Weekly tracking sheets

Humanities & Social Sciences · 120 weeks · 6 semesters · 1220 h of coursework

Name: _____

Study partner: _____

Start date: ___ / ___ / _____

HOW TO USE

1. **Start of semester:** read the semester overview page and write down your goal.
2. **Sunday evening:** fill in the dates and the goal on the week's sheet.
3. **During the week:** tick each finished task and log your real time every day.
4. **Partner check-in:** explain one idea in 5 minutes without notes.
5. **End of week:** rate your skills; a skill is acquired when you can do it alone.
6. **Weeks 19 and 20:** finish the semester project and sign it off.

THE SIX SEMESTERS

S1 · Reasoning and writing
Year 1 · 220 h

S2 · The human mind
Year 1 · 177 h

S3 · Research methods
Year 2 · 209 h

S4 · Societies, law and the past
Year 2 · 225 h

S5 · International politics and data
Year 3 · 191 h

S6 · Communicating and teaching
Year 3 · 198 h

S1

YEAR 1 · FOUNDATIONS · 220 H · ≈ 11 H PER WEEK

Reasoning and writing

From ___ / ___ to ___ / ___

Understand, build and evaluate arguments, avoid fallacies, and write clear, structured and well-sourced texts.

SEMESTER PROGRAMME

Course	Length	Weeks	Done
Think Again I: How to Understand Arguments · Introduction to Logic and Critical Thinking	26 h	W. 1–3	☐
Think Again II: How to Reason Deductively · Introduction to Logic and Critical Thinking	13 h	W. 3–4	☐
Think Again III: How to Reason Inductively · Introduction to Logic and Critical Thinking	24 h	W. 4–6	☐
Think Again IV: How to Avoid Fallacies · Introduction to Logic and Critical Thinking	18 h	W. 6–8	☐
Grammar and Punctuation · Academic English: Writing	16 h	W. 8–9	☐
Getting Started with Essay Writing · Academic English: Writing	13 h	W. 9–10	☐
Advanced Writing · Academic English: Writing	18 h	W. 11–12	☐
Introduction to Research for Essay Writing · Academic English: Writing	19 h	W. 12–14	☐
Project: Writing a Research Paper · Academic English: Writing	10 h	W. 14–15	☐
Writing and Editing: Word Choice and Word Order · Good with Words: Writing and Editing	20 h	W. 15–17	☐
Writing and Editing: Structure and Organization · Good with Words: Writing and Editing	15 h	W. 17–18	☐
Writing and Editing: Drafting · Good with Words: Writing and Editing	14 h	W. 18–19	☐
Writing and Editing: Revising · Good with Words: Writing and Editing	14 h	W. 19–20	☐

TARGET SKILLS

- ☐ Reconstructing an argument: premises and conclusion
- ☐ Deductive and inductive reasoning
- ☐ Spotting and naming fallacies
- ☐ Grammar, punctuation and word choice
- ☐ Structuring, drafting and revising a text
- ☐ Researching and citing sources

SEMESTER PROJECT

A 2,000-word argumentative essay on a social question, with an argument map, a formatted bibliography and two rounds of revision.

Signed off on ___ / ___ / _____

READING

- ☐ forall x: Calgary. An Introduction to Formal Logic
- ☐ Writing Guide with Handbook

MY GOAL FOR THIS SEMESTER

1

YEAR 1 · S1 · WEEK 1/20 · ≈ 11 H

Think Again I: How to Understand Arguments

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Think Again I: How to Understand Arguments · start · ≈ 11 h
- ☐ Reading: forall x: Calgary. An Introduction to Formal Logic

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Reconstructing an argument: premises and conclusion	☐	☐	☐	☐
Deductive and inductive reasoning	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

2

YEAR 1 · S1 · WEEK 2/20 · ≈ 11 H

Think Again I: How to Understand Arguments

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Think Again I: How to Understand Arguments · continued · ≈ 11 h
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Spotting and naming fallacies	☐	☐	☐	☐
Grammar, punctuation and word choice	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

3

YEAR 1 · S1 · WEEK 3/20 · ≈ 11 H

Think Again I: How to Understand Arguments

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Think Again I: How to Understand Arguments · finish · ≈ 4 h
- ☐ Think Again II: How to Reason Deductively · start · ≈ 7 h
- ☐ Reading: forall x: Calgary. An Introduction to Formal Logic

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Structuring, drafting and revising a text	☐	☐	☐	☐
Researching and citing sources	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

4

YEAR 1 · S1 · WEEK 4/20 · ≈ 11 H

Think Again II: How to Reason Deductively

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Think Again II: How to Reason Deductively · finish · ≈ 6 h
- ☐ Think Again III: How to Reason Inductively · start · ≈ 5 h
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Reconstructing an argument: premises and conclusion	☐	☐	☐	☐
Deductive and inductive reasoning	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

5

YEAR 1 · S1 · WEEK 5/20 · ≈ 11 H

Think Again III: How to Reason Inductively

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Think Again III: How to Reason Inductively · continued · ≈ 11 h
- ☐ Reading: forall x: Calgary. An Introduction to Formal Logic

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Spotting and naming fallacies	☐	☐	☐	☐
Grammar, punctuation and word choice	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

6

YEAR 1 · S1 · WEEK 6/20 · ≈ 11 H

Think Again III: How to Reason Inductively

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Think Again III: How to Reason Inductively · finish · ≈ 8 h
- ☐ Think Again IV: How to Avoid Fallacies · start · ≈ 3 h
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Structuring, drafting and revising a text	☐	☐	☐	☐
Researching and citing sources	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

7

YEAR 1 · S1 · WEEK 7/20 · ≈ 11 H

Think Again IV: How to Avoid Fallacies

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Think Again IV: How to Avoid Fallacies · continued · ≈ 11 h
- ☐ Reading: forall x: Calgary. An Introduction to Formal Logic

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Reconstructing an argument: premises and conclusion	☐	☐	☐	☐
Deductive and inductive reasoning	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

8

YEAR 1 · S1 · WEEK 8/20 · ≈ 11 H

Think Again IV: How to Avoid Fallacies

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Think Again IV: How to Avoid Fallacies · finish · ≈ 4 h
- ☐ Grammar and Punctuation · start · ≈ 7 h
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Spotting and naming fallacies	☐	☐	☐	☐
Grammar, punctuation and word choice	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

9

YEAR 1 · S1 · WEEK 9/20 · ≈ 11 H

Grammar and Punctuation

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Grammar and Punctuation · finish · ≈ 9 h
- ☐ Getting Started with Essay Writing · start · ≈ 2 h
- ☐ Reading: forall x: Calgary. An Introduction to Formal Logic

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Structuring, drafting and revising a text	☐	☐	☐	☐
Researching and citing sources	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

10

YEAR 1 · S1 · WEEK 10/20 · ≈ 11 H

Getting Started with Essay Writing

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Getting Started with Essay Writing · finish · ≈ 11 h
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Reconstructing an argument: premises and conclusion	☐	☐	☐	☐
Deductive and inductive reasoning	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

11

YEAR 1 · S1 · WEEK 11/20 · ≈ 11 H

Advanced Writing

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Advanced Writing · start · ≈ 11 h
- ☐ Reading: forall x: Calgary. An Introduction to Formal Logic

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Spotting and naming fallacies	☐	☐	☐	☐
Grammar, punctuation and word choice	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

12

YEAR 1 · S1 · WEEK 12/20 · ≈ 11 H

Advanced Writing

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Advanced Writing · finish · ≈ 7 h
- ☐ Introduction to Research for Essay Writing · start · ≈ 4 h
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Structuring, drafting and revising a text	☐	☐	☐	☐
Researching and citing sources	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

