THE SCARIEST MODULE I EVER LECTURED
Michael Schmeisser

Conception of Crop Production 151

Should have kept my mouth shut

Content of Crop Production 151

- Reflection
  - Self-reflection
  - Reflection 4 Learning
- C-Mapping
  - Meaningful Learning
  - Projet Design
  - Learning Tool
- E-portfolio
  - Why?
  - How to create one.
  - Purpose
- Mental Wellbeing
  - Stress - Good or Bad
  - Whom to contact

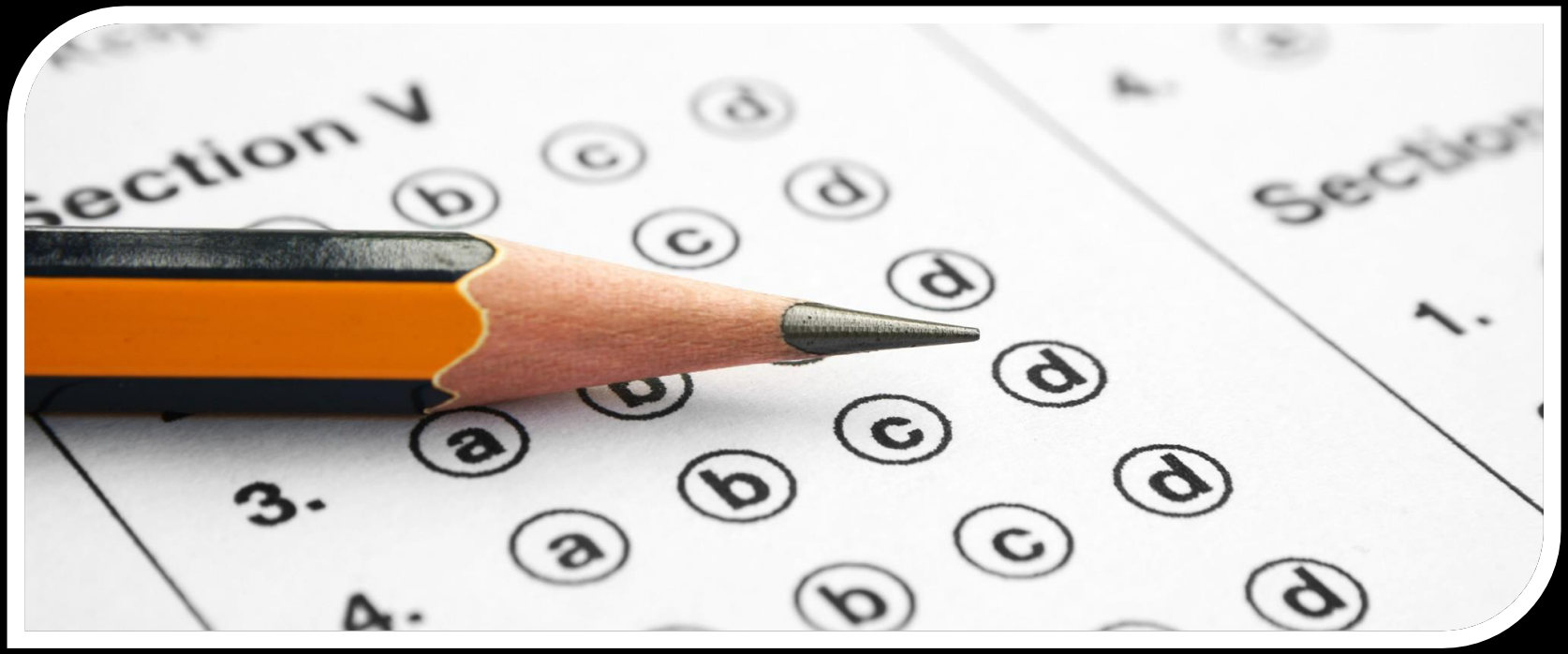
Introduction to Agriculture
(More philosophical approach)

What peeves off a lecturer and why should you care?

