

INDIVIDUAL ENGAGEMENT ACTION PLAN & SELF-CONTRACT: Worth 3%

Part 1 DUE: on paper, in person, start of class Thursday Sept 10 (plan)

Part 2 DUE: on paper, in person, start of class Thursday Oct 22 (report and any updates)

Part 3 DUE: on-paper, in person, start of class Thursday Dec 3 (final report and review on your plan)

We all start the semester with goals we want to achieve. Most students usually have an idea of the grade they want to earn. But ... Life gets busy. University gets busy. Course work piles up if you aren't staying on track. Goals are most easily achieved when you plan ahead and develop a specific, feasible action plan at the outset. This engagement assignment will help you achieve your goals. You may want to consider doing one of these for each course you are in! This engagement assignment is based on replicated scientific evidence.

Really think about this self-contract. University is very much self-directed. You are responsible for staying on top of courses, for completing assignments and submitting them by the deadlines, for setting yourself a study and assignment schedule and then sticking to it.

*"There are individual differences in how people best manage their time and exert self-control. Many people believe they simply lack willpower or do not have the ability to manage themselves or their time well (Watson & Tharp, 2014). Developing effective self-management skills takes effort, and there may be times when people fall back into old, ineffective habits. A much better approach is to adopt the attitude of B.F. Skinner, one of the great minds of behavioural psychology and a master at behavioural self-control. **Skinner considered self-management to be "a game that he played, a puzzle to be solved, and he enjoyed the process as much as the results"** (Epstein, 1997)." (Powell and Schmaltz, 2022)*

REQUIREMENTS: For this assignment, you are to develop and write up a feasible action plan that will help you meet meet your goals for this course and earn the overall course grade you want.

CRITERIA: Your plan needs to **BE SPECIFIC** and include:

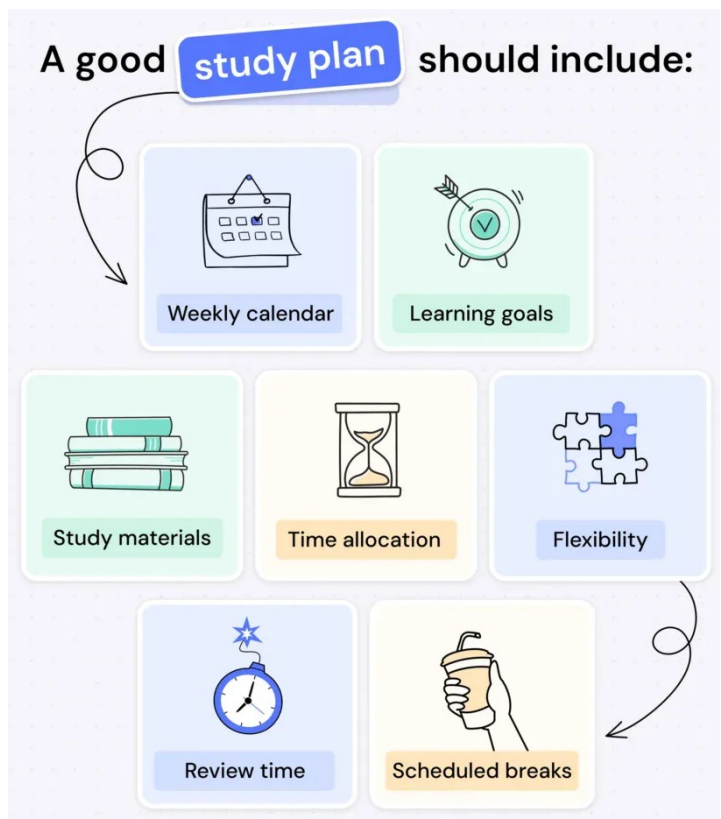
- What exactly are you going to?
- When? How often?
- Where?
- How?

Your plan needs to account for the unexpected or for times you fall off your schedule:

- IF that happens, what will you do to stay on track? BE DETAILED.

Below are some aspects to consider when developing and writing up your plan.

