

First year tutorial

Semester one reflection

In the weeks following the publication of the first semester results, you will meet your tutor on a one-to-one basis for a discussion about your first semester performance. You should also use this meeting an opportunity to discuss with your tutor the reflective notes you wrote over the Christmas vacation.

Please remember to bring your Tutorial Record with you to this tutorial.

The purpose of this meeting is for you to take a serious look back at your first semester. An important part of the education process is reflecting on what you have achieved and how far you have met your own aims and aspirations, as well as those of your degree programme. This enables you to draw lessons from your experience and be in a better position to achieve your aims in the future.

In order to gain the most benefit from this tutorial it is important that you reflect seriously and honestly on your first semester's work. You should ask yourself the following questions and perhaps use the boxes to jot down some notes for use when you meet your tutor:-

1. What were the successes of the first semester? How can I build on those for the future?

It's worth thinking here about both academic and non-academic successes, and whether you have the balance right between these.

2. Were there any problem areas, and what can I do to remedy these problems?

Are there any problem areas that are likely to hold back my performance in the future?
Do I need help in tackling any problems?

Was my attendance satisfactory?

If there were any problems outside your control that affected your performance then you should also use this opportunity to discuss these in confidence with your tutor.

3. How have my study skills developed in the first semester? How can they be improved?

Issues to consider include: Have I made the best use of the opportunities offered at labs, tutorials and examples classes and PASS sessions by attending them and preparing for them sufficiently? Have I used my study time profitably?

4. Did my exam performance reflect my ability? Was it as good as that in the labs? If there is a difference, why might that be? Am I relying too much on help from others?

Don't feel restricted to this set of questions, although your tutor will expect you to have an answer to each of them.