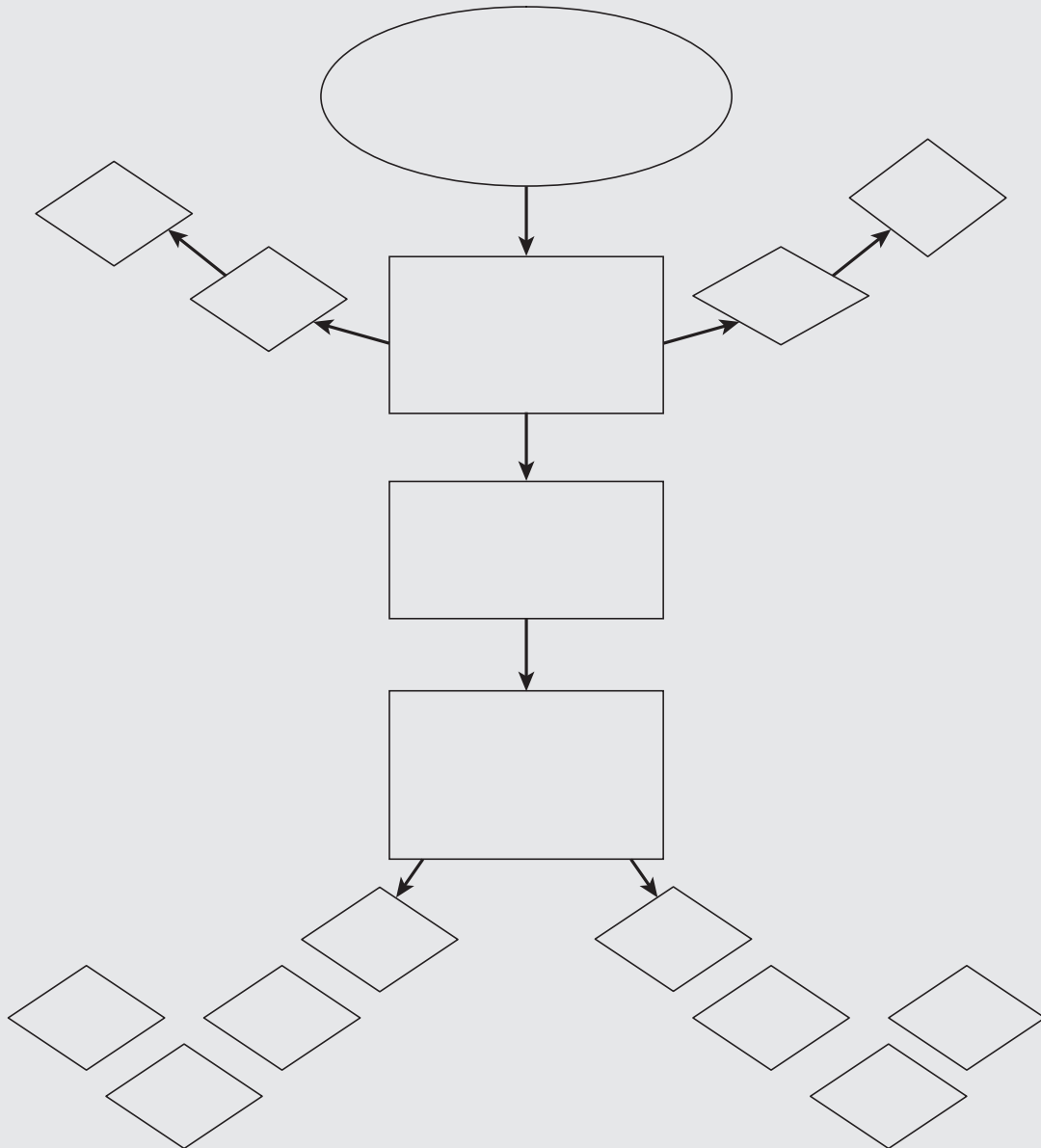




Activity 1.1 Mapping Man: your worry – identifying, mapping, scaling

Colour the worry bubble that you can most identify with. Now think of your own worry and where you feel it – sore head, wobbly legs, nervous tummy? Write or draw your own worry bubble and place it on the Mapping Man.



Scale your feeling. How did reading the worry bubbles make you feel?

