

## INDIVIDUAL ENGAGEMENT ACTION PLAN & SELF-CONTRACT: Worth 3%

**Part 1 DUE: on paper, in person, start of class Monday January 12 (plan)**

**Part 2 DUE: on paper, in person, start of class Monday February 23 (mid-semester report/check-in)**

**Part 3 DUE: on paper, in person, start of class Wednesday April 15 (final report on your plan)**

We all start the semester with goals we want to achieve. Most students usually have an idea of the grade they want to earn. But ... Life gets busy. University gets busy. Course work piles up if you aren't staying on track. Goals are most easily achieved when you plan ahead and develop a specific, feasible action plan at the outset. This engagement assignment will help you achieve your goals. You may want to consider doing one of these for each course you are in! This engagement assignment is based on replicated scientific evidence.

Really think about this self-contract. University is very much self-directed. You are responsible for staying on top of courses, for completing assignments and submitting them by the deadlines, for setting yourself a study and assignment schedule and then sticking to it.

"There are individual differences in how people best manage their time and exert self-control. Many people believe they simply lack willpower or do not have the ability to manage themselves or their time well (Watson & Tharp, 2014). Developing effective self-management skills takes effort, and there may be times when people fall back into old, ineffective habits. A much better approach is to adopt the attitude of B.F. Skinner, one of the great minds of behavioural psychology and a master at behavioural self-control. Skinner considered self-management to be "a game that he played, a puzzle to be solved, and he enjoyed the process as much as the results" (Epstein, 1997)." (Powell and Schmaltz, 2022)

**REQUIREMENT:** For this assignment, you are to develop and write up a feasible action plan that will help you meet your goals for this course and earn the overall course grade you want. You will then track this over the course of the semester.

**CRITERIA:** Your plan needs to **BE SPECIFIC** and include:

- What exactly are you going to do?
- When? How often? Where? How?

**Your plan needs to account for the unexpected or for times you fall off your schedule:**

- IF that happens, what will you do to stay on track? **BE DETAILED.**

Below are some aspects to consider when developing and writing up your plan.

- I will review my lecture notes after each class at this time: \_\_\_\_\_
- I will complete the Study Guide for each lecture at the following days and times: \_\_\_\_\_
- If I miss doing the Study Guide at my scheduled time, I will make it up at this date and time: \_\_\_\_\_
- I will work with on my Reflections on these days at this time: \_\_\_\_\_
- I will test myself and have extra study time for exams on these days at these times: \_\_\_\_\_
- I will start on and work on the paper assignments on these dates at these times: \_\_\_\_\_

**TO HAND IN Part 1:** At start of class on Monday, January 12, hand in your plan to me on paper in person. If you plan to use a daily diary or e-diary, you can include a photo or description of it. *Make sure you include a cover page with ONLY the following information: your name, student ID, "PSY 340 Engagement Plan", and the date.*

**TO HAND IN Part 2 (mid-semester):** Throughout the semester, track how well you are sticking to your plan. On Monday, February 23, you will hand in a summary report of: how well you have stuck to your plan so far, have you purposely adjusted your plan at all (and if so, why and how); what has gone well so far well, what has gone wrong or off kilter, and how you could improve your plan / what further adjustments to your plan (if any) are needed. You will need to refer to your original plan. *Make sure you include a cover page with ONLY the following information: your name, student ID, "PSY 340 Engagement Plan", and the date.*

**TO HAND IN Part 3 (due end of semester):** Keep tracking how well you are sticking to your plan. On Wednesday, April 15, you will hand in a summary report of: how well you stuck to your plan, did you purposely adjust your plan at all (and if so, why and how), what went well, what went wrong or off kilter, and how you could improve your plan. You will need to refer to your original plan. *Make sure you include a cover page with ONLY the following information: your name, student ID, "PSY 340 Engagement Plan", and the date.*

## Grading Criteria

Each part of this assignment will receive a grade of either:  
B (76%) or A (90%) [on rare occasions an A+ (95%) for extraordinary work]

- B (75%): Requirements met with moderate details and specifics noted (Part 1) or moderate depth of reflection (Parts 2 and 3)
- 90%: Requirements met with a high degree of specifics noted (Part 1) or a high level of depth of reflection (Parts 2 and 3)