13

YEAR 1 · S1 · WEEK 13/20 · ≈ 11 H

Introduction to Research for Essay Writing

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Introduction to Research for Essay Writing · continued · ≈ 11 h
- ☐ Reading: forall x: Calgary. An Introduction to Formal Logic

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Reconstructing an argument: premises and conclusion	☐	☐	☐	☐
Deductive and inductive reasoning	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

14

YEAR 1 · S1 · WEEK 14/20 · ≈ 11 H

Introduction to Research for Essay Writing

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Introduction to Research for Essay Writing · finish · ≈ 4 h
- ☐ Project: Writing a Research Paper · start · ≈ 7 h
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Spotting and naming fallacies	☐	☐	☐	☐
Grammar, punctuation and word choice	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

15

YEAR 1 · S1 · WEEK 15/20 · ≈ 11 H

Project: Writing a Research Paper

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Project: Writing a Research Paper · finish · ≈ 3 h
- ☐ Writing and Editing: Word Choice and Word Order · start · ≈ 8 h
- ☐ Reading: forall x: Calgary. An Introduction to Formal Logic

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Structuring, drafting and revising a text	☐	☐	☐	☐
Researching and citing sources	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

16

YEAR 1 · S1 · WEEK 16/20 · ≈ 11 H

Writing and Editing: Word Choice and Word Order

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Writing and Editing: Word Choice and Word Order · continued · ≈ 11 h
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Reconstructing an argument: premises and conclusion	☐	☐	☐	☐
Deductive and inductive reasoning	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

17

YEAR 1 · S1 · WEEK 17/20 · ≈ 11 H

Writing and Editing: Word Choice and Word Order

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Writing and Editing: Word Choice and Word Order · finish · ≈ 1 h
- ☐ Writing and Editing: Structure and Organization · start · ≈ 10 h
- ☐ Reading: forall x: Calgary. An Introduction to Formal Logic

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Spotting and naming fallacies	☐	☐	☐	☐
Grammar, punctuation and word choice	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

18 Writing and Editing: Structure and Organization

YEAR 1 · S1 · WEEK 18/20 · ≈ 11 H

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Writing and Editing: Structure and Organization · finish · ≈ 5 h
- ☐ Writing and Editing: Drafting · start · ≈ 6 h
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Structuring, drafting and revising a text	☐	☐	☐	☐
Researching and citing sources	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

19

YEAR 1 · S1 · WEEK 19/20 · ≈ 11 H

Writing and Editing: Drafting

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Writing and Editing: Drafting · finish · ≈ 8 h
- ☐ Writing and Editing: Revising · start · ≈ 3 h
- ☐ **Semester project**: A 2,000-word argumentative essay on a social question, with an argument map, a formatted bibliography and two rounds of revision.
- ☐ Reading: forall x: Calgary. An Introduction to Formal Logic

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Reconstructing an argument: premises and conclusion	☐	☐	☐	☐
Deductive and inductive reasoning	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

20

YEAR 1 · S1 · WEEK 20/20 · ≈ 11 H

Writing and Editing: Revising

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Writing and Editing: Revising · finish · ≈ 11 h
- ☐ **Semester project**: A 2,000-word argumentative essay on a social question, with an argument map, a formatted bibliography and two rounds of revision.
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Spotting and naming fallacies	☐	☐	☐	☐
Grammar, punctuation and word choice	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

S2

YEAR 1 · FOUNDATIONS · 177 H · ≈ 8.8 H PER WEEK

The human mind

From ___ / ___ to ___ / ___

Discover scientific psychology: well-being, cognition, emotion and decision-making, mental disorders, and the philosophical questions raised by science.

SEMESTER PROGRAMME

Course	Length	Weeks	Done
Positive Psychology: Martin E. P. Seligman's Visionary Science · Foundations of Positive Psychology	17 h	W. 1–2	☐
Positive Psychology: Applications and Interventions · Foundations of Positive Psychology	13 h	W. 2–4	☐
Positive Psychology: Character, Grit and Research Methods · Foundations of Positive Psychology	12 h	W. 4–5	☐
Positive Psychology: Resilience Skills · Foundations of Positive Psychology	14 h	W. 5–7	☐
Positive Psychology Specialization Project: Design Your Life for Well-being · Foundations of Positive Psychology	6 h	W. 7–8	☐
Introduction to Cognitive Psychology and Neuropsychology · The Science of Mind and Decision Making	9 h	W. 8–9	☐
The neuropsychology of decision making · The Science of Mind and Decision Making	7 h	W. 9	☐
The Psychology of Emotions: an introduction to embodied cognition · The Science of Mind and Decision Making	11 h	W. 9–11	☐
Learning and memory in the brain: a guide for teachers · The Science of Mind and Decision Making	22 h	W. 11–13	☐
Introduction to Abnormal Psychology · Abnormal Psychology	14 h	W. 13–15	☐
History of Mental Illness · Abnormal Psychology	15 h	W. 15–16	☐
Creating Behavioral Change · Abnormal Psychology	10 h	W. 16–17	☐
Question Reality: Cosmos · Question Reality! Science, Philosophy, a Search for Meaning	13 h	W. 17–19	☐
Question Reality: Matter · Question Reality! Science, Philosophy, a Search for Meaning	7 h	W. 19–20	☐
Question Reality: Mind · Question Reality! Science, Philosophy, a Search for Meaning	7 h	W. 20	☐

TARGET SKILLS

- ☐ Positive psychology: strengths, resilience and well-being
- ☐ Cognitive psychology and neuropsychology
- ☐ Emotion, memory and learning
- ☐ Mental disorders and the history of psychiatry
- ☐ Behaviour change and motivational interviewing
- ☐ Philosophy of science: cosmos, matter, mind

SEMESTER PROJECT

A small study on yourself or a group: test a positive psychology intervention for three weeks and report on it like a research article.

Signed off on ___ / ___ / _____

READING

- ☐ Psychology 2e
- ☐ Introduction to Philosophy

MY GOAL FOR THIS SEMESTER

21

YEAR 1 · S2 · WEEK 1/20 · ≈ 8.8 H

Positive Psychology: Martin E. P. Seligman's Visionary Science

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Positive Psychology: Martin E. P. Seligman's Visionary Science · start · ≈ 8.8 h
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Positive psychology: strengths, resilience and well-being	☐	☐	☐	☐
Cognitive psychology and neuropsychology	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

22

YEAR 1 · S2 · WEEK 2/20 · ≈ 8.8 H

Positive Psychology: Martin E. P. Seligman's Visionary Science

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Positive Psychology: Martin E. P. Seligman's Visionary Science · finish · ≈ 8.2 h
- ☐ Positive Psychology: Applications and Interventions · start · ≈ 0.7 h
- ☐ Reading: Introduction to Philosophy

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Emotion, memory and learning	☐	☐	☐	☐
Mental disorders and the history of psychiatry	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

YEAR 1 · S2 · WEEK 3/20 · ≈ 8.8 H

23 Positive Psychology: Applications and Interventions

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Positive Psychology: Applications and Interventions · continued · ≈ 8.8 h
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Behaviour change and motivational interviewing	☐	☐	☐	☐
Philosophy of science: cosmos, matter, mind	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

24

YEAR 1 · S2 · WEEK 4/20 · ≈ 8.8 H

Positive Psychology: Applications and Interventions

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Positive Psychology: Applications and Interventions · finish · ≈ 3.5 h
- ☐ Positive Psychology: Character, Grit and Research Methods · start · ≈ 5.4 h
- ☐ Reading: Introduction to Philosophy

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Positive psychology: strengths, resilience and well-being	☐	☐	☐	☐
Cognitive psychology and neuropsychology	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

25

YEAR 1 · S2 · WEEK 5/20 · ≈ 8.8 H

Positive Psychology: Character, Grit and Research Methods

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Positive Psychology: Character, Grit and Research Methods · finish · ≈ 6.6 h
- ☐ Positive Psychology: Resilience Skills · start · ≈ 2.2 h
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Emotion, memory and learning	☐	☐	☐	☐
Mental disorders and the history of psychiatry	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

