

Lifewide Development Award SHORT GUIDE

The Lifewide Development Award (LDA)

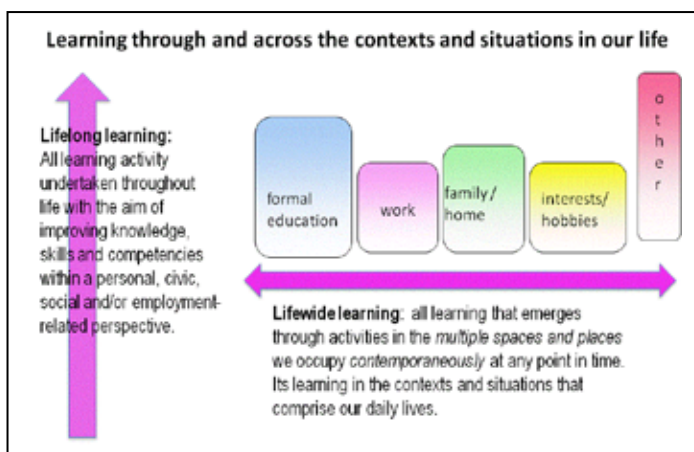
The LDA is a new approach to gaining recognition for learning and personal development you gain while studying for a degree from the activities you undertake alongside but outside your degree programme. The Award is supported and conferred by the Lifewide Education Community, www.lifewideeducation.co.uk.

Participation in the scheme and achievement of the award can be highlighted in your CV and in job applications. More importantly, greater awareness of your own skills, qualities, values and purposes will enable you to market yourself more effectively. Being able to demonstrate your commitment to your own development will show an employer or educational institution that you have developed important life skills to manage your own learning and development. In the process you will develop important knowledge about yourself and the way you learn.

What you have to do to achieve the Award

- 1 Read this Guide and supplementary materials provided on the website so that you are familiar with the purpose of the award and its expectations
- 2 Complete the Registration Form which can be downloaded from the website <http://www.lifewideaward.com/>
- 3 Prepare a lifewide activity map and personal development plan (PDP)
- 4 Create your own website using the weebly.com website building tool.
- 5 Participate in self-determined and self-managed activity and demonstrate your learning and development over at least 6 months (9 to 12 months is the optimum)
- 6 Record your experiences and reflections on what you have learnt in an on-line diary/blog on your website.
- 7 Share and discuss your experiences and personal development with a mentor
- 8 Summarise what you have learnt and how you have developed in a written account, audio or video story or annotated scrapbook and share your account with your mentor.

What is lifewide learning and personal development?



Lifewide learning and personal development encompasses formal and informal learning in the classroom, on work placement, in paid or unpaid work, community service and other voluntary activities, through travel and exposure to other cultures, participation in sporting and artistic activities, running a business or supporting and looking after your family. In fact learning from any aspect of your life. Participating in the scheme will enable you develop a deeper understanding of how you learn and develop in this informal way.

Learning partnerships - the role of mentors

The learning and personal development process is intended to be a 'partnership' in which you are assisted (helped to imagine, plan, reflect, evaluate and communicate your experiences and what you have gained from them) by a mentor. Their role is to:

- 1) **help you get started** answer any questions you might have about the Award, how to prepare your lifewide activity map and personal development plan. He/she will establish email communication with you at the start of your learning process.
- 2) **periodically (eg. once every two weeks) check your website hosting your blog** and where appropriate add comment or questions to help you reflect more deeply or see something from another perspective. Through this process your mentor is witnessing your commitment to your own self-managed

learning and development process and how you respond to the events, situations and opportunities that emerge in your life. You can record these conversations and they can be uploaded to your website as evidence of your reflective and learning process.

- 3) **over period you are involved in the award, your mentor will hold at least three on-line conversations with you** to discuss your experiences and what you have learned and how you think you have developed, and consider your plans for further development. The timing of these conversations is a matter of negotiation perhaps 1) within the first few weeks 2) at 3 months and 3) at five months. The conversations can be conducted through skype or our own oovoo videoconferencing website.
- 4) **receive and review your synthesis account** which draws together what you have learnt and how you have realised your developmental needs and interests over the six month period.

When you have completed your summary account your mentor will **prepare a report** for the Lifewide Development Award 'Accreditation Board' with their evaluation of the evidence and self-evaluations you have provided of your own learning and development.

