

Academic Skills At Wolfson College



Laura Jeffrey, Academic Skills Librarian



Lee Library Wolfson College

Skills support

- Not remedial
- To help you excel at all levels
- Technical skills: searching for resources, citing them in a new style, avoiding plagiarism
- Academic skills: efficiency and effectiveness in reading, writing, note-making



Academic skills support at Cambridge

- Pre-arrival [CamGuides](#)
- Department or Faculty
- Libraries including [LibGuides](#)
- Language Centre
- Disability Resource Centre
- Counselling Service

Much available through [UTBS](#)



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Academic skills support at Wolfson

- Director of Studies for subject-specific support
- Library staff for generic skills support
 - Online
 - [Using the library](#)
 - [LibGuide](#) pages, pdf guides, how to videos
 - 1-2-1: email for an appointment
- [Royal Literary Fund Fellow](#) for writing support
- WolfWorks Workshops



WolfWorks

- Year-long programme launched October 2019
- Make strong ties with the community of first-year undergraduates
- Improve your confidence by interacting with peers in a safe and collegial environment
- Develop academic and personal skills to help you transition to studying at Cambridge
- Resources on Moodle after each session
- *Optional* - Earn credits to apply for a Wolfson Enrichment Grant towards an activity in summer 2021



Enrichment Grant

- To qualify to apply for a grant attend 8 sessions and submit reflective statements
- At least four sessions must be provided by Wolfson
- Submit application March 2021
- Awards will be made at the start of Easter term 2021
- Grants will be awarded for up to £400 for an activity related to your course; up to £250 for a broadly educational activity that takes you somewhere new
- Grants to be spent in the Summer Vacation 2021 (depending on the travel and access restrictions that are in place at that time).



Michaelmas programme

- Thursday evenings 20:00 on Zoom

Date	Topic
22 October	Getting started on a piece of work - time management and setting objectives
29 October	Communicating in the online environment - lectures, supervisions and email
5 November	Deciding what to read - critical evaluation, reading lists and online resources
12 November	Speed reading - scanning and skimming for effective reading
19 November	Making succinct and useful notes from lectures and readings
26 November	Making the most of feedback - helping you improve

Book places from events page or directly at www.wolfson.cam.ac.uk/wolfworks



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Reflective practice

- To identify strengths and weaknesses
- Pinpoint skills and competencies that you want to develop
- For everyone, not just new students



Reflect on this image



Reflection

- Questioning how and why an event happened the way it did
- Thinking how it made/makes us feel
- Making connections between past, present and future experiences
- It includes both positives and negatives
- It is useful in its own right, but what we do with it is what matters



Reflecting on your last educational encounter

- What did you do? (description)
- Did you enjoy it and why?
- What was challenging?
- What went well?
- What would you change?
- Have you started doing things differently?

(reflection,
particularly if you
ask yourself:
why?)



What is reflective writing?

- Written in the first person
- Free-flowing; don't stop to check sense or grammar
- Subjective
- Uninhibited
- Time-limited
- Can be private, such as a journal, or in public, such as a blog
- Review after a break
- Look back, think about what you have learned, and how to use it in the future.



Why is it important?

Not necessarily what you write but the process, helping you to:

- Identify goals and plans
- Learn from what we have done and moving forward
- Manage time, plan assignments
- Be more creative
- Challenge assumptions
- Good for our wellbeing – just like talking about it but there is a lasting reminder



What are the obstacles?

- Time
- Culture
- Lack of skills
- Environment
- Motivation
- Yourself



Personal Development Plan – looking forward

Take 5 minutes to free write the following:

- Identifying your strengths
 - what makes you feel strong, regardless of how good you are at it
- Identifying your weaknesses
 - what makes you feel weak, even if you are good at it
- Which skills do you need to be happy and successful in your work?
- Which skills would you like to improve and why?



After your first lecture or supervision:

- **Looking back, reflect on:**
 - Your expectations before the experience
 - How you approached it
 - Which parts you found easy/hard
- **Think about what you learned as a result:**
 - How did your knowledge and understanding change?
 - What would you do differently if faced with a similar situation?
- **Consider how you might use your learning in the future:**
 - How might you put into practice what you have learnt?
 - What challenges might you face?
 - How would you deal with these?



How do you develop skills?

- Attend a workshop – only these qualify for an Enrichment Grant
 - WolfWorks
 - UTBS - www.training.cam.ac.uk
 - Faculty or Departmental
 - Read a book (lots of study skills in the library opposite the borrowing machine)
 - Watch a video
 - Listen to a podcast
 - Peer support – just ask!
- } Get in touch via Moodle if you want these to count towards an Enrichment Grant



Get in touch

Laura Jeffrey

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See you in the Library on Monday!

Time	Audience
10:00	AMES, Archaeology, Architecture, Classics, History of Art, Music, Philosophy
10:30	History
11:00	Computer Science and Engineering
11:30	HSPS
12:00	English
13:30	Any subject - Online - Meeting ID: 802 827 0346 Passcode: 139961
14:00	Medics and Vets
14:30	PBS and Natural Sciences
15:00	Law