26

YEAR 1 · S2 · WEEK 6/20 · ≈ 8.8 H

Positive Psychology: Resilience Skills

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Positive Psychology: Resilience Skills · continued · ≈ 8.8 h
- ☐ Reading: Introduction to Philosophy

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Behaviour change and motivational interviewing	☐	☐	☐	☐
Philosophy of science: cosmos, matter, mind	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

27

YEAR 1 · S2 · WEEK 7/20 · ≈ 8.8 H

Positive Psychology: Resilience Skills

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Positive Psychology: Resilience Skills · finish · ≈ 2.9 h
- ☐ Positive Psychology Specialization Project: Design Your Life for Well-being · start · ≈ 5.9 h
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Positive psychology: strengths, resilience and well-being	☐	☐	☐	☐
Cognitive psychology and neuropsychology	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

28

YEAR 1 · S2 · WEEK 8/20 · ≈ 8.8 H

Positive Psychology Specialization Project: Design Your Life for Well-being

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Positive Psychology Specialization Project: Design Your Life for Well-being · finish · ≈ 0.1 h
- ☐ Introduction to Cognitive Psychology and Neuropsychology · start · ≈ 8.8 h
- ☐ Reading: Introduction to Philosophy

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Emotion, memory and learning	☐	☐	☐	☐
Mental disorders and the history of psychiatry	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

29

YEAR 1 · S2 · WEEK 9/20 · ≈ 8.8 H

Introduction to Cognitive Psychology and Neuropsychology

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Introduction to Cognitive Psychology and Neuropsychology · finish · ≈ 0.2 h
- ☐ The neuropsychology of decision making · ≈ 7 h
- ☐ The Psychology of Emotions: an introduction to embodied cognition · start · ≈ 1.6 h
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Behaviour change and motivational interviewing	☐	☐	☐	☐
Philosophy of science: cosmos, matter, mind	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

30

YEAR 1 · S2 · WEEK 10/20 · ≈ 8.8 H

The Psychology of Emotions: an introduction to embodied cognition

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ The Psychology of Emotions: an introduction to embodied cognition · continued · ≈ 8.9 h
- ☐ Reading: Introduction to Philosophy

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Positive psychology: strengths, resilience and well-being	☐	☐	☐	☐
Cognitive psychology and neuropsychology	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

31

YEAR 1 · S2 · WEEK 11/20 · ≈ 8.8 H

The Psychology of Emotions: an introduction to embodied cognition

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ The Psychology of Emotions: an introduction to embodied cognition · finish · ≈ 0.5 h
- ☐ Learning and memory in the brain: a guide for teachers · start · ≈ 8.3 h
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Emotion, memory and learning	☐	☐	☐	☐
Mental disorders and the history of psychiatry	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

32

YEAR 1 · S2 · WEEK 12/20 · ≈ 8.8 H

Learning and memory in the brain: a guide for teachers

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Learning and memory in the brain: a guide for teachers · continued · ≈ 8.8 h
- ☐ Reading: Introduction to Philosophy

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Behaviour change and motivational interviewing	☐	☐	☐	☐
Philosophy of science: cosmos, matter, mind	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

33

YEAR 1 · S2 · WEEK 13/20 · ≈ 8.8 H

Learning and memory in the brain: a guide for teachers

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Learning and memory in the brain: a guide for teachers · finish · ≈ 4.8 h
- ☐ Introduction to Abnormal Psychology · start · ≈ 4 h
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Positive psychology: strengths, resilience and well-being	☐	☐	☐	☐
Cognitive psychology and neuropsychology	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

34

YEAR 1 · S2 · WEEK 14/20 · ≈ 8.8 H

Introduction to Abnormal Psychology

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Introduction to Abnormal Psychology · continued · ≈ 8.8 h
- ☐ Reading: Introduction to Philosophy

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Emotion, memory and learning	☐	☐	☐	☐
Mental disorders and the history of psychiatry	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

35

YEAR 1 · S2 · WEEK 15/20 · ≈ 8.8 H

Introduction to Abnormal Psychology

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Introduction to Abnormal Psychology · finish · ≈ 1.1 h
- ☐ History of Mental Illness · start · ≈ 7.8 h
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Behaviour change and motivational interviewing	☐	☐	☐	☐
Philosophy of science: cosmos, matter, mind	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

36

YEAR 1 · S2 · WEEK 16/20 · ≈ 8.8 H

History of Mental Illness

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ History of Mental Illness · finish · ≈ 7.2 h
- ☐ Creating Behavioral Change · start · ≈ 1.6 h
- ☐ Reading: Introduction to Philosophy

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Positive psychology: strengths, resilience and well-being	☐	☐	☐	☐
Cognitive psychology and neuropsychology	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

37

YEAR 1 · S2 · WEEK 17/20 · ≈ 8.8 H

Creating Behavioral Change

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Creating Behavioral Change · finish · ≈ 8.4 h
- ☐ Question Reality: Cosmos · start · ≈ 0.4 h
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Emotion, memory and learning	☐	☐	☐	☐
Mental disorders and the history of psychiatry	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

38

YEAR 1 · S2 · WEEK 18/20 · ≈ 8.8 H

Question Reality: Cosmos

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Question Reality: Cosmos · continued · ≈ 8.8 h
- ☐ Reading: Introduction to Philosophy

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Behaviour change and motivational interviewing	☐	☐	☐	☐
Philosophy of science: cosmos, matter, mind	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

39

YEAR 1 · S2 · WEEK 19/20 · ≈ 8.8 H

Question Reality: Cosmos

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Question Reality: Cosmos · finish · ≈ 3.7 h
- ☐ Question Reality: Matter · start · ≈ 5.2 h
- ☐ **Semester project**: A small study on yourself or a group: test a positive psychology intervention for three weeks and report on it like a research article.
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Positive psychology: strengths, resilience and well-being	☐	☐	☐	☐
Cognitive psychology and neuropsychology	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

40

YEAR 1 · S2 · WEEK 20/20 · ≈ 8.8 H

Question Reality: Matter

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Question Reality: Matter · finish · ≈ 1.8 h
- ☐ Question Reality: Mind · ≈ 7 h
- ☐ **Semester project**: A small study on yourself or a group: test a positive psychology intervention for three weeks and report on it like a research article.
- ☐ Reading: Introduction to Philosophy

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Emotion, memory and learning	☐	☐	☐	☐
Mental disorders and the history of psychiatry	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 8.8 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

S3

YEAR 2 · METHODS AND SOCIETIES · 209 H · ≈ 10.4 H PER WEEK

Research methods

From ___ / ___ to ___ / ___

Design a study, collect data through questionnaires and interviews, and analyse it with descriptive and inferential statistics.

SEMESTER PROGRAMME

Course	Length	Weeks	Done
Quantitative Methods Methods and Statistics in Social Sciences	30 h	W. 1–3	☐
Qualitative Research Methods Methods and Statistics in Social Sciences	27 h	W. 3–6	☐
Basic Statistics Methods and Statistics in Social Sciences	17 h	W. 6–8	☐
Inferential Statistics Methods and Statistics in Social Sciences	15 h	W. 8–9	☐
Methods and Statistics in Social Science - Final Research Project Methods and Statistics in Social Sciences	18 h	W. 9–11	☐
Framework for Data Collection and Analysis Survey Data Collection and Analytics	10 h	W. 11–12	☐
Data Collection: Online, Telephone and Face-to-face Survey Data Collection and Analytics	21 h	W. 12–14	☐
Questionnaire Design for Social Surveys Survey Data Collection and Analytics	17 h	W. 14–15	☐
Sampling People, Networks and Records Survey Data Collection and Analytics	26 h	W. 15–18	☐
Dealing With Missing Data Survey Data Collection and Analytics	18 h	W. 18–20	☐
Combining and Analyzing Complex Data Survey Data Collection and Analytics	10 h	W. 20	☐

TARGET SKILLS

- ☐ Research designs, causality and ethics
- ☐ Interviews and qualitative analysis
- ☐ Descriptive statistics, tests and regression in R
- ☐ Data collection modes: online, phone, face-to-face
- ☐ Questionnaire design and sampling
- ☐ Missing data and weighting

SEMESTER PROJECT

A complete survey: research question, piloted questionnaire, sample of at least one hundred respondents, statistical analysis and a ten-page report.