Circle your answer:

anxious

upset

relieved

fine

How did writing your own worry bubble make you feel?

worse

awkward

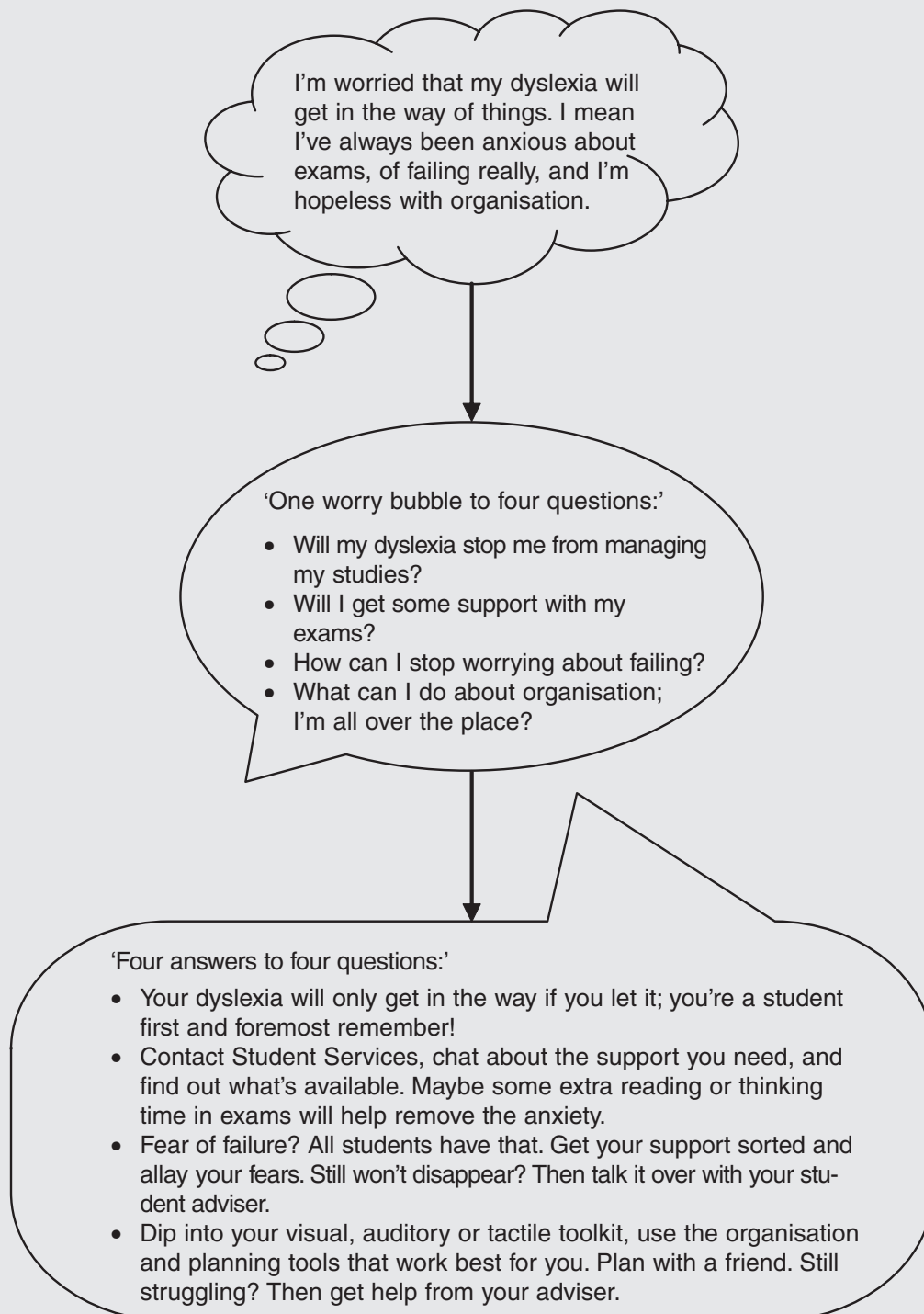
encouraged

optimistic



Activity 1.2 Re-shaping your worries

Working in a small group with other new students can make it easier to turn your worry into a question that can be given an answer. Place your worry bubbles on the table and categorise them into Personal and Practical. Now deal with the Practical section first; it's often easier to find concrete answers to the more practical issues first. Create a three-tiered flow chart of the practical issues to move from worry to question to answer. For example, let's take one of the worry bubbles above to illustrate the flow from one to the other:





Activity 1.3 Visual, auditory or tactile learner – or simply a bit of everything?

Do you:



use mind maps or shapes to connect and understand information?	
read information aloud so you can hear it?	
record information so you can listen back?	
use colours to highlight information and then read it?	
tap your fingers on your arm when counting?	
discuss concepts with others?	
use colours to highlight information and then create a picture or object?	
follow a mind map more easily than written instructions?	
use music or mnemonics to learn information?	
move around or walk when you're reading?	
see patterns in information?	
enjoy practical tasks that help you learn?	



Activity 1.4 **Styled learning**

Choose a task to explain your experience so far:

- Write a letter to a friend.
- Design a poster or create an object.
- Draw a picture.



