Princella Osei bonsu

poseibonsu@student.umgc.edu

DAACS Summary Report

OVERALL RESULTS

- Self-Regulated Learning
- Writing
- Mathematics
- Reading

SELF-REGULATED LEARNING

Completion Date: January 14, 2025

- Motivation
- Strategies
- Metacognition
- Self-Efficacy

WRITING

Completion Date: January 21, 2025

- Content
- Organization
- Paragraphs
- Sentences
- Conventions

MATHEMATICS

Completion Date: January 14, 2025

- Geometry
- Lines And Functions
- Number And Calculation
- Statistics
- Variables And Equations
- Word Problems

READING

Completion Date: January 14, 2025

- Structure
- Inference
- Language
- Purpose
- Ideas

Results for each assessment and domain are listed on the left-hand side of this page. You can access your complete results at https://umgc.daacs.net, or click on any domain for more detailed feedback. Below are some resources and tips that can help you be more prepared for college. You can also consider scheduling an appointment with a tutor: https://www.umgc.edu/current-students/learning-resources/tutoring/undergraduate-tutoring

Self-Regulated Learning

- See the last page of this document for specific tips you can start using right away.
- For more tips visit the Self-Regulated Learning Lab: https://srl.daacs.net
- Check out these learner support videos for tips on how to be a successful student: https://www.umgc.edu/current-students/learning-resources/learner-support-videos

Writing

- Visit the Online Writing Lab for tips on improving your writing skills: https://owl.excelsior.edu
- Schedule an appointment at the Effective Writing Center to receive assistance with your writing: https://www.umgc.edu/current-students/learning-resources/writing-center
- Check out the resources available at the UMGC library that can assist you with writing and citing: https://libguides.umgc.edu/gethelp/writing-citing

Mathematics

- Review the questions you answered incorrectly at https://umgc.daacs.net, and read the explanations for the correct answers by clicking "More Info" for each question within DAACS.
- There are several free websites that can help you with your math skills, such as https://mathantics.com, https://mathsisfun.com, and https://virtualnerd.com

Reading

- Visit the Online Reading Lab for tips on improving your reading skills: https://owl.excelsior.edu/orc
- View the resources that are available at the UMGC library: https://libguides.umgc.edu/home

ESSAY

Self-Regulated Learning Survey Results and Feedback From the Self-Regulated Learning (SRL) survey I conducted, I understand my learning patterns that need to be encouraged and those that need to be discouraged. In general, feedback revealed some aspects of learning processes that occurred in my case, namely self-efficiency, metacognition, time management, and attitudes to time and tests. While I have strengths in certain areas, there are specific strategies I need to adopt to enhance my academic performance. Self-Efficacy and Motivation The survey SRL also identified particularly low self-efficacy areas: writing, mathematics, and reading. Getting feedback on these questions revealed that I am often not confident in these areas, which may hinder confronting tasks. It leads to self-doubt, delays, and excuses when discussing projects or engaging in activities requiring me to think critically (Kuo et al., 2023). The feedback also pointed out that my thinking and motive could be better; I avoid anything that looks like much work. Metacognition and Learning Strategies On metacognition, the survey outcome suggests that I should improve my planning, monitoring, and evaluation learning skills. While I engage in some level of planning, I often fail to reflect on my progress during tasks, preventing me from identifying areas where I need improvement. The feedback here was that I needed to be more effective at using strategies for approaching and organizing my study environment. These observations are familiar to me when I feel easily distracted or do not have a learning schedule in mind. Test Anxiety and Time Management Another critical area for boosting is the work with the student's test stress. From the feedback from the survey, it was found that I am one of the most anxious individuals during an examination or any critical assessment. This anxiety hinders my ability to perform by instilling a shared inability to focus and reason as desired when under pressure (Khiat & Vogel, 2022). Similarly, I find myself a procrastinator, which involves delaying an assignment or study time to the extreme at the last moment; this is unhelpful as it only adds pressure and deserves the quality of the end product. Committed Strategies: Practicing Self-Efficacy for Writing and Mathematics: I will strengthen my self-efficacy by frequent practice. For writing, I will resort to online writing labs and writing centers to book consultation appointments. As I carry out the practice frequently and consult tutors when needed, I can have smooth sailing in such areas. Regarding mathematics, I will, from time to time, self-assess myself and seek help whenever I get stuck with specific issues. This will make me more prepared and foolproof, thus avoiding cases of anxiety. Managing Test Anxiety: I will employ several relaxation methods in my schedule for the test anxiety part. I learned that I feel pressure during exams, so I intend to take deep breaths and meditate. I also want to practice self-encouragement and self-affirmation and think about achievements to gain confidence. I will prepare a highly structured and compartmentalized timetable to prevent me from cramming a lot of material before the exams and reduce the pressure they put me through. Improving Time Management: I will implement strategies for creating workable goals for every study session. For more significant assignments, I will subdivide them into tasks and set exact day periods for them to be done. This will enable me to avoid procrastination and check on my progress to ensure I am on the right track. I will create a study environment free of distractions, helping me maintain focus and maximize productivity.

SELF-REGULATED LEARNING

Here are three areas of self-regulated learning that you might want to work on, along with tips you can start using right away. Click on any of the areas of SRL in the text below to learn more.

Self-Efficacy for Writing

- Check out the Online Writing Lab for some helpful writing tips.
- Reach out to your college's writing center to schedule an appointment/consultation.

Self-Efficacy for Mathematics

- Feel prepared by practicing assignments and quizzing yourself when learning new information.
- When you are confused about something or don't know how to proceed, ask for help from your professors, peers, advisor, or your college's tutoring center.

Managing Test Anxiety

- Use relaxation techniques to reduce uncomfortable feelings and to increase your focus, as needed.
- Say positive things to yourself about your likelihood of success.
- Create schedules and plan study times so you don't get anxious about being able to do what needs to be done.