- Vocational Vacation
  - CV building
    ⇓
  - E-portfolio

Assessment

65% Essay
10% Cmap
25% Attendance (Cards)



Essay

- Why am I at university?
- What do I aim to get out of the university rollercoaster experience?
- What is my role in achieving my aim?
- In which way did this module assist you

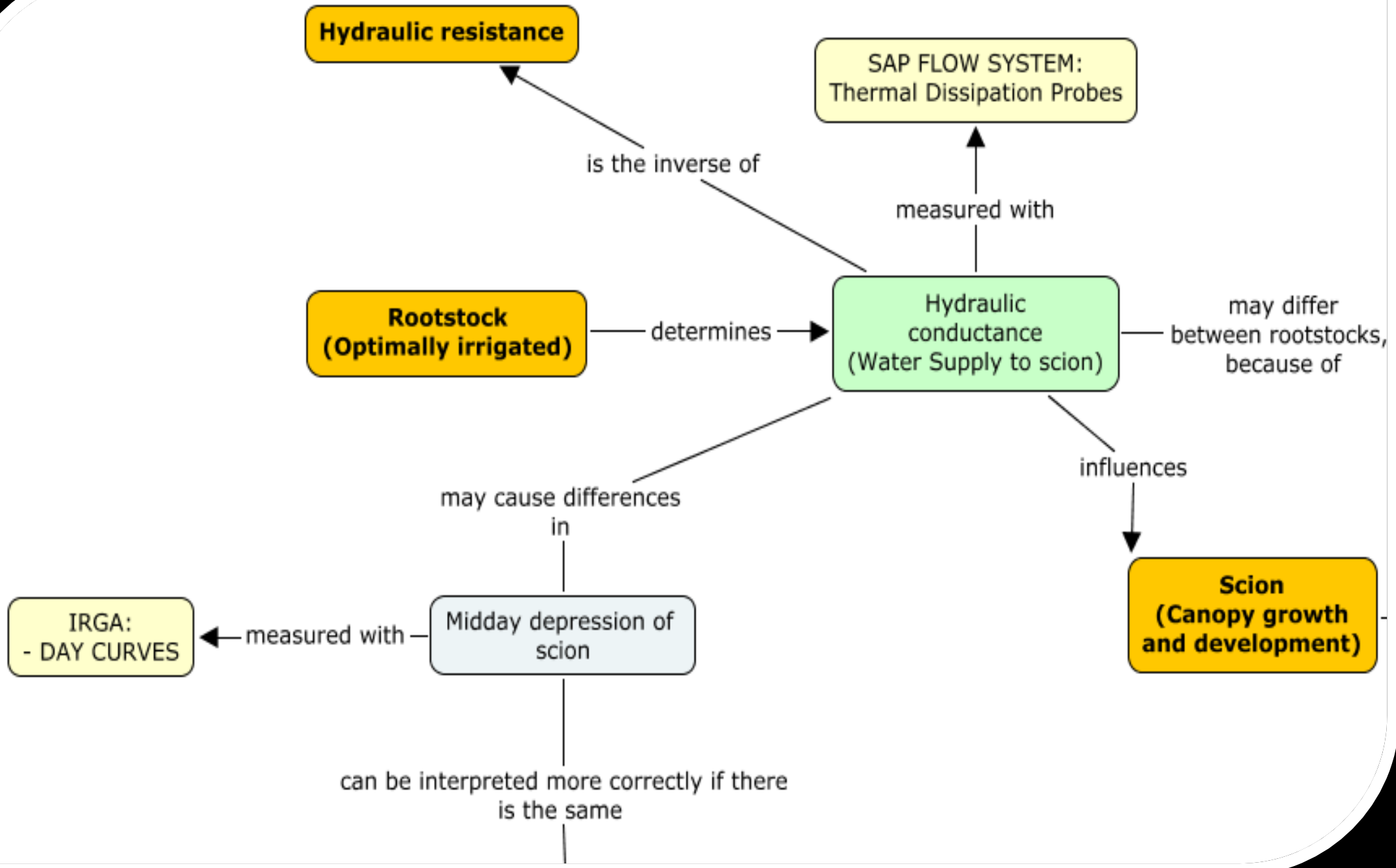
Module

Motivational
Speaker

Self-reflection

Learning through reflection

C-mapping


Hydraulic resistance
SAP FLOW SYSTEM:
Thermal Dissipation Probes
is the inverse of
measured with
Rootstock
(Optimally irrigated)
determines
Hydraulic
conductance
(Water Supply to scion)
may differ
between rootstocks,
because of
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Scion
(Canopy growth
and development)
IRGA:
- DAY CURVES
measured with
Midday depression of
scion
can be interpreted more correctly if there
is the same

E-Portfolios

Stress less for your mental wellbeing

Stress is an inevitable part of our daily lives. But that doesn't mean we have to let it hang around. If you feel like stress can get the best of you every now and then, commit to actively using these simple tips for a fortnight (or a bit longer if possible) and see if there's a difference in your stress levels.

Empty your "stress bucket"

Have you ever heard a psychologist speak of the "stress bucket"? It's not a physical bucket, it's an analogy. Imagine that all of the stressful events and occurrences throughout your day, even the minor ones, are like drops of water, slowly filling a bucket. If you don't find ways to empty the bucket (relax and de-stress) on a regular basis, it will eventually overflow. So keep a mental note of how full your stress bucket is and try to de-stress accordingly.

Focus on eating well and getting some good quality rest

We all know deep down that eating a balanced diet and getting adequate rest are good for you. But did you know they can help your body and mind adapt and constructively respond to the events in your life? We tend to make bad choices when we're stressed – especially when it comes to food and drink. This in turn can affect our sleep, which

Avoid major change when stressed

Making major life changes can be incredibly stressful at the best of times. If you're already feeling stressed, it may be wise to avoid the big changes like moving house or changing jobs until you're feeling more on top of things.

Express yourself

Bottling up your feelings isn't the way forward. Find a confidante or even a psychologist or counsellor, if necessary, to help you put feelings in to words. You may be better equipped to tackle personal problems if you articulate your feelings and learn to share them with your loved ones in a constructive way.

