



Developing Students' Sense of Agency (3 activities + 1 optional pre-activity)

Purpose:

It can be frustrating to spend hours preparing a syllabus or giving detailed feedback on assignments when students don't read, let alone appreciate your efforts. This learning bundle incentivizes students to reflect on your feedback and the course syllabus more carefully. Their reflective responses are linked to action steps designed to increase student access to university support services and increase their sense of agency of their learning journey while developing their future goals.

TIP: Bonus marks for the completion of the reflection can be an effective incentive.

Learning Outcomes:

- Apply critical reflection skills to increase self-awareness.
- Analyze personal reflection responses to identify students' strengths, interests, and areas for development.
- Create an action plan based on insights from reflective exercises.

Activities:

- 1 • "Reflecting on the Syllabus"
 - **Optional Supporting Resource:**
 - Three Steps to Self-Reflection
- 2 • "Reflecting on Feedback and Grades "
- 3 • "Culminating Reflection" (Requires at least two assignments)
 - **Optional Pre-Activity:**
 - Learning About Self-Regulation and Metacognition
 - **Optional Supporting Resource:**
 - Five Ways to Develop Meta-Cognitive Skills



Reflection



Self-regulation



Teamwork



Transfer