



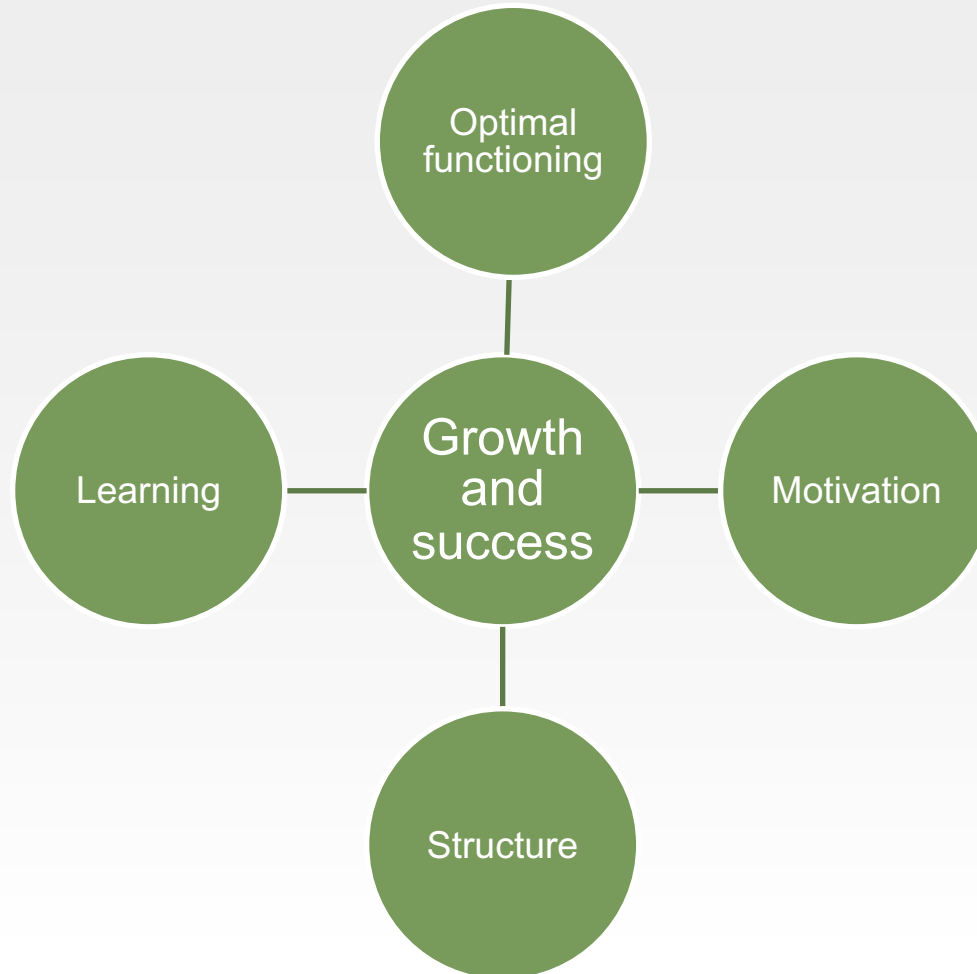
Motivational seminar

Lucas M. Jeno
Associate Professor, UiB