Just breathe

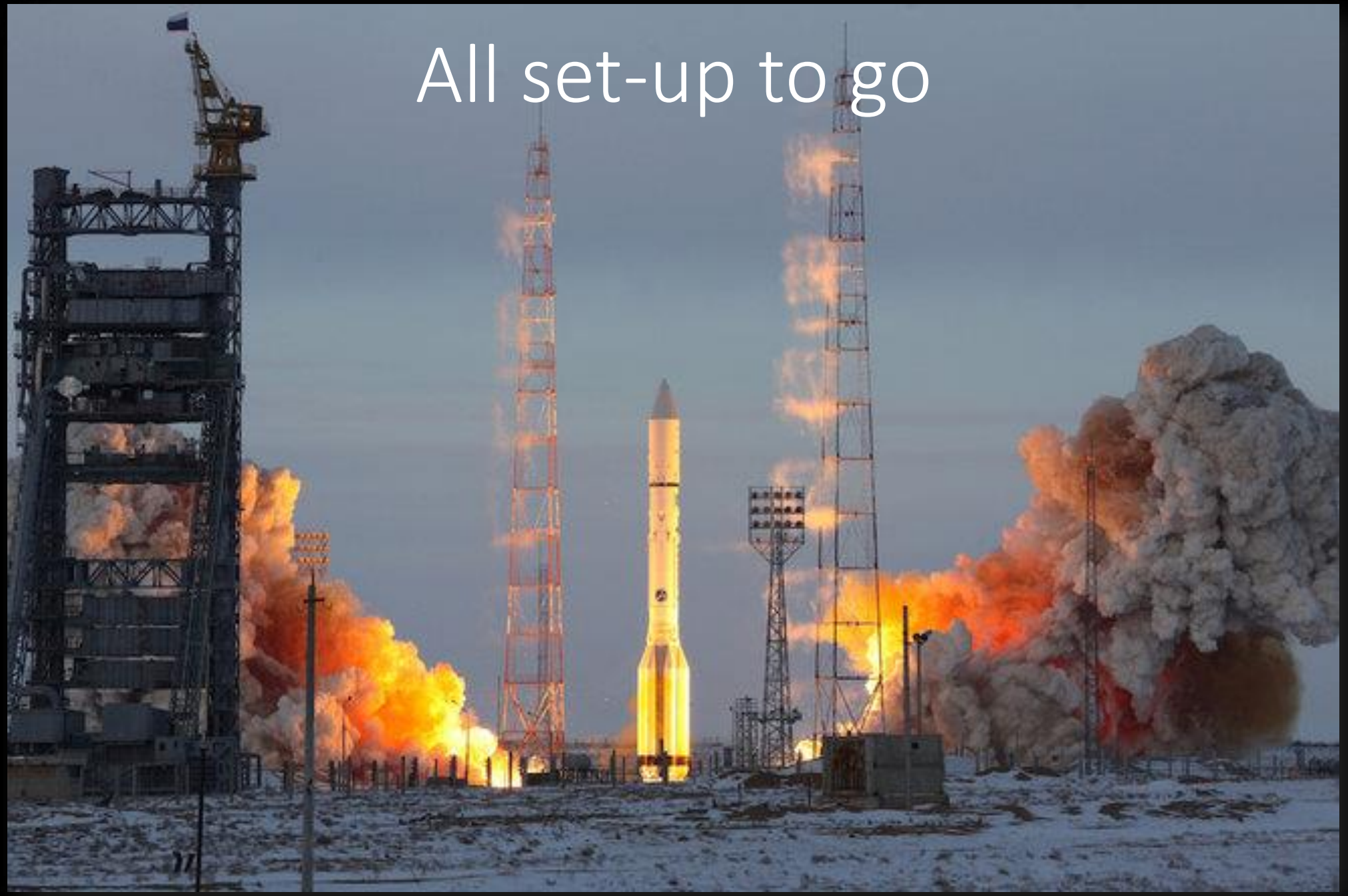
Short-term coping strategies such as meditative breathing and relaxation strategies are a great way

What peeves off a lecturer and why should you care?

Vocational vacation

Philosophical introduction to agriculture

All set-up to go



FEEDBACK

Official student feedback

- Hierdie module is 'n mors van my tyd en my ouers se geld. Ek is hier om LANDBOUWETENSAKKPE te swot nie 'n gedeeltelike herhaling van lewensoriëntering wat ons op skool gehad het en geslaag het te herhaal nie. Hierdie module is 'n vermorsing van 'n uitstekende dosent se talente.

- verwyder hierdie module van die leerprogram en vervang dit met 'n landboukundige module wat van toepassing is op die studie rigting van plant en grondwetenskap studente.

