

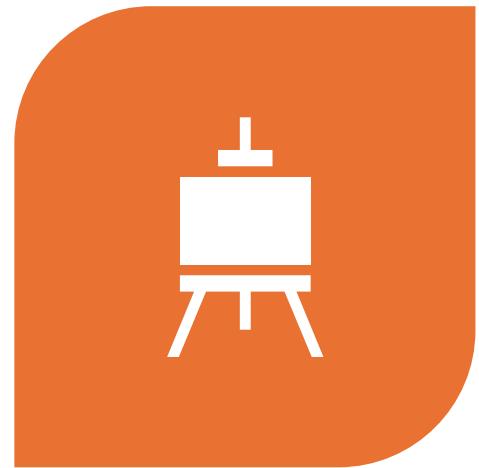
A good start in M1!

Canvas & Study planning



Workshop | Faculty day 2025

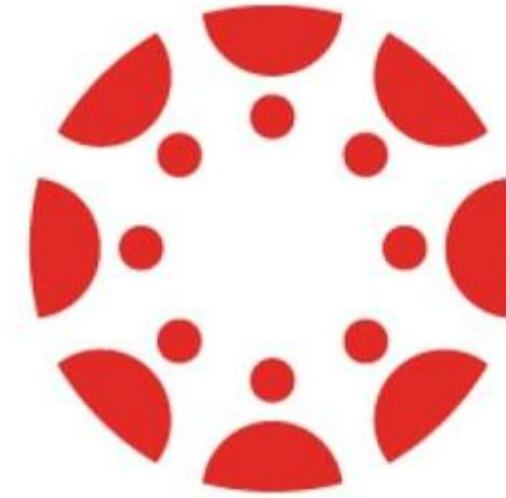




GET FAMILIAR WITH
CANVAS



STUDY PLANNING



CANVAS

Module 1

Psychology and Intervention Design

2025-1A



Welcome to the Canvas of Module 1 | Psychology and Intervention Design

Feel free to navigate through the module's components and the syllabus.



tabs to go to study units and the syllabus

The four study units in the module

What you will learn

FAQ, staff, group allocation, educational tools

At the end of the module, students have knowledge and understanding of:

- the basic areas of Psychology
- research methods in the context of empirical research
- theory and application of systematic intervention design
- professional academic skills in the form of academic writing, academic literature search and their personal impact on project management

Slides introduction lecture on 1 September: M1 slides

- ▶ [M1 | Frequently asked questions \(FAQ\)](#)
- ▶ [M1 | Teaching staff & contact information](#)
- ▶ [M1 | Group allocation](#)
- ▶ [M1 | Educational Tools](#)

The left side of your canvas page

Home	
Announcements	Where you will get announcements on e.g. lecture slides being available
OSIRIS Course Information	Where you can find the description and learning objectives of the components
Syllabus	Another way to the syllabus
Quizzes	
Grades	Where you will find your grades
Assignments	Where you can submit your assignments
Buddycheck	Questionnaire on project group dynamics
Discussions	When you have questions, you can ask other students or the teacher
People	

Find 5 on canvas

Find 5 on canvas



The email address of the module coordinator

Home page --> teaching staff --> module coordinator: Jenny Pouls, j.pouls@utwente.nl



The 3 subcomponents of the PAS component?

PAS -> under activity schedule (Academic writing (AWS), Professional skills (PS), Information literacy (IL))



Which chapter(s) to study for the theory lecture in week 38

Theory --> schedule --> check week 38: Chapter 7



The name of the 2nd deliverable in D&R

Assignments OR Design and research -->Activity schedule
→ Deliverable 2: Analysis & Objectives!



The final deadline for the individual writing assignment for academic writing

PAS | Activity Schedule -> Individual writing assignment (PAS | AW)
Deadline: 13 October 10.00!

True or false?



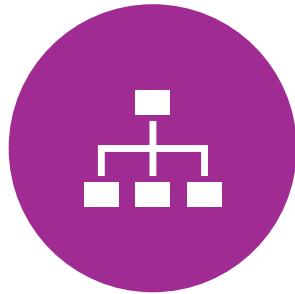
You cannot submit an assignment after the deadline as the system will not let you



There are multiple ways to submit an assignment



Announcements are only rarely made



When you are assigned a project group for D&R, you get a dedicated group home page

True or false?



You cannot submit an assignment after the deadline as the system will not let you

Tip: submit & make a comment for your tutor as to why you were late when submitting



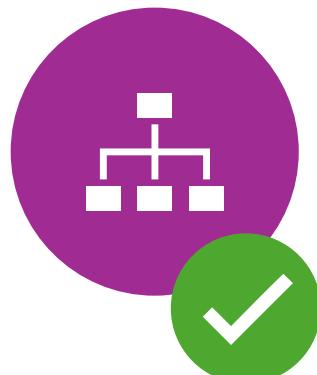
Announcements are only rarely made

Announcement are made regularly
Tip: Check your student email regularly



There are multiple ways to submit an assignment

Via assignments, or via the study unit pages



When you are assigned a project group for D&R, you get a dedicated group home page

Your tutor will post your feedback on this group page, so everybody can access it



Study planning



Study planning

What is the aim of a study planning?

