

Liverpool John Moores University

Title: Individual Learning and Development
Status: Definitive
Code: **4011SPODEV** (117145)
Version Start Date: 01-08-2016

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

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Academic Level: FHEQ4 **Credit Value:** 24 **Total Delivered Hours:** 48

Total Learning Hours: 240 **Private Study:** 192

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Seminar	48

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Self Awareness Statement	Ass. 2		10	
Portfolio	Ass. 1		90	

Aims

This module will help individuals to develop skills essential for effective learning to degree level, introduce and develop the concepts of graduate skills and develop ideas regarding self development and personal development planning.

Learning Outcomes

After completing the module the student should be able to:

- 1 Identify and develop the necessary skills to become an effective learner
- 2 Inform their own development through reflection.
- 3 To identify and reflect upon the following aspects of personal development; strengths and weaknesses, motivations and values, ability to work with others

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

WoW Bronze reflection	3	
Portfolio	1	2

Outline Syllabus

Study skills techniques including note taking, active reading, planning for an assignment, revision, exam techniques and information searches
Planning and using tutorial, individual and group discussions as an aid to learning
Presenting information in a variety of ways
Introduction to research techniques and evaluation tools
Personal development planning
Work based and / or work related learning

Learning Activities

This module is taught through personal tutor groups, on a weekly basis, that supports the individuals in relation to their own needs and development.

Notes

The module will enable students to examine the ways in which they learn and develop both study and research based skills, knowledge and experience. The module will start students on the process of personal development planning and help them to develop their portfolio of both curriculum and extra-curricular activities and graduate skills.