Lucas.Jeno@uib.no





Agenda for the seminar

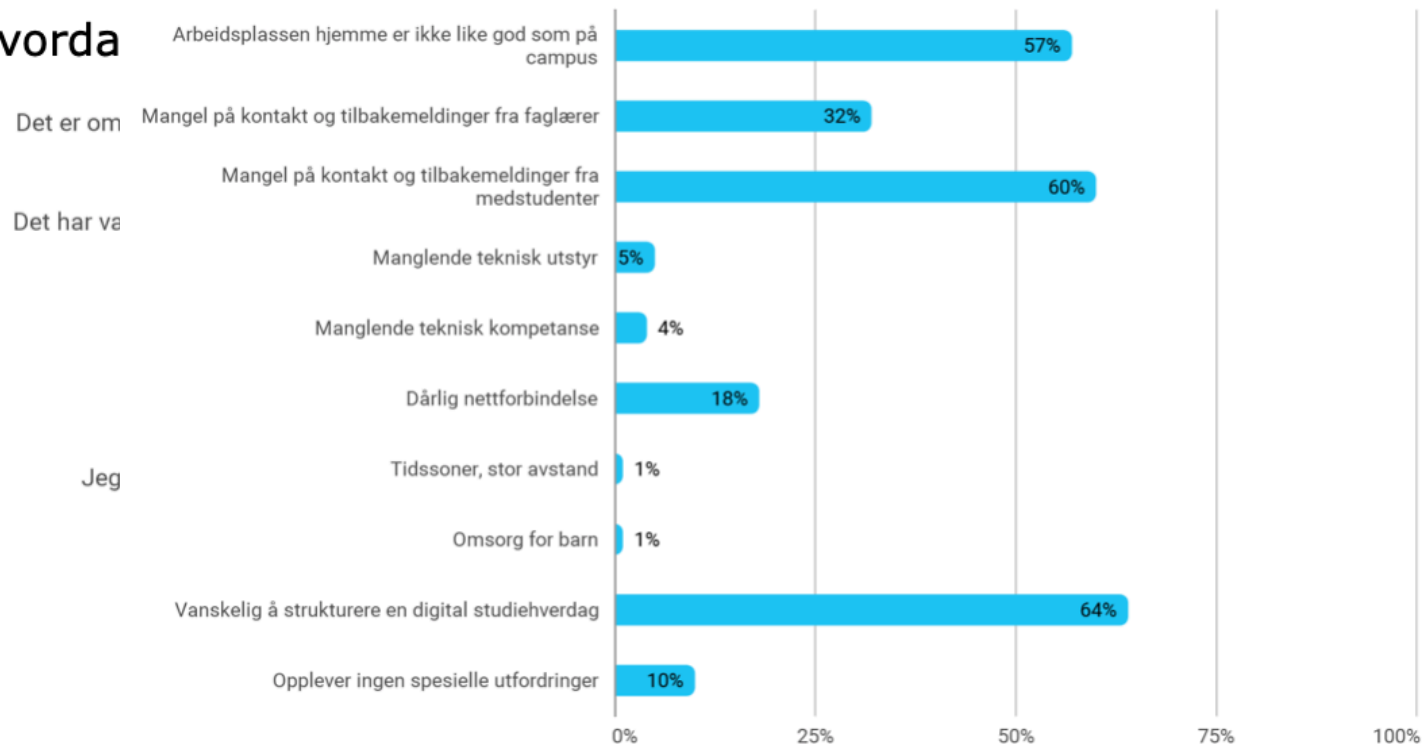




Why are we here?