Feedback Cards – Final Lecture

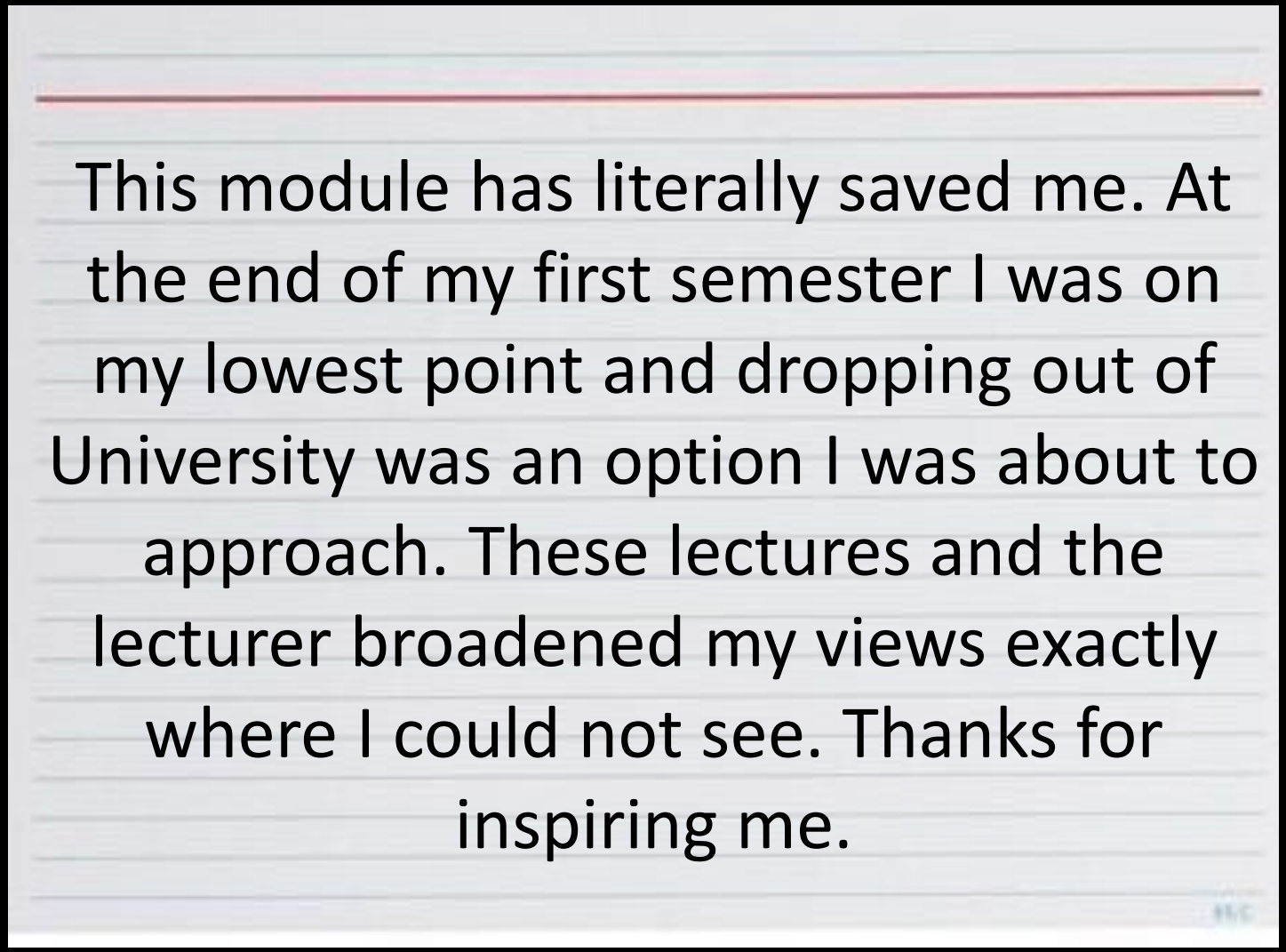
"It is really a powerful module and I really enjoyed it."

"This module has most definitely helped me reflect a lot. I will always remember the things I've learnt in this course and carry it with me for years"

"…. I will definitely try to apply the aspects featured in my life. This is the type of module that wakes one up from limbo."

"At the end I think this module was of more value to me than I thought it would be in the beginning."

Feedback Cards – Final Lecture



Feedback Cards – Most beneficial?