A **study planning** is essential for university students because it helps them manage their **time, energy, and workload** in a strategic and sustainable way.

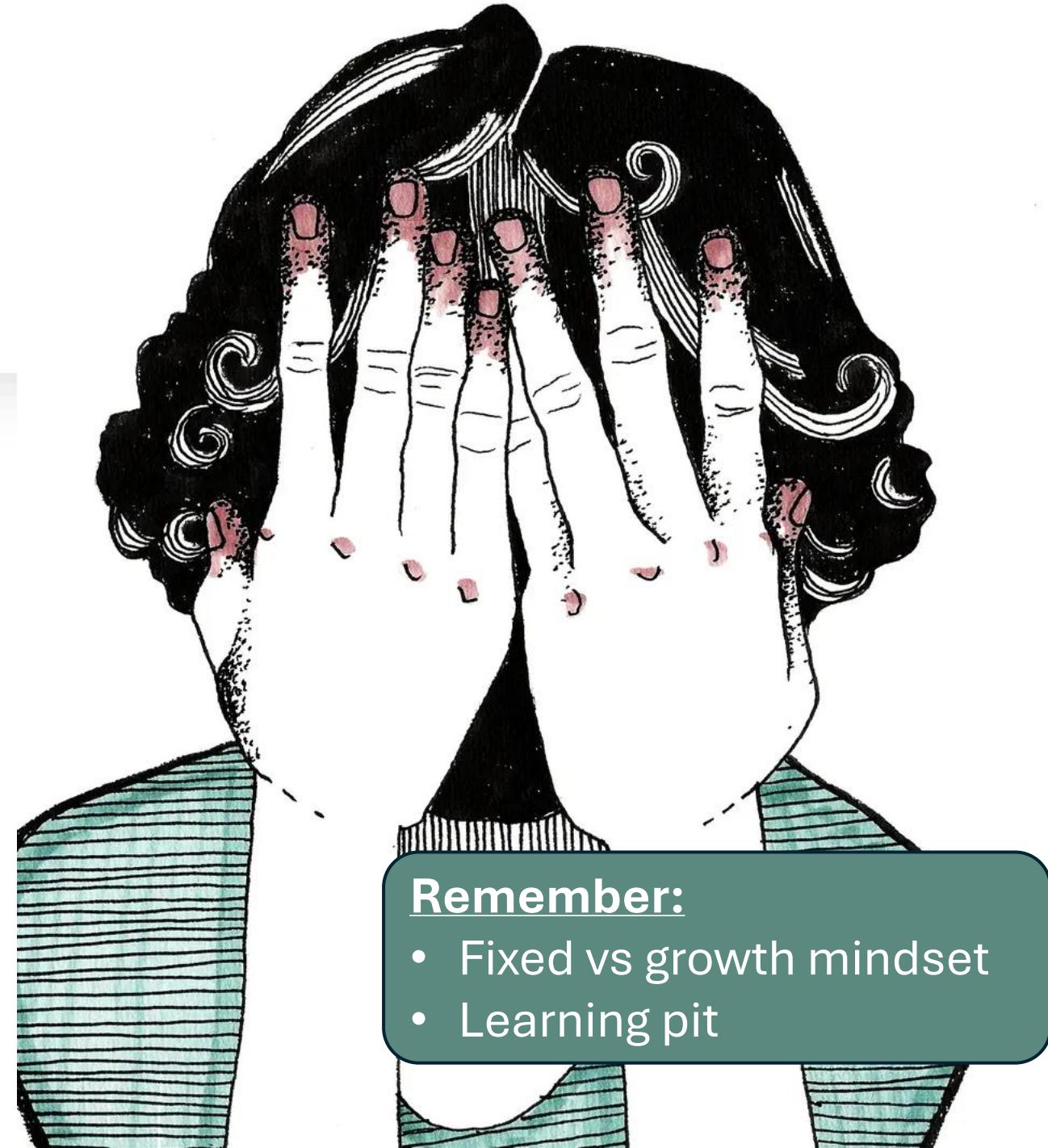


Study planning

What are common study planning struggles?

- Lack of experience with self-directed learning
- Procrastination and poor time management
- Unrealistic expectations
- Competing demands and distractions
- Unclear goals or priorities
- Emotional barriers

How to plan & prioritise?