Signed off on ___ / ___ / _____

READING

- ☐ Research Methods in Psychology, 4th ed.
- ☐ OpenIntro Statistics

MY GOAL FOR THIS SEMESTER

41

YEAR 2 · S3 · WEEK 1/20 · ≈ 10.4 H

Quantitative Methods

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Quantitative Methods · start · ≈ 10.4 h
- ☐ Reading: Research Methods in Psychology, 4th ed.

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Research designs, causality and ethics	☐	☐	☐	☐
Interviews and qualitative analysis	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

42

YEAR 2 · S3 · WEEK 2/20 · ≈ 10.4 H

Quantitative Methods

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Quantitative Methods · continued · ≈ 10.4 h
- ☐ Reading: OpenIntro Statistics

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Descriptive statistics, tests and regression in R	☐	☐	☐	☐
Data collection modes: online, phone, face-to-face	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

43

YEAR 2 · S3 · WEEK 3/20 · ≈ 10.4 H

Quantitative Methods

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Quantitative Methods · finish · ≈ 9.1 h
- ☐ Qualitative Research Methods · start · ≈ 1.3 h
- ☐ Reading: Research Methods in Psychology, 4th ed.

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Questionnaire design and sampling	☐	☐	☐	☐
Missing data and weighting	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

44

YEAR 2 · S3 · WEEK 4/20 · ≈ 10.4 H

Qualitative Research Methods

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Qualitative Research Methods · continued · ≈ 10.4 h
- ☐ Reading: OpenIntro Statistics

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Research designs, causality and ethics	☐	☐	☐	☐
Interviews and qualitative analysis	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

45

YEAR 2 · S3 · WEEK 5/20 · ≈ 10.4 H

Qualitative Research Methods

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Qualitative Research Methods · continued · ≈ 10.5 h
- ☐ Reading: Research Methods in Psychology, 4th ed.

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Descriptive statistics, tests and regression in R	☐	☐	☐	☐
Data collection modes: online, phone, face-to-face	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

46

YEAR 2 · S3 · WEEK 6/20 · ≈ 10.4 H

Qualitative Research Methods

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Qualitative Research Methods · finish · ≈ 4.8 h
- ☐ Basic Statistics · start · ≈ 5.7 h
- ☐ Reading: OpenIntro Statistics

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Questionnaire design and sampling	☐	☐	☐	☐
Missing data and weighting	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

47

YEAR 2 · S3 · WEEK 7/20 · ≈ 10.4 H

Basic Statistics

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Basic Statistics · continued · ≈ 10.4 h
- ☐ Reading: Research Methods in Psychology, 4th ed.

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Research designs, causality and ethics	☐	☐	☐	☐
Interviews and qualitative analysis	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

48

YEAR 2 · S3 · WEEK 8/20 · ≈ 10.4 H

Basic Statistics

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Basic Statistics · finish · ≈ 0.9 h
- ☐ Inferential Statistics · start · ≈ 9.6 h
- ☐ Reading: OpenIntro Statistics

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Descriptive statistics, tests and regression in R	☐	☐	☐	☐
Data collection modes: online, phone, face-to-face	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

49

YEAR 2 · S3 · WEEK 9/20 · ≈ 10.4 H

Inferential Statistics

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Inferential Statistics · finish · ≈ 5.4 h
- ☐ Methods and Statistics in Social Science - Final Research Project · start · ≈ 5 h
- ☐ Reading: Research Methods in Psychology, 4th ed.

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Questionnaire design and sampling	☐	☐	☐	☐
Missing data and weighting	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

50

YEAR 2 · S3 · WEEK 10/20 · ≈ 10.4 H

Methods and Statistics in Social Science - Final Research Project

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Methods and Statistics in Social Science - Final Research Project · continued · ≈ 10.5 h
- ☐ Reading: OpenIntro Statistics

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Research designs, causality and ethics	☐	☐	☐	☐
Interviews and qualitative analysis	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

51

YEAR 2 · S3 · WEEK 11/20 · ≈ 10.4 H

Methods and Statistics in Social Science - Final Research Project

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Methods and Statistics in Social Science - Final Research Project · finish · ≈ 2.5 h
- ☐ Framework for Data Collection and Analysis · start · ≈ 7.9 h
- ☐ Reading: Research Methods in Psychology, 4th ed.

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Descriptive statistics, tests and regression in R	☐	☐	☐	☐
Data collection modes: online, phone, face-to-face	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

52

YEAR 2 · S3 · WEEK 12/20 · ≈ 10.4 H

Framework for Data Collection and Analysis

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Framework for Data Collection and Analysis · finish · ≈ 2.1 h
- ☐ Data Collection: Online, Telephone and Face-to-face · start · ≈ 8.4 h
- ☐ Reading: OpenIntro Statistics

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Questionnaire design and sampling	☐	☐	☐	☐
Missing data and weighting	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

53 Data Collection: Online, Telephone and Face-to-face

YEAR 2 · S3 · WEEK 13/20 · ≈ 10.4 H

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Data Collection: Online, Telephone and Face-to-face · continued · ≈ 10.5 h
- ☐ Reading: Research Methods in Psychology, 4th ed.

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Research designs, causality and ethics	☐	☐	☐	☐
Interviews and qualitative analysis	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

54

YEAR 2 · S3 · WEEK 14/20 · ≈ 10.4 H

Data Collection: Online, Telephone and Face-to-face

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Data Collection: Online, Telephone and Face-to-face · finish · ≈ 2.2 h
- ☐ Questionnaire Design for Social Surveys · start · ≈ 8.3 h
- ☐ Reading: OpenIntro Statistics

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Descriptive statistics, tests and regression in R	☐	☐	☐	☐
Data collection modes: online, phone, face-to-face	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

55

YEAR 2 · S3 · WEEK 15/20 · ≈ 10.4 H

Questionnaire Design for Social Surveys

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Questionnaire Design for Social Surveys · finish · ≈ 8.7 h
- ☐ Sampling People, Networks and Records · start · ≈ 1.8 h
- ☐ Reading: Research Methods in Psychology, 4th ed.

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Questionnaire design and sampling	☐	☐	☐	☐
Missing data and weighting	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

56

YEAR 2 · S3 · WEEK 16/20 · ≈ 10.4 H

Sampling People, Networks and Records

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Sampling People, Networks and Records · continued · ≈ 10.4 h
- ☐ Reading: OpenIntro Statistics

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Research designs, causality and ethics	☐	☐	☐	☐
Interviews and qualitative analysis	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

57

YEAR 2 · S3 · WEEK 17/20 · ≈ 10.4 H

Sampling People, Networks and Records

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Sampling People, Networks and Records · continued · ≈ 10.4 h
- ☐ Reading: Research Methods in Psychology, 4th ed.