Motivational Speaker

Vocational Work

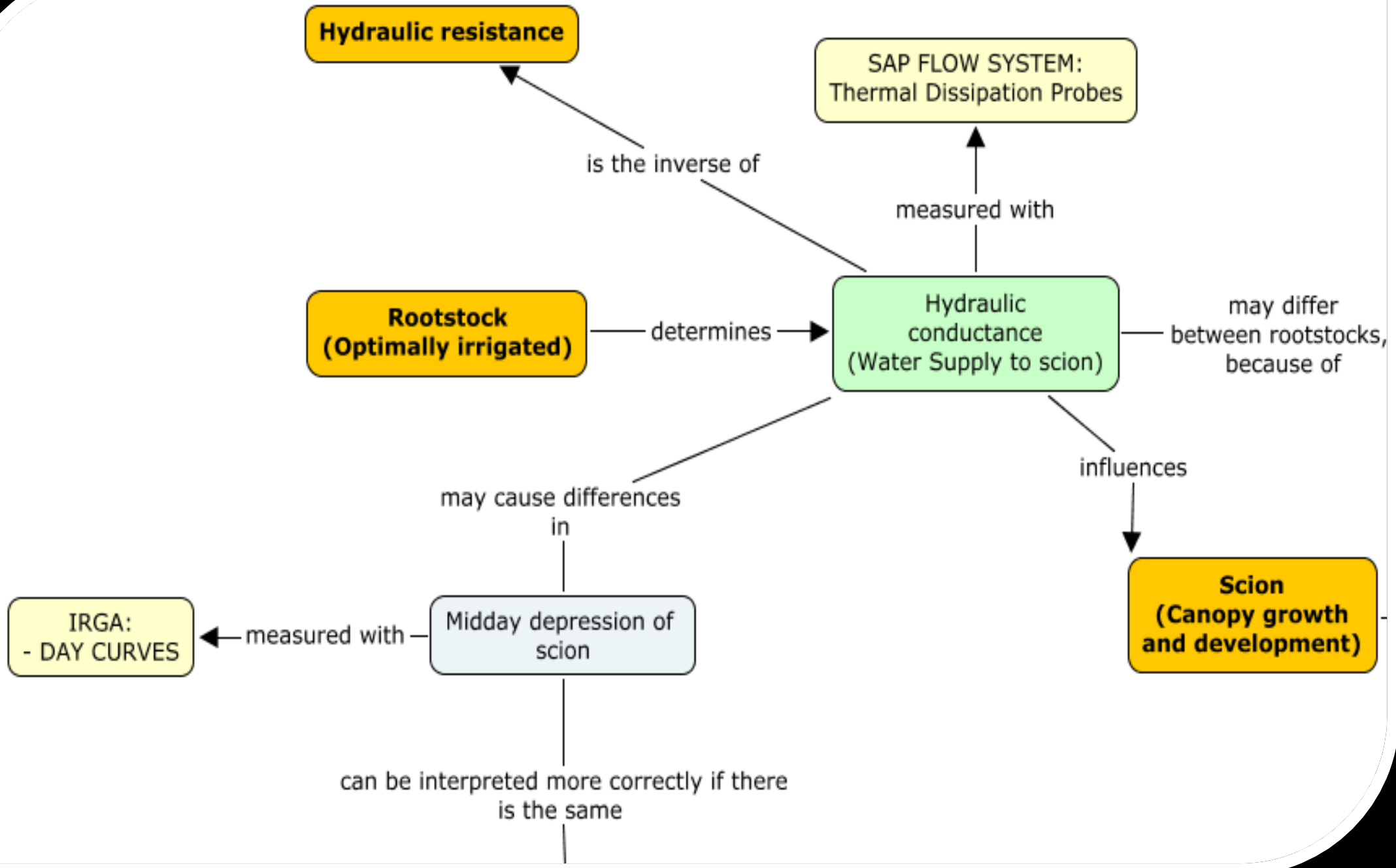
C-Mapping

Feedback Cards – What would you add?