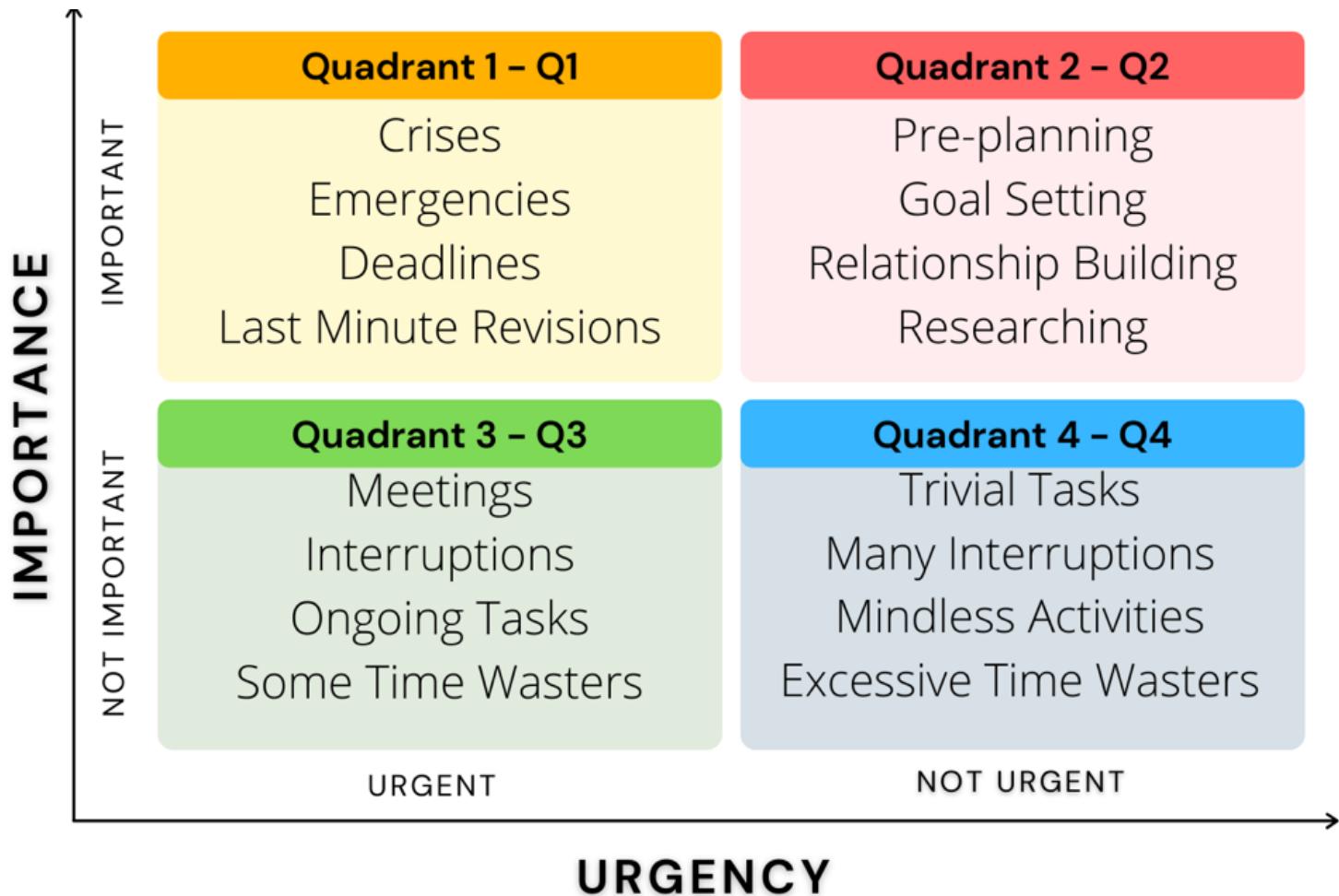
Remember:

- Fixed vs growth mindset
- Learning pit

Prioritising: The Eisenhower matrix or Time management matrix



Prioritising: The Eisenhower matrix or Time management matrix



- a. Scrolling on social media.
- b. Making a study plan for your upcoming exam.
- c. Meeting a deadline of a project deliverable.
- d. Recovering the lost reference list of your final project document.
- e. Helping fellow students.
- f. Doing the lay out for Deliverable 2 of the project.
- g. Creative brainstorming for the intervention design.
- h. Talking about the personal interest of the project group members to get to know them.

How do you
normally
create your
study
planning?





Keep in mind:

- Take breaks
- Leave margins
- Be prepared for changes
- Set clear goals
- Know yourself:
be realistic

In pairs
create a
study
planning for
the first
week of M1

Using the hand-out





Find your
study planning
buddy &
exchange
contact
information

Working together can make a big difference:

- ✓ Create an overview of deadlines and tasks
- ✓ Break big assignments into weekly goals
- ✓ Share planning tips and what works for you
- ✓ Reflect on your progress and adapt
- ✓ Check in regularly and support each other throughout the module

Start building good habits early — together!

Thank you and enjoy the
start of module 1!