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Descriptive statistics, tests and regression in R	☐	☐	☐	☐
Data collection modes: online, phone, face-to-face	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

58

YEAR 2 · S3 · WEEK 18/20 · ≈ 10.4 H

Sampling People, Networks and Records

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Sampling People, Networks and Records · finish · ≈ 3.4 h
- ☐ Dealing With Missing Data · start · ≈ 7.1 h
- ☐ Reading: OpenIntro Statistics

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Questionnaire design and sampling	☐	☐	☐	☐
Missing data and weighting	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

59

YEAR 2 · S3 · WEEK 19/20 · ≈ 10.4 H

Dealing With Missing Data

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Dealing With Missing Data · continued · ≈ 10.4 h
- ☐ **Semester project**: A complete survey: research question, piloted questionnaire, sample of at least one hundred respondents, statistical analysis and a ten-page report.
- ☐ Reading: Research Methods in Psychology, 4th ed.

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Research designs, causality and ethics	☐	☐	☐	☐
Interviews and qualitative analysis	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

60

YEAR 2 · S3 · WEEK 20/20 · ≈ 10.4 H

Dealing With Missing Data

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Dealing With Missing Data · finish · ≈ 0.5 h
- ☐ Combining and Analyzing Complex Data · ≈ 10 h
- ☐ **Semester project**: A complete survey: research question, piloted questionnaire, sample of at least one hundred respondents, statistical analysis and a ten-page report.
- ☐ Reading: OpenIntro Statistics

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Descriptive statistics, tests and regression in R	☐	☐	☐	☐
Data collection modes: online, phone, face-to-face	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 10.4 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

S4

YEAR 2 · METHODS AND SOCIETIES · 225 H · ≈ 11.2 H PER WEEK

Societies, law and the past

From ___ / ___ to ___ / ___

> Understand how public policy and law organise society, and how archaeology and history reconstruct the past.

SEMESTER PROGRAMME

Course	Length	Weeks	Done
Using Public Policy for Social Change · Social Impact & Public Policy	14 h	W. 1–2	☐
Social Work Practice: Advocating Social Justice and Change · Social Impact & Public Policy	13 h	W. 2–3	☐
Community Organizing for Social Justice · Social Impact & Public Policy	8 h	W. 3–4	☐
Sustainability Leadership Development · Social Impact & Public Policy	25 h	W. 4–6	☐
Foundations of American Law: History and Constitution · Foundations of American Law	15 h	W. 6–7	☐
Rights, Liberties, & Criminal Law · Foundations of American Law	15 h	W. 7–8	☐
Regulation and Private Law: Torts, Property, Contracts · Foundations of American Law	19 h	W. 9–10	☐
Legal Processes: Family Law, Procedure, and Evidence · Foundations of American Law	17 h	W. 10–12	☐
Introduction to Archaeology: Knowing The Past · Introduction to Archaeology	13 h	W. 12–13	☐
Introduction to Archaeology: Archaeology as Science · Introduction to Archaeology	18 h	W. 13–14	☐
Introduction to Archaeology: Reconstruction of The Past · Introduction to Archaeology	17 h	W. 14–16	☐
Introduction to Archaeology: Archaeology as Activism · Introduction to Archaeology	16 h	W. 16–17	☐
Moneyball and Globalization · American History Through Baseball	9 h	W. 17–18	☐
Race, Gender, and Culture · American History Through Baseball	9 h	W. 18–19	☐
Baseball and Americanism · American History Through Baseball	10 h	W. 19–20	☐
Baseball into the Millennium · American History Through Baseball	7 h	W. 20	☐

TARGET SKILLS

- ☐ Public policy, advocacy and social justice
- ☐ Social work and community organising
- ☐ Constitution, liberties, criminal and private law
- ☐ Scientific methods of archaeology
- ☐ Cultural history: globalisation, gender and identity

SEMESTER PROJECT

A four-page policy brief on a local problem, grounded in the applicable law and in the problem's history.

Signed off on ___ / ___ / _____

READING

- ☐ Introduction to Sociology 3e
- ☐ Introduction to Anthropology

MY GOAL FOR THIS SEMESTER

61

YEAR 2 · S4 · WEEK 1/20 · ≈ 11.2 H

Using Public Policy for Social Change

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Using Public Policy for Social Change · start · ≈ 11.2 h
- ☐ Reading: Introduction to Sociology 3e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Public policy, advocacy and social justice	☐	☐	☐	☐
Social work and community organising	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

62

YEAR 2 · S4 · WEEK 2/20 · ≈ 11.2 H

Using Public Policy for Social Change

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Using Public Policy for Social Change · finish · ≈ 2.8 h
- ☐ Social Work Practice: Advocating Social Justice and Change · start · ≈ 8.5 h
- ☐ Reading: Introduction to Anthropology

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Constitution, liberties, criminal and private law	☐	☐	☐	☐
Scientific methods of archaeology	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

63

YEAR 2 · S4 · WEEK 3/20 · ≈ 11.2 H

Social Work Practice: Advocating Social Justice and Change

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Social Work Practice: Advocating Social Justice and Change · finish · ≈ 4.5 h
- ☐ Community Organizing for Social Justice · start · ≈ 6.8 h
- ☐ Reading: Introduction to Sociology 3e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Cultural history: globalisation, gender and identity	☐	☐	☐	☐
Public policy, advocacy and social justice	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

64

YEAR 2 · S4 · WEEK 4/20 · ≈ 11.2 H

Community Organizing for Social Justice

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Community Organizing for Social Justice · finish · ≈ 1.2 h
- ☐ Sustainability Leadership Development · start · ≈ 10 h
- ☐ Reading: Introduction to Anthropology

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Social work and community organising	☐	☐	☐	☐
Constitution, liberties, criminal and private law	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

65

YEAR 2 · S4 · WEEK 5/20 · ≈ 11.2 H

Sustainability Leadership Development

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Sustainability Leadership Development · continued · ≈ 11.2 h
- ☐ Reading: Introduction to Sociology 3e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Scientific methods of archaeology	☐	☐	☐	☐
Cultural history: globalisation, gender and identity	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

66

YEAR 2 · S4 · WEEK 6/20 · ≈ 11.2 H

Sustainability Leadership Development

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Sustainability Leadership Development · finish · ≈ 3.8 h
- ☐ Foundations of American Law: History and Constitution · start · ≈ 7.5 h
- ☐ Reading: Introduction to Anthropology

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Public policy, advocacy and social justice	☐	☐	☐	☐
Social work and community organising	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

YEAR 2 · S4 · WEEK 7/20 · ≈ 11.2 H

67 Foundations of American Law: History and Constitution

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Foundations of American Law: History and Constitution · finish · ≈ 7.5 h
- ☐ Rights, Liberties, & Criminal Law · start · ≈ 3.8 h
- ☐ Reading: Introduction to Sociology 3e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Constitution, liberties, criminal and private law	☐	☐	☐	☐
Scientific methods of archaeology	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

68

YEAR 2 · S4 · WEEK 8/20 · ≈ 11.2 H

Rights, Liberties, & Criminal Law

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Rights, Liberties, & Criminal Law · finish · ≈ 11.2 h
- ☐ Reading: Introduction to Anthropology

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Cultural history: globalisation, gender and identity	☐	☐	☐	☐
Public policy, advocacy and social justice	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

69

YEAR 2 · S4 · WEEK 9/20 · ≈ 11.2 H

Regulation and Private Law: Torts, Property, Contracts

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Regulation and Private Law: Torts, Property, Contracts · start · ≈ 11.2 h
- ☐ Reading: Introduction to Sociology 3e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Social work and community organising	☐	☐	☐	☐
Constitution, liberties, criminal and private law	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

70

YEAR 2 · S4 · WEEK 10/20 · ≈ 11.2 H

Regulation and Private Law: Torts, Property, Contracts

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Regulation and Private Law: Torts, Property, Contracts · finish · ≈ 7.8 h
- ☐ Legal Processes: Family Law, Procedure, and Evidence · start · ≈ 3.5 h
- ☐ Reading: Introduction to Anthropology

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Scientific methods of archaeology	☐	☐	☐	☐
Cultural history: globalisation, gender and identity	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

