

This document is part of the syllabus of the seminar “41-103: Seminar: Central Topics of Educational Science: Self-regulated learning with digital Media” by Maya Persico in winter semester 2024/2025 at University of Hamburg. It contains the task descriptions for interim and final reflection of the seminar.

Mid-term: Interim reflection task

How has the seminar been for you so far? What were your expectations, and in what ways has the seminar been positive/negative for you? How do you feel about the working atmosphere, the structure of the sessions and the organisation? Do you have any feedback for me as a lecturer? What have you gained from the seminar so far? Have you gained anything for your individual development and learning processes? To what extent has your view of other people's learning processes changed? Is there anything you would like to do next year as a result of the seminar? Is there anything you would like to take away with you for your teaching practice?

If you would like to reflect on other aspects, please feel free to do so :)

Final reflection: My learning today

Using your first three submissions, think about the following three points:

1. How do you learn best now? When are you most self-organised? Where do you see room for improvement? Feel free to include your emotions. How do you feel when you deal with these issues today?
2. Which of the bad habits do you still find yourself doing? Which of the learning techniques from the seminar would you like to try out for yourself? How exactly would you like to try them out?
3. How do you think your attitude and approach to learning can affect your bad habits and your actual learning, as well as the associated connotations and feelings?
1. Now answer only the last question in your entry. This can be as detailed as you like. You may also start by reporting on your attitudes before and after.
4. **What changes have you noticed in these aspects since the beginning of the seminar? What could be the reason for this?**

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