Motivational seminar

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Agenda for the seminar

Growth and success

- Optimal functioning
- Learning
- Motivation
- Structure
Why are we here?

Har noen av de følgende utfordringene gjort det vanskelig for deg å følge digital undervisning?

<table>
<thead>
<tr>
<th>Hvordan</th>
<th>Respondenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arbeidsplasse hjemme er ikke like god som på campus</td>
<td>94</td>
</tr>
<tr>
<td>Manglende teknisk utstyr</td>
<td>52</td>
</tr>
<tr>
<td>Manglende teknisk kompetanse</td>
<td>99</td>
</tr>
<tr>
<td>Dårlig nettforbindelse</td>
<td>9</td>
</tr>
<tr>
<td>Tidssoner, stor avstand</td>
<td>6</td>
</tr>
<tr>
<td>Omsorg for barn</td>
<td>30</td>
</tr>
<tr>
<td>Vanskelig å strukturere en digital studiehverdag</td>
<td>118</td>
</tr>
<tr>
<td>Opplever ingen spesielle utfordringer</td>
<td>1</td>
</tr>
</tbody>
</table>

24/04/2020
Optimal functioning
Isolation and solitude

• Recommendation 1: Don’t isolate psychologically

• Recommendation 2: Can being in solitude be valuable and meaningful?
Growth and happiness

• Recommendation 3: Don’t stop growing as a human

• Recommendation 4: Don’t focus on “happiness”
Motivation
What characterizes your motivation these days?
High-quality motivation

- Recommendation 1: Start with interesting or important tasks

- Recommendation 2: Why should you do this task?
High-quality motivation cont.

• Recommendation 3: Choose a teaching method you prefer

• Recommendation 4: Choose optimally challenging tasks

• Recommendation 5: Collaborate with peers
Structure
Goals

Recommendation 1: Specific and clear goals

<table>
<thead>
<tr>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Read</td>
<td>Write a half-page summary of chapter 4</td>
</tr>
<tr>
<td>Write</td>
<td>Create 10 quiz questions w/answers</td>
</tr>
<tr>
<td>Look at video lecture</td>
<td>Identify how this lecture relates to other topics, constructs, etc in the curriculum</td>
</tr>
</tbody>
</table>

Recommendation 2: Be realistic

- «Study from 8 am until 16 pm»
- «Exercise five days a week»

- How many hours do you have available? Do you have a good workplace? Do you have enough energy?
Recommendation 3:
Create a “to-do” list

- Levere CAE-artikkel til JAV (22/04/20)
- Levere CAE-artikkel til Cathy (23/04/20)
- Revidere CAE-artikkel (list. Ulrich) (29/04/20)
- Revidere utelukkende (24/04/20)
- Vurder muligheter pr. 1. fek (28/04/20)
- Reivere for CAE (03/05/20)
- Kontakt SA aux. & MOVUL (22/04/20)
- Levere IVFR til Sveland (29/04/20)
- Kjøp skrout til IVFR (05/05/20)
- Vi kommer til 2 andre for ETP (13/05/20)
- Levere suksess IVFR (20/05/20)
- Reivere for IVPK (per e-post) 01/06/20
Systematic studying

- Recommendation 4: Structured studying (20-10-20 minute system)
- Recommendation 5: Manage your environment
Learning
Studying passively vs. actively
Recommendation 1: Concept maps
Recommendation 2: Quiz

- Effective for learning
- Social?
Collaboration and learning

- Recommendation 3: Teach each other
- Recommendation 4: Peer-review on written text
Ressources
• Motivational recommendations: https://bioceed.w.uib.no/motivasjonstips-for-studenter-pa-hjemmekontor/#optimal-fungering
• bioRAKEL og Labassistenter
• UiB´s exam info: https://www.uib.no/korona/134470/student-hva-skjer-med-undervisning-og-eksamen
• Unit for learning and education: https://www.uib.no/uniped/57172/om-uped