71

YEAR 2 · S4 · WEEK 11/20 · ≈ 11.2 H

Legal Processes: Family Law, Procedure, and Evidence

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Legal Processes: Family Law, Procedure, and Evidence · continued · ≈ 11.2 h
- ☐ Reading: Introduction to Sociology 3e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Public policy, advocacy and social justice	☐	☐	☐	☐
Social work and community organising	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

72

YEAR 2 · S4 · WEEK 12/20 · ≈ 11.2 H

Legal Processes: Family Law, Procedure, and Evidence

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Legal Processes: Family Law, Procedure, and Evidence · finish · ≈ 2.2 h
- ☐ Introduction to Archaeology: Knowing The Past · start · ≈ 9 h
- ☐ Reading: Introduction to Anthropology

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Constitution, liberties, criminal and private law	☐	☐	☐	☐
Scientific methods of archaeology	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

73

YEAR 2 · S4 · WEEK 13/20 · ≈ 11.2 H

Introduction to Archaeology: Knowing The Past

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Introduction to Archaeology: Knowing The Past · finish · ≈ 4 h
- ☐ Introduction to Archaeology: Archaeology as Science · start · ≈ 7.2 h
- ☐ Reading: Introduction to Sociology 3e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Cultural history: globalisation, gender and identity	☐	☐	☐	☐
Public policy, advocacy and social justice	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

74

YEAR 2 · S4 · WEEK 14/20 · ≈ 11.2 H

Introduction to Archaeology: Archaeology as Science

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Introduction to Archaeology: Archaeology as Science · finish · ≈ 10.8 h
- ☐ Introduction to Archaeology: Reconstruction of The Past · start · ≈ 0.5 h
- ☐ Reading: Introduction to Anthropology

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Social work and community organising	☐	☐	☐	☐
Constitution, liberties, criminal and private law	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

75

YEAR 2 · S4 · WEEK 15/20 · ≈ 11.2 H

Introduction to Archaeology: Reconstruction of The Past

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Introduction to Archaeology: Reconstruction of The Past · continued · ≈ 11.2 h
- ☐ Reading: Introduction to Sociology 3e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Scientific methods of archaeology	☐	☐	☐	☐
Cultural history: globalisation, gender and identity	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

76

YEAR 2 · S4 · WEEK 16/20 · ≈ 11.2 H

Introduction to Archaeology: Reconstruction of The Past

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Introduction to Archaeology: Reconstruction of The Past · finish · ≈ 5.2 h
- ☐ Introduction to Archaeology: Archaeology as Activism · start · ≈ 6 h
- ☐ Reading: Introduction to Anthropology

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Public policy, advocacy and social justice	☐	☐	☐	☐
Social work and community organising	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

77

YEAR 2 · S4 · WEEK 17/20 · ≈ 11.2 H

Introduction to Archaeology: Archaeology as Activism

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Introduction to Archaeology: Archaeology as Activism · finish · ≈ 10 h
- ☐ Moneyball and Globalization · start · ≈ 1.2 h
- ☐ Reading: Introduction to Sociology 3e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Constitution, liberties, criminal and private law	☐	☐	☐	☐
Scientific methods of archaeology	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

78

YEAR 2 · S4 · WEEK 18/20 · ≈ 11.2 H

Moneyball and Globalization

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Moneyball and Globalization · finish · ≈ 7.8 h
- ☐ Race, Gender, and Culture · start · ≈ 3.5 h
- ☐ Reading: Introduction to Anthropology

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Cultural history: globalisation, gender and identity	☐	☐	☐	☐
Public policy, advocacy and social justice	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

79

YEAR 2 · S4 · WEEK 19/20 · ≈ 11.2 H

Race, Gender, and Culture

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Race, Gender, and Culture · finish · ≈ 5.5 h
- ☐ Baseball and Americanism · start · ≈ 5.8 h
- ☐ **Semester project**: A four-page policy brief on a local problem, grounded in the applicable law and in the problem's history.
- ☐ Reading: Introduction to Sociology 3e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Social work and community organising	☐	☐	☐	☐
Constitution, liberties, criminal and private law	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

80

YEAR 2 · S4 · WEEK 20/20 · ≈ 11.2 H

Baseball and Americanism

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Baseball and Americanism · finish · ≈ 4.2 h
- ☐ Baseball into the Millennium · ≈ 7 h
- ☐ **Semester project**: A four-page policy brief on a local problem, grounded in the applicable law and in the problem's history.
- ☐ Reading: Introduction to Anthropology

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Scientific methods of archaeology	☐	☐	☐	☐
Cultural history: globalisation, gender and identity	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 11.2 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

S5

YEAR 3 · TODAY'S WORLD AND TEACHING · 191 H · ≈ 9.6 H PER WEEK

International politics and data

From ___ / ___ to ___ / ___

Understand foreign policy and relations between major powers, and study society with networks, simulation and AI.

SEMESTER PROGRAMME

Course	Length	Weeks	Done
American Politics, Society, and History American Politics, Foreign Policy, and US-India Ties	59 h	W. 1–7	☐
The Making of US Foreign Policy American Politics, Foreign Policy, and US-India Ties	41 h	W. 7–11	☐
India-US Relations: Geopolitics, Culture, and Business American Politics, Foreign Policy, and US-India Ties	34 h	W. 11–15	☐
Computational Social Science Methods Computational Social Science	11 h	W. 15–16	☐
Big Data, Artificial Intelligence, and Ethics Computational Social Science	9 h	W. 16–17	☐
Social Network Analysis Computational Social Science	10 h	W. 17–18	☐
Computer Simulations Computational Social Science	13 h	W. 18–19	☐
Computational Social Science Capstone Project Computational Social Science	14 h	W. 19–20	☐

TARGET SKILLS

- ☐ US institutions and society
- ☐ How foreign policy is made, and diplomacy
- ☐ Geopolitics, culture and economics of bilateral relations
- ☐ Social network analysis
- ☐ Simulation and agent-based models
- ☐ Big data, AI and ethics

SEMESTER PROJECT

A five-page analysis of an international issue, complemented by a network study (alliances, trade or online debates).

Signed off on ___ / ___ / _____

READING

- ☐ Introduction to Political Science

MY GOAL FOR THIS SEMESTER

81

YEAR 3 · S5 · WEEK 1/20 · ≈ 9.6 H

American Politics, Society, and History

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ American Politics, Society, and History · start · ≈ 9.6 h
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
US institutions and society	☐	☐	☐	☐
How foreign policy is made, and diplomacy	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

82

YEAR 3 · S5 · WEEK 2/20 · ≈ 9.6 H

American Politics, Society, and History

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ American Politics, Society, and History · continued · ≈ 9.6 h
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Geopolitics, culture and economics of bilateral relations	☐	☐	☐	☐
Social network analysis	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

83

YEAR 3 · S5 · WEEK 3/20 · ≈ 9.6 H

American Politics, Society, and History

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ American Politics, Society, and History · continued · ≈ 9.6 h
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Simulation and agent-based models	☐	☐	☐	☐
Big data, AI and ethics	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

84

YEAR 3 · S5 · WEEK 4/20 · ≈ 9.6 H

American Politics, Society, and History

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ American Politics, Society, and History · continued · ≈ 9.6 h
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
US institutions and society	☐	☐	☐	☐
How foreign policy is made, and diplomacy	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

85

YEAR 3 · S5 · WEEK 5/20 · ≈ 9.6 H

American Politics, Society, and History

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ American Politics, Society, and History · continued · ≈ 9.5 h
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Geopolitics, culture and economics of bilateral relations	☐	☐	☐	☐
Social network analysis	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

86

YEAR 3 · S5 · WEEK 6/20 · ≈ 9.6 H

American Politics, Society, and History

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ American Politics, Society, and History · continued · ≈ 9.6 h
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Simulation and agent-based models	☐	☐	☐	☐
Big data, AI and ethics	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