More exposure to industry

More vocational talks

Time Management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Iterations based on Feedback

Strong focus on the agricultural industry

Iterations based on Feedback

Time Management

Iterations based on Feedback

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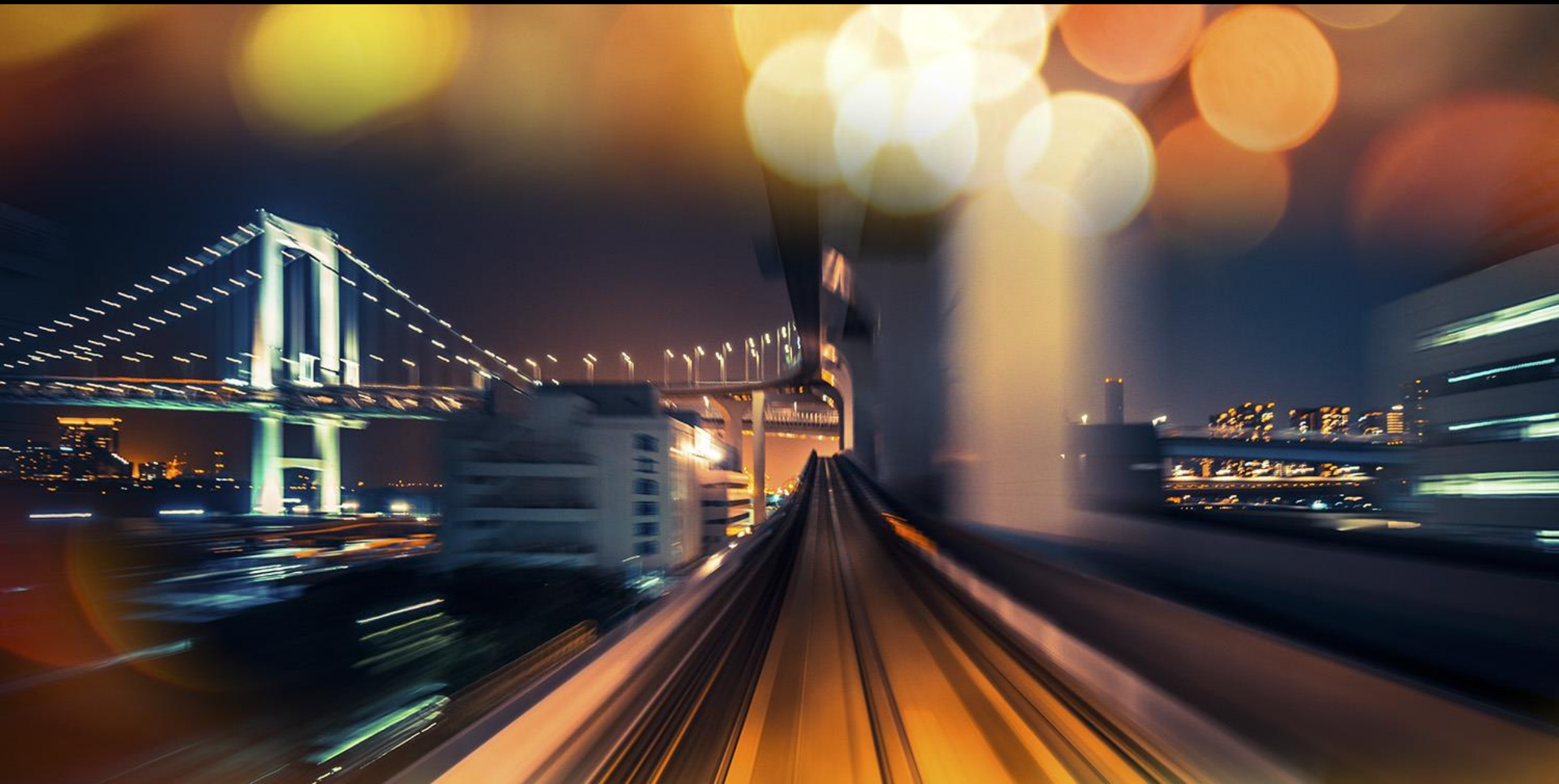
What does the future hold?