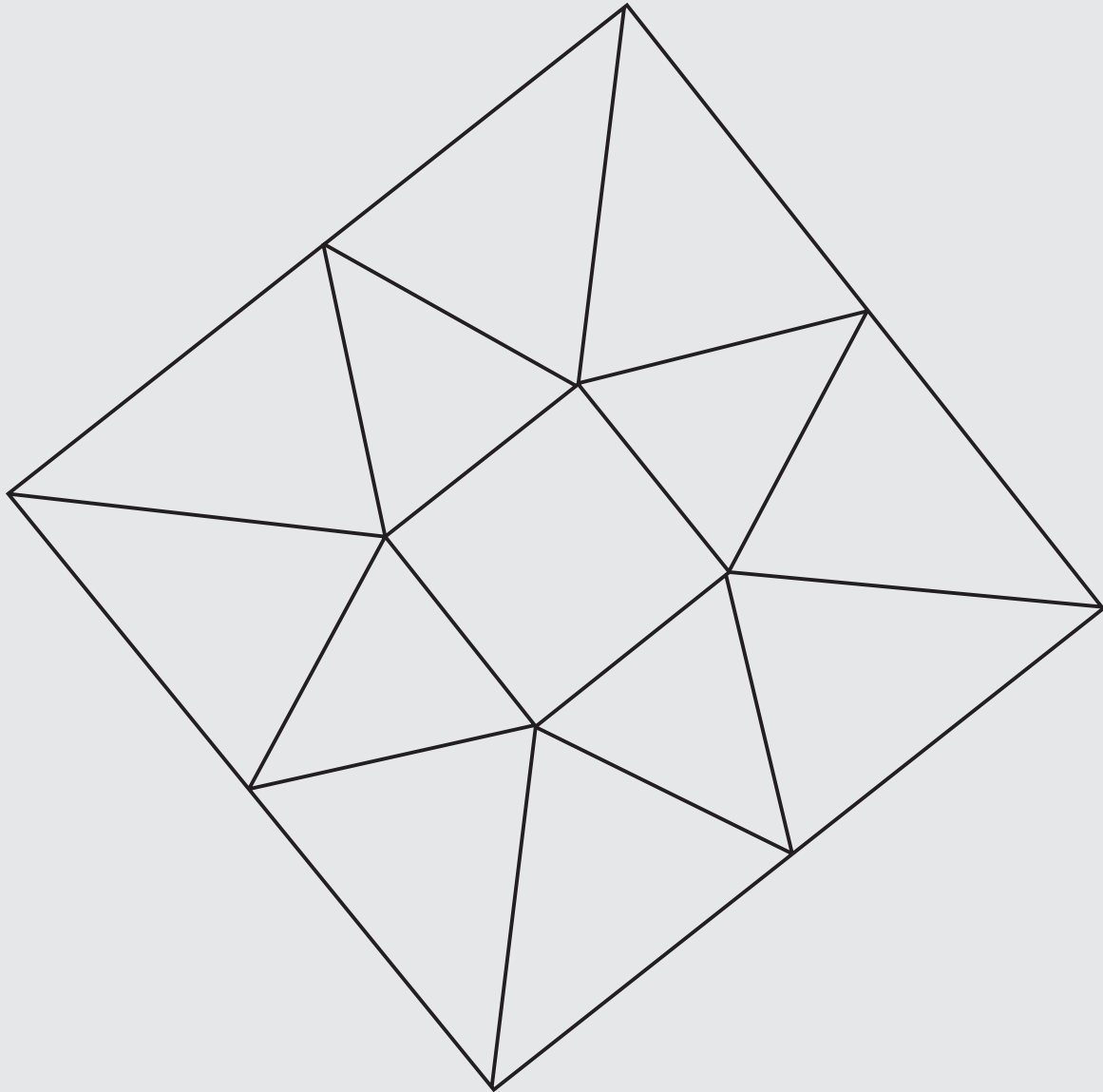
Activity 1.5 What's needed in your study bag? Complete your list

As well as the basics, you might need some subject-related materials and assistive software to support your specific needs. For example, a design student would need some sketch pads, a nursing student a medical dictionary.

Writing tools	Stationery	Organisation	Subject-specific materials	Assistive software
pens and pencils	Post-it notes	wall planner	music score	Inspiration
highlighters	notebooks	mobile apps	sketch pad	Read & Write
	folders	diary	medical dictionary	digital recorder



Activity 1.6 Your w.w.w. study space



Place your choices in the W.Cube-It:

When do you work best? Morning, afternoon, evening? Where are you most productive? At university: library, study room, computer suite? At home: bedroom, kitchen, study area? What motivates you most? Working alone, in pairs, in groups?



Activity 1.7 Mirroring Janus – the worst and the best

Make a note of the best thing that could happen to you, if you remain organised and manage your studies. Then make a note of the worst thing that could happen, if you don't manage.

Worst



Best