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

Hvorda



Respondenter

Respondenter

94
52
18
99
52
9
109
6
30
118
1
17
2
105
16





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

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

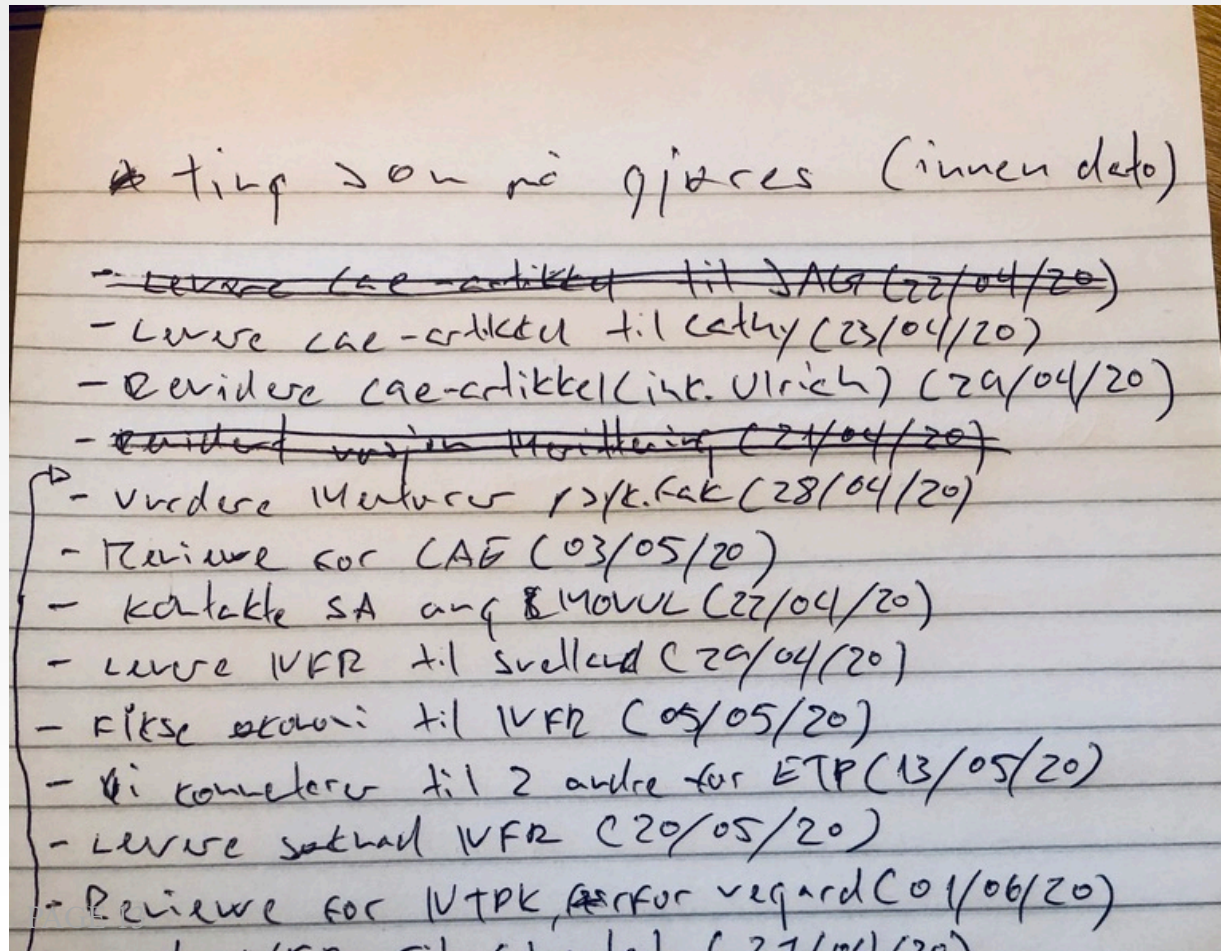
Recommendation 2: Be realistic

- «*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





Systematic studying



- Recommendation 4:
Structured studying
(20-10-20 minute
system)
- Recommendation 5:
Manage your
environment