87

YEAR 3 · S5 · WEEK 7/20 · ≈ 9.6 H

American Politics, Society, and History

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ American Politics, Society, and History · finish · ≈ 1.7 h
- ☐ The Making of US Foreign Policy · start · ≈ 7.9 h
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
US institutions and society	☐	☐	☐	☐
How foreign policy is made, and diplomacy	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

88

YEAR 3 · S5 · WEEK 8/20 · ≈ 9.6 H

The Making of US Foreign Policy

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ The Making of US Foreign Policy · continued · ≈ 9.5 h
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Geopolitics, culture and economics of bilateral relations	☐	☐	☐	☐
Social network analysis	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

89

YEAR 3 · S5 · WEEK 9/20 · ≈ 9.6 H

The Making of US Foreign Policy

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ The Making of US Foreign Policy · continued · ≈ 9.5 h
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Simulation and agent-based models	☐	☐	☐	☐
Big data, AI and ethics	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

90

YEAR 3 · S5 · WEEK 10/20 · ≈ 9.6 H

The Making of US Foreign Policy

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ The Making of US Foreign Policy · continued · ≈ 9.5 h
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
US institutions and society	☐	☐	☐	☐
How foreign policy is made, and diplomacy	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

91

YEAR 3 · S5 · WEEK 11/20 · ≈ 9.6 H

The Making of US Foreign Policy

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ The Making of US Foreign Policy · finish · ≈ 4.5 h
- ☐ India-US Relations: Geopolitics, Culture, and Business · start · ≈ 5.1 h
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Geopolitics, culture and economics of bilateral relations	☐	☐	☐	☐
Social network analysis	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

92 India-US Relations: Geopolitics, Culture, and Business

YEAR 3 · S5 · WEEK 12/20 · ≈ 9.6 H

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ India-US Relations: Geopolitics, Culture, and Business · continued · ≈ 9.5 h
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Simulation and agent-based models	☐	☐	☐	☐
Big data, AI and ethics	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

93

YEAR 3 · S5 · WEEK 13/20 · ≈ 9.6 H

India-US Relations: Geopolitics, Culture, and Business

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ India-US Relations: Geopolitics, Culture, and Business · continued · ≈ 9.5 h
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
US institutions and society	☐	☐	☐	☐
How foreign policy is made, and diplomacy	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

94 India-US Relations: Geopolitics, Culture, and Business

YEAR 3 · S5 · WEEK 14/20 · ≈ 9.6 H

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ India-US Relations: Geopolitics, Culture, and Business · continued · ≈ 9.6 h
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Geopolitics, culture and economics of bilateral relations	☐	☐	☐	☐
Social network analysis	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

95 India-US Relations: Geopolitics, Culture, and Business

YEAR 3 · S5 · WEEK 15/20 · ≈ 9.6 H

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ India-US Relations: Geopolitics, Culture, and Business · finish · ≈ 0.3 h
- ☐ Computational Social Science Methods · start · ≈ 9.2 h
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Simulation and agent-based models	☐	☐	☐	☐
Big data, AI and ethics	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

96

YEAR 3 · S5 · WEEK 16/20 · ≈ 9.6 H

Computational Social Science Methods

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Computational Social Science Methods · finish · ≈ 1.8 h
- ☐ Big Data, Artificial Intelligence, and Ethics · start · ≈ 7.8 h
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
US institutions and society	☐	☐	☐	☐
How foreign policy is made, and diplomacy	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

97

YEAR 3 · S5 · WEEK 17/20 · ≈ 9.6 H

Big Data, Artificial Intelligence, and Ethics

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Big Data, Artificial Intelligence, and Ethics · finish · ≈ 1.2 h
- ☐ Social Network Analysis · start · ≈ 8.4 h
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Geopolitics, culture and economics of bilateral relations	☐	☐	☐	☐
Social network analysis	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

98

YEAR 3 · S5 · WEEK 18/20 · ≈ 9.6 H

Social Network Analysis

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Social Network Analysis · finish · ≈ 1.6 h
- ☐ Computer Simulations · start · ≈ 7.9 h
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Simulation and agent-based models	☐	☐	☐	☐
Big data, AI and ethics	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

99

YEAR 3 · S5 · WEEK 19/20 · ≈ 9.6 H

Computer Simulations

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Computer Simulations · finish · ≈ 5.1 h
- ☐ Computational Social Science Capstone Project · start · ≈ 4.5 h
- ☐ **Semester project**: A five-page analysis of an international issue, complemented by a network study (alliances, trade or online debates).
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
US institutions and society	☐	☐	☐	☐
How foreign policy is made, and diplomacy	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

100

YEAR 3 · S5 · WEEK 20/20 · ≈ 9.6 H

Computational Social Science Capstone Project

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Computational Social Science Capstone Project · finish · ≈ 9.5 h
- ☐ **Semester project**: A five-page analysis of an international issue, complemented by a network study (alliances, trade or online debates).
- ☐ Reading: Introduction to Political Science

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Geopolitics, culture and economics of bilateral relations	☐	☐	☐	☐
Social network analysis	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.6 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

S6

YEAR 3 · TODAY'S WORLD AND TEACHING · 198 H · ≈ 9.9 H PER WEEK

Communicating and teaching

From ___ / ___ to ___ / ___

> Speak in public to inform, persuade and inspire, understand education systems and design learning experiences.

SEMESTER PROGRAMME

Course	Length	Weeks	Done
Introduction to Public Speaking Dynamic Public Speaking	12 h	W. 1–2	☐
Speaking to Inform: Discussing Complex Ideas with Clear Explanations and Dynamic Slides Dynamic Public Speaking	14 h	W. 2–3	☐
Speaking to Persuade: Motivating Audiences with Solid Arguments and Moving Language Dynamic Public Speaking	17 h	W. 3–5	☐
Speaking to Inspire: Ceremonial and Motivational Speeches Dynamic Public Speaking	16 h	W. 5–6	☐
Series Orientation: Transforming Education Transforming Education in an Interconnected World	3 h	W. 6–7	☐
Envisioning Educational Transformation Transforming Education in an Interconnected World	31 h	W. 7–10	☐
Reimagining Educational Innovation Transforming Education in an Interconnected World	31 h	W. 10–13	☐
Practicing Collaborative, Continuous Improvement Transforming Education in an Interconnected World	31 h	W. 13–16	☐
Learning Experience Design: Orientation to the Profession An Introduction to Learning Experience Design (LXD)	18 h	W. 16–18	☐
Learning Experience Design: Theories and Frameworks An Introduction to Learning Experience Design (LXD)	14 h	W. 18–19	☐
Learning Experience Design: Development and Evaluation An Introduction to Learning Experience Design (LXD)	11 h	W. 19–20	☐

TARGET SKILLS

- ☐ Public speaking: informing, persuading, inspiring
- ☐ Visual aids and peer feedback
- ☐ Transforming education systems
- ☐ Collaborative continuous improvement
- ☐ Learning experience design
- ☐ Writing a reasoned dissertation

SEMESTER PROJECT

A final dissertation (15 to 20 pages) on a humanities or social science question, presented orally in fifteen minutes.

