

PSYU1102/PSYX1102 Minute Paper

ACADEMIC SELF-REFLECTION

Instructions

You can do a **VERY** quick self-reflection at the end of completing a lecture or attending a tutorial by asking yourself these three simple questions and taking some notes (you can type directly into the boxes below). You can use this academic self-reflection “minute paper” for any task in any of your units, not just Psychology.

Topic: _____

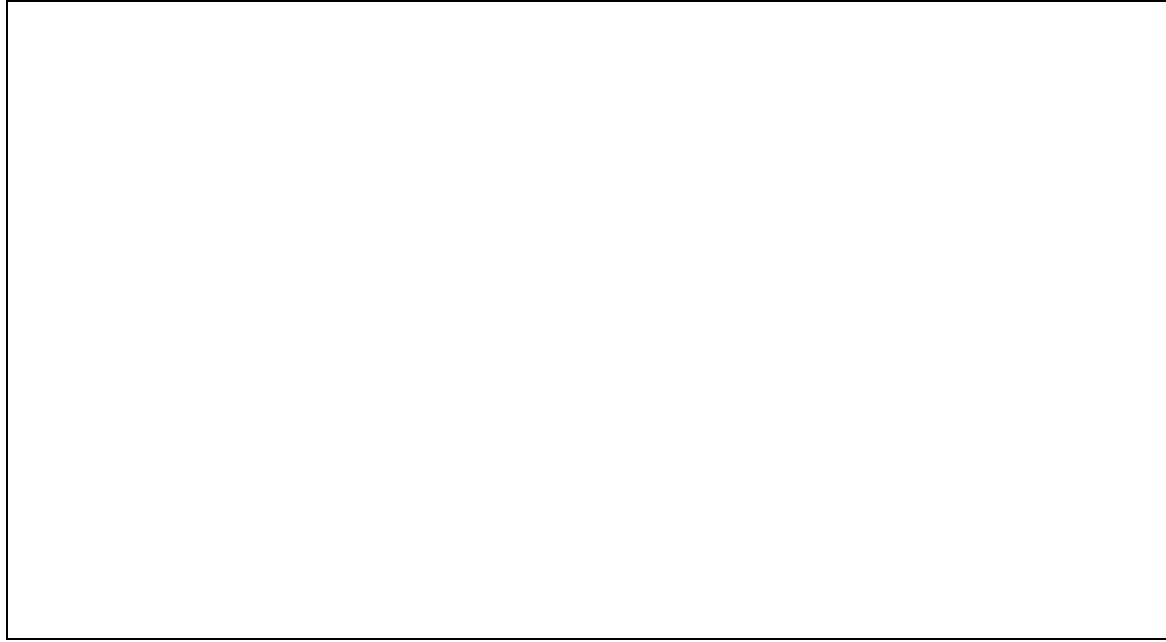
What are the three most important things I learned today?

What question remains uppermost in my mind?

How do I get this question answered?

MAKE A PLAN!

Identify 2 or 3 services or resources most relevant to you and plan to engage with them. Add dates and times to your calendar to make sure you don't forget! 31



Some suggestions:

- Review the lecture module or textbook
- Ask questions on the discussion board
- Discuss with your study group or friends
- Approach your tutor for questions related to tutorials
- Email your lecturers for questions related to the lectures
- Refer to the Student Support Services booklet for other useful resources, especially if you've identified a broader issue during self-reflection, such as difficulty with note-taking, essay writing, or time management.
- Remember to keep a copy of these minute papers. They could be helpful revision tools later.