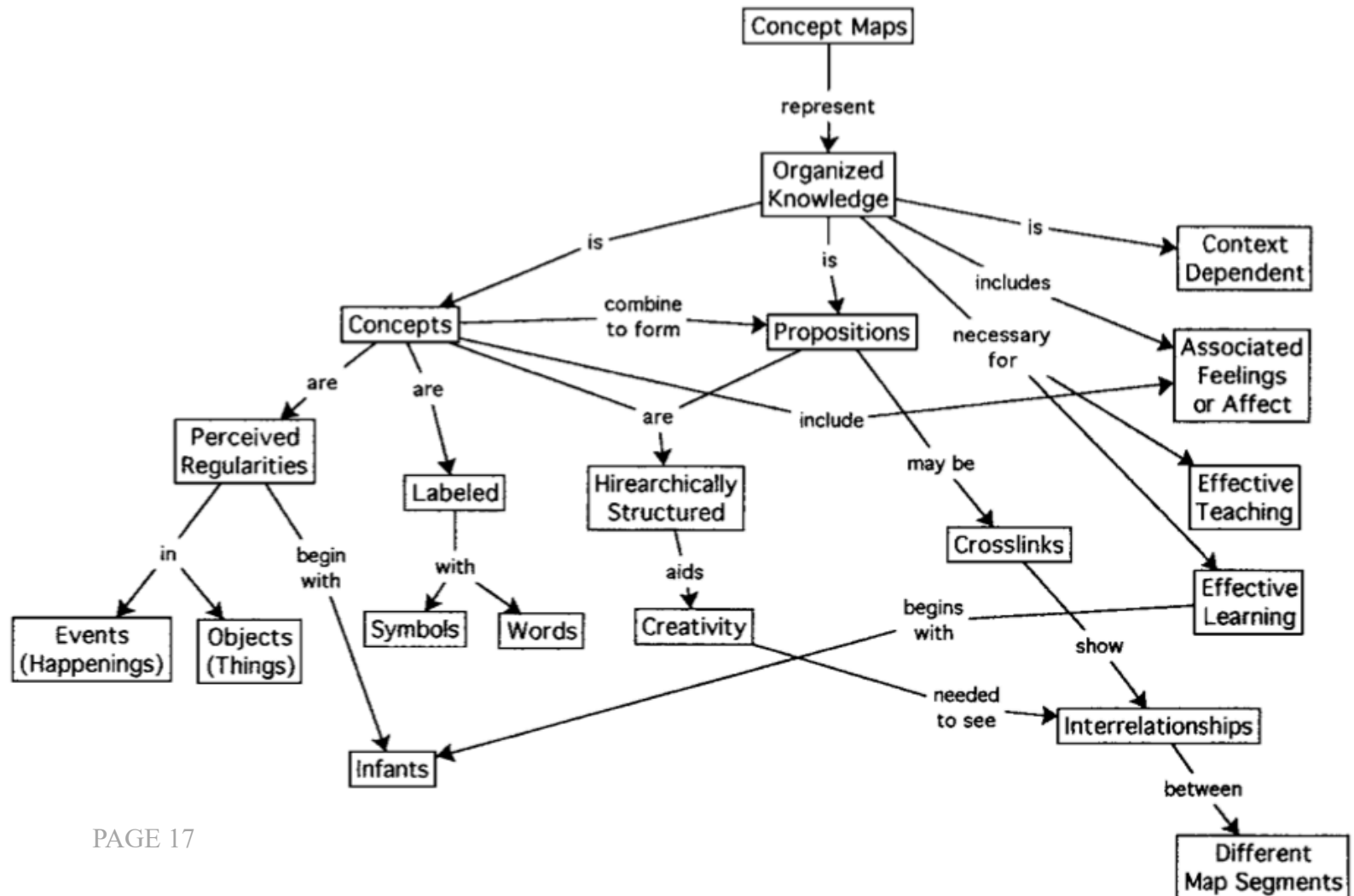
Learning

Studying passively vs. actively



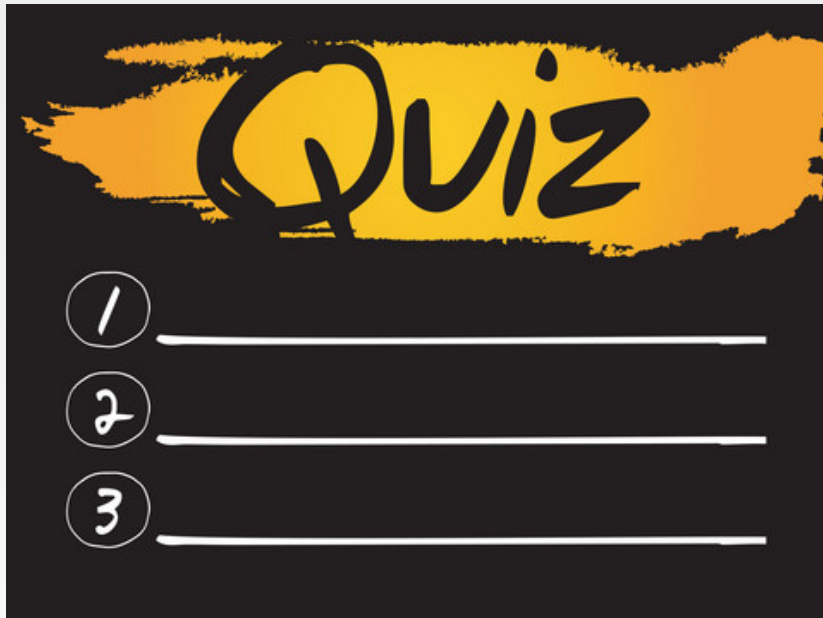


Recommendation 1: Concept maps





Recommendation 2: Quiz



- Effective for learning
- Social?





Collaboration and learning



- Recommendation 3:
Teach each other
- Recommendation 4:
Peer-review on
written text



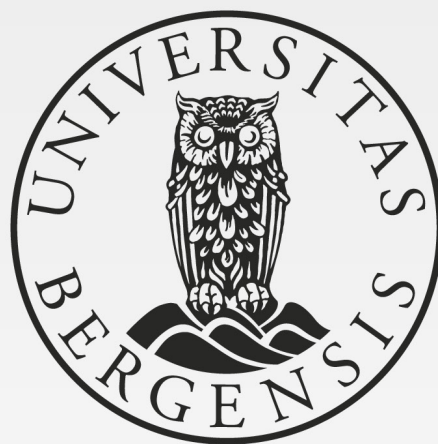


Ressources



- 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>





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