Cover Page provided by OUM

This includes your full name, course, registration number and date

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Activity 1

Problems that may affect me as adult learner at OUM and Suggestions to overcome them

Table of Contents

 Page

1. Introduction 1

2. Introduce the paragraph with a summary of you as an adult learner at OUM and three problems faced by you. 2

2.1 Discuss Problem one

2.2 Discuss Problem two

2.3 Discuss problem three

3. Conclusion

References

(Please follow a similar format for the other activities as well)

Body of the Paper for activity 1

1. Introduction (Define adult learner and challenges faced by them). (45 words)

Use in-text citations for ideas you use from other texts. See Presenting information chapter in your class text to guide you in citations) (last name, year).

2. Introduce the paragraph with a summary of you as an adult learner at OUM and three problems faced by you.

2.1 Discuss Problem one (90 words)

Give a constructive suggestions to overcome the problem in order to excel in your studies

(In-text citation)

2.2 Discuss Problem two (90 words)

(In-text citation)

 Give a constructive suggestions to overcome the problem in order to excel in your studies

2.3 Discuss problem three (90 words)

Give a constructive suggestions to overcome the problem in order to excel in your studies

3. Conclusion (35 words)

References

(For the ideas you used from texts for the body of the paper, you used citations, now give full reference for them). Last name, initials, (year). Title. City, Publisher. Or Website address/URL

Activity 2

Organizing Time as an Open and Distance Learner: How best should I manage Time

(Read Time Management section in chapter one / Managing your learning in your text book and apply it to yourself)

Table of Contents (follow sample format in activity 1)

Body of the Paper for Activity 2

1. Introduction (What is time management and importance of it for an adult working student)

Use in-text citations for ideas you use from other texts. See Presenting information chapter in your class text to guide you in citations) (last name, year).

2. Need of time management for you as an OUM student while working. (In-text citation)

(Osman et al page 17). Use your own ideas as well.

2.1 Analyze your use of time as an OUM Student for this semester and suggestions for the next semesters . (In-text citation)

2.1 Set your priorities as an OUM student for this semester and two years(In-text citation)

(Osman et al page 18)

2.3 Plan your own schedule for this semester and tentative plan for the two years

 (In-text citation) (Osman et al page 19)

3. Conclusion

References

(For the ideas you used from texts for the body of the paper, you used citations, now give full reference for them). Last name, initials, (year). Title. City, Publisher. Or Website address/URL

Activity 3

My Experiences of my VLE and How I use my VLE for Learning

Table of Contents (follow sample format in activity 1)

Body of the Paper for the Activity 3

1. Introduction (25 words)

What is my VLE at OUM? (Osman et al Topic 2 and page 55 onwards) OUMs virtual learning system

2. Your experiences of My VLE (initial fears /difficulties to use it and how you over came the challenge of getting to know my VLE and benefits of it.

Osman et al How to access my VLE

3. How you make use of myVLE for Learning How to access and summary of benefits (Osman et al page 59 onwards) (150 words)

3.1 Self-assessment (apply it to how you use it)

3.2 Course materials and references (apply it to how you use it)

3.3 Communication and collaborative learning (how you would do that)

3.4 Sharing resources and information

4. Conclusion: How you would continue in the future to benefit from my VLE for course work etc.

(words 25)

References

Osman et al

(For in-text citations and references, please follow the assignment one instructions)

Activity 4

Annotation and mindmap for the stress management article

Body of the paper

Reaad Topic 4 of Osman et al and page 96 on annotation and page 98 on mindmaps.

Part A

Include the Mind Map as in Osman Topic 4 page 98

Use similar mind map format and use color as indicated in the rubric

You may use MSWord to include shapes and color to your mind map

Mind map includes a summary of key ideas/themes/phrases in the article you read on stress

Part B

Make a photocopy of the articles on stress

Read Osman page 96

Using that methods, write on the margin of that article of on stress and highlight key ideas. Make sure that you write notes on the articles provided to you and attach it here.

Activity 5

As an OUM open and distance learner, how Internet enhances my Learning

Table of Contents (See sample in activity 1)

Body of the paper

(Osman et all has several chapter on the Internet, how you can retrieve information using the Internet)

Read Osman et al Topic 7 page 165

1. Introduction : What is Internet? Benefits of the Internet for adult learners (50 words)

2. Internet use by you, for open and distance learner, at OUM.

2.1 Online Public Access (OPAC) -- OUM Digital library use by you and purposes of using it (Osman Topic 7) (100 Words

What is it?

How you can use it for learning at OUM

2.2 Electronic databases such as e-books and e-journals at E-library OUM (100 Words)

Osman et al Topic 7, what is it? How you can use it for learning.

2.3 Internet websites (Osman Topic 7 and other chapters) (100 Words)

What are they?

How you can use it for learning at OUM

3. Conclusion (50 words)

References

Attach a copy of all the rubrics from Activity 1 to 5 provided to you for marking.

Bind them in order and together with cover page and each activity in order (1-5) and rubrics for all at the end.