- I will review my lecture notes after each class at this time: _____
- If I miss reading at my scheduled time, I will make it up at this date and time: _____
- I will work on the Study Guides on these days at this time: _____
- I will test myself and have extra study time for exams on these days at these times: _____
- I will start on and work on the assignments on these dates at these times: _____
- I will check in with my Wellbeing Buddies Group on these days at these times: _____
- I will connect my Project Group and work on my part on these days at these times: _____



HAND IN Part 1: At start of class on Sept 10, hand in your plan to me on paper in person. If you plan to use a daily diary or e-diary, you can include a photo or description of it. *Make sure you include a cover page with ONLY the following information: your name, student ID, and "PSY 104 Engagement Plan", and the date.* Assignments must be typed or LEGIBLE hand writing/printing.

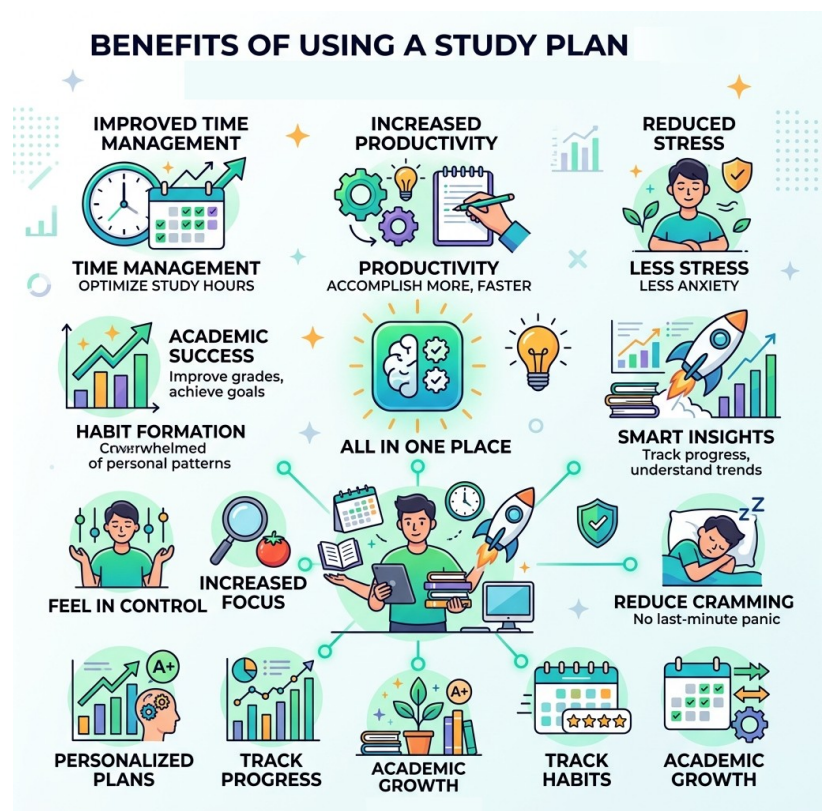
THEN: Throughout the semester, track how well you are sticking to your plan. Midway through the semester (October 22) you will hand in a review/reflection of how you are doing on your plan so far, and any tweaks to your plan that you think are needed. **You will need to refer to your original plan.** On the last day of classes (Dec 3), you will hand in a summary report of: how well you stuck to your plan, did you purposely adjust your plan at all (and if so, why and how), what went well, what went wrong or off kilter, and how you could improve your plan. **You will need to refer to your original plan.**

Hints: Be honest! If you stuck to your plan -cool. If you totally abandoned your plan - that's ok too! This is to help you - not to judge you. You are not being graded on how well you stuck to your plan. You are being graded on how much thought you give this. Again: **The goal is to help you develop this as a tool for this course and your entire academic career.**

Here are some comments from previous students about the effectiveness of making an engagement plan.

"The plan has been very helpful for me as initially I was feeling very overwhelmed with all the assignments and little things to do. As well having buffer room has really saved me when my work schedule has been all over the place. As well having some flexibility with doing whatever assignment first I want has been really helpful to be as I decided to change my order."

"I believe the most successful aspect of my plan so far has been incorporating time to rest and reset throughout the week. I have kept Saturdays as my off days from school, and this has allowed me to prevent burn-out, which I believe is a huge reason I have had a smooth sailing semester so far. I have experienced far less headache and scrambling leading up to assignment deadlines and exams while still maintaining a healthy balance between my academic and personal life."



"At this point in the semester, I have been more consistent in reviewing material shortly after class. I feel like I understand the course content better because I review it multiple times a week. I felt less stressed before the midterm because I was not cramming at the last minute."