my ability 	<ul style="list-style-type: none"> - Distracting relationships - Many of my deadlines coincide

People

list any of your peers, mentors, coaches, teachers who might help you achieve your goals

Name of two people (redacted) and my corridor is full of biologists

Books / journal

list any books of journals relevant to this plan

Principles of Biochemistry

Online resources

list any online resources which might help you achieve your goals

LEARN

Other resources

are there any other resources which might be useful?

Planner app on computer - Wunderlist

Reflection

what have you learnt from thinking about, writing about or carrying out this plan?

This exercise has helped me to focus my mind and to develop an effective action plan. Its greatest merit has been in providing clarity.