Signed off on ___ / ___ / _____

READING

- ☐ Writing Guide with Handbook
- ☐ Psychology 2e

MY GOAL FOR THIS SEMESTER

101

YEAR 3 · S6 · WEEK 1/20 · ≈ 9.9 H

Introduction to Public Speaking

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Introduction to Public Speaking · start · ≈ 9.9 h
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Public speaking: informing, persuading, inspiring	☐	☐	☐	☐
Visual aids and peer feedback	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

102

YEAR 3 · S6 · WEEK 2/20 · ≈ 9.9 H

Introduction to Public Speaking

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Introduction to Public Speaking · finish · ≈ 2.1 h
- ☐ Speaking to Inform: Discussing Complex Ideas with Clear Explanations and Dynamic Slides · start · ≈ 7.8 h
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Transforming education systems	☐	☐	☐	☐
Collaborative continuous improvement	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

YEAR 3 · S6 · WEEK 3/20 · ≈ 9.9 H

103 Speaking to Inform: Discussing Complex Ideas with Clear Explanations and Dynamic Slides

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Speaking to Inform: Discussing Complex Ideas with Clear Explanations and Dynamic Slides · finish · ≈ 6.2 h
- ☐ Speaking to Persuade: Motivating Audiences with Solid Arguments and Moving Language · start · ≈ 3.7 h
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Learning experience design	☐	☐	☐	☐
Writing a reasoned dissertation	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

YEAR 3 · S6 · WEEK 4/20 · ≈ 9.9 H

104 Speaking to Persuade: Motivating Audiences with Solid Arguments and Moving Language

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Speaking to Persuade: Motivating Audiences with Solid Arguments and Moving Language · continued · ≈ 9.9 h
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Public speaking: informing, persuading, inspiring	☐	☐	☐	☐
Visual aids and peer feedback	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

YEAR 3 · S6 · WEEK 5/20 · ≈ 9.9 H

105 Speaking to Persuade: Motivating Audiences with Solid Arguments and Moving Language

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Speaking to Persuade: Motivating Audiences with Solid Arguments and Moving Language · finish · ≈ 3.4 h
- ☐ Speaking to Inspire: Ceremonial and Motivational Speeches · start · ≈ 6.5 h
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Transforming education systems	☐	☐	☐	☐
Collaborative continuous improvement	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

106 Speaking to Inspire: Ceremonial and Motivational Speeches

YEAR 3 · S6 · WEEK 6/20 · ≈ 9.9 H

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Speaking to Inspire: Ceremonial and Motivational Speeches · finish · ≈ 9.5 h
- ☐ Series Orientation: Transforming Education · start · ≈ 0.4 h
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Learning experience design	☐	☐	☐	☐
Writing a reasoned dissertation	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

107

YEAR 3 · S6 · WEEK 7/20 · ≈ 9.9 H

Series Orientation: Transforming Education

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Series Orientation: Transforming Education · finish · ≈ 2.6 h
- ☐ Envisioning Educational Transformation · start · ≈ 7.3 h
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Public speaking: informing, persuading, inspiring	☐	☐	☐	☐
Visual aids and peer feedback	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

108

YEAR 3 · S6 · WEEK 8/20 · ≈ 9.9 H

Envisioning Educational Transformation

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Envisioning Educational Transformation · continued · ≈ 9.9 h
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Transforming education systems	☐	☐	☐	☐
Collaborative continuous improvement	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

109

YEAR 3 · S6 · WEEK 9/20 · ≈ 9.9 H

Envisioning Educational Transformation

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Envisioning Educational Transformation · continued · ≈ 9.9 h
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Learning experience design	☐	☐	☐	☐
Writing a reasoned dissertation	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

110

YEAR 3 · S6 · WEEK 10/20 · ≈ 9.9 H

Envisioning Educational Transformation

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Envisioning Educational Transformation · finish · ≈ 3.9 h
- ☐ Reimagining Educational Innovation · start · ≈ 6 h
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Public speaking: informing, persuading, inspiring	☐	☐	☐	☐
Visual aids and peer feedback	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

111

YEAR 3 · S6 · WEEK 11/20 · ≈ 9.9 H

Reimagining Educational Innovation

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Reimagining Educational Innovation · continued · ≈ 9.9 h
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Transforming education systems	☐	☐	☐	☐
Collaborative continuous improvement	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

112

YEAR 3 · S6 · WEEK 12/20 · ≈ 9.9 H

Reimagining Educational Innovation

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Reimagining Educational Innovation · continued · ≈ 9.9 h
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Learning experience design	☐	☐	☐	☐
Writing a reasoned dissertation	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

113

YEAR 3 · S6 · WEEK 13/20 · ≈ 9.9 H

Reimagining Educational Innovation

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Reimagining Educational Innovation · finish · ≈ 5.2 h
- ☐ Practicing Collaborative, Continuous Improvement · start · ≈ 4.7 h
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Public speaking: informing, persuading, inspiring	☐	☐	☐	☐
Visual aids and peer feedback	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

114 Practicing Collaborative, Continuous Improvement

YEAR 3 · S6 · WEEK 14/20 · ≈ 9.9 H

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Practicing Collaborative, Continuous Improvement · continued · ≈ 9.9 h
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Transforming education systems	☐	☐	☐	☐
Collaborative continuous improvement	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

115 Practicing Collaborative, Continuous Improvement

YEAR 3 · S6 · WEEK 15/20 · ≈ 9.9 H

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Practicing Collaborative, Continuous Improvement · continued · ≈ 9.9 h
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Learning experience design	☐	☐	☐	☐
Writing a reasoned dissertation	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

116 Practicing Collaborative, Continuous Improvement

YEAR 3 · S6 · WEEK 16/20 · ≈ 9.9 H

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Practicing Collaborative, Continuous Improvement · finish · ≈ 6.5 h
- ☐ Learning Experience Design: Orientation to the Profession · start · ≈ 3.4 h
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Public speaking: informing, persuading, inspiring	☐	☐	☐	☐
Visual aids and peer feedback	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

117

YEAR 3 · S6 · WEEK 17/20 · ≈ 9.9 H

Learning Experience Design: Orientation to the Profession

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Learning Experience Design: Orientation to the Profession · continued · ≈ 9.9 h
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Transforming education systems	☐	☐	☐	☐
Collaborative continuous improvement	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

118

YEAR 3 · S6 · WEEK 18/20 · ≈ 9.9 H

Learning Experience Design: Orientation to the Profession

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Learning Experience Design: Orientation to the Profession · finish · ≈ 4.7 h
- ☐ Learning Experience Design: Theories and Frameworks · start · ≈ 5.2 h
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Learning experience design	☐	☐	☐	☐
Writing a reasoned dissertation	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

119

YEAR 3 · S6 · WEEK 19/20 · ≈ 9.9 H

Learning Experience Design: Theories and Frameworks

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Learning Experience Design: Theories and Frameworks · finish · ≈ 8.8 h
- ☐ Learning Experience Design: Development and Evaluation · start · ≈ 1.1 h
- ☐ **Semester project**: A final dissertation (15 to 20 pages) on a humanities or social science question, presented orally in fifteen minutes.
- ☐ Reading: Writing Guide with Handbook

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Public speaking: informing, persuading, inspiring	☐	☐	☐	☐
Visual aids and peer feedback	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____

120

YEAR 3 · S6 · WEEK 20/20 · ≈ 9.9 H

Learning Experience Design: Development and Evaluation

From ___ / ___ to ___ / ___

Status: ☐ To do ☐ Doing ☐ Done

THIS WEEK

- ☐ Learning Experience Design: Development and Evaluation · finish · ≈ 9.9 h
- ☐ **Semester project**: A final dissertation (15 to 20 pages) on a humanities or social science question, presented orally in fifteen minutes.
- ☐ Reading: Psychology 2e

PERSONAL GOAL

EXPLAIN TO YOUR PARTNER

Idea explained in 5 min without notes:

Clear? ☐ Yes ☐ Partly ☐ Review

I CAN DO IT

	Not yet	With help	Alone	I can explain it
Transforming education systems	☐	☐	☐	☐
Collaborative continuous improvement	☐	☐	☐	☐

TIME SPENT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Plan								≈ 9.9 h
Actual								

WHAT I LEARNED

WHAT BLOCKED ME

QUESTIONS TO ASK

Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Adjustment for next week: _____