Process

1 Creating a lifewide activities map

Lifewide Activities Map - April to December 2012

I am an 18 year old student about to start the transition from full time education to university. I am looking forward to going to university. My educational independence will be big change and will provide me with more time available to self be the more focus on my health because of this part of my life.

Academic studies: After I do with I will have more time to spend that learning and studying.

HOME FAMILY: Working after school. Much of my learning comes from home, especially the relationships that we formed. I am both a younger and older sister in my family and a step daughter. My aim is to do the best I can do in all these roles. My mother being leaving, the French culture plays an important role in our lives. After school I will practice football and celebrate various festivals. The French culture is very different to the English culture, especially in a comparison of life. As a home, much of my time is spent reading and watching television, reading in particular helps me improve my imagination and creative ideas.

GOAL: After I go to university I will have to learn to look after myself. In the first year I will be in a host of residence so that should make it a bit more but will still have to sleep, wash, eat and my school. I want to be better.

Work: The summer I spent the week working at a cafe. This was a very valuable lesson. I learnt about the French culture and the importance of that. I gained many things. I improved my language skills and I improved on my skills of better communication. I also learnt a lot through the organisation and the staff that were there. I was able to be the best I could be. I was able to be the best I could be. I was able to be the best I could be.

Future Goals: I hope to do much more travelling in the future, preferably in the UK. I want to see some of the world and to be in another country and help understand the culture.

Personal Goals: After I go to university I hope to get to university by using a train of course but as this is a bad idea of improving my communication, as well as making a healthier lifestyle.

Learning to Believe: I am currently feeling a little bit of a challenge. I was trying to pass my driving test before I was to university but this is not looking hopeful.

GOAL: To feel more confident about my driving, to feel more confident with the responsibility that you have while you are driving for yourself, your colleagues and other road users.

You begin the process by creating a map showing the spaces in your life where you have opportunities for learning and personal development. This process makes explicit your existing opportunities for personal development and areas that you recognise as being worthy of further development which can be incorporated into your personal development activity plan.

2 Creating a personal development plan

IMPORTANT PERSONAL GOALS In the context of your whole life where are the challenges and opportunities? What are you trying to achieve?		
1 To develop the confidence and practical skills to live an independent life at university (addressed in 1-6 below) 2 To make myself more employable (addressed in 1, 2, 3, 4 below and item 5) 3 To help other people		
In respect of these personal goals, WHAT ASPECTS OF YOURSELF DO	WHY? is this important to you?	Additional activities in the next 6 months where you can develop, apply and demonstrate development of
1 My communication skills - especially relating to the use of new media and making new friends	In the workplace communication is vital in leadership and in working as a team member it also means I	There will be many opportunities to improve my communication skills at University, whether this be through clubs and societies or through my course or any work or volunteering I do
2 My creativity	Being creative will help me come up with positive solutions to any problems I may face at	I will continue to work on my blog, I also intend to join a Drama society at university The need for creativity may pop up

Creating a plan helps you organise your thinking about your own development and how you might access and integrate the opportunities available to you. The Award's **Personal Development Planning Framework** invites you to identify important goals, the most important aspects of yourself that you want to develop and the activities in your life through which you are going to try to develop yourself and achieve your goals. Over the course of six months these goals might change so you should revisit your PDAP periodically to update it. You should also recognise in your personal development activity plan some of your most valuable learning and development will be unanticipated.

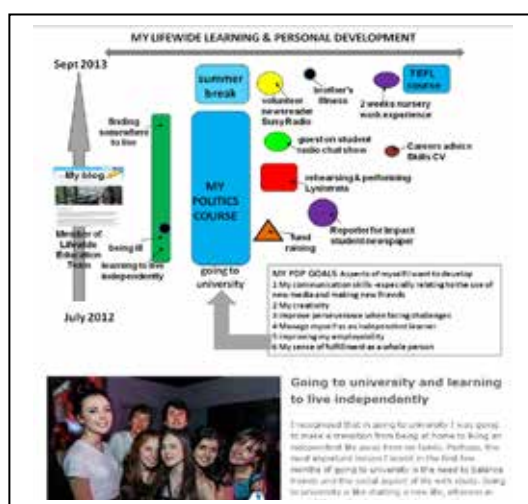
3 Creating a reflective diary or blog



At the start of your development process you will create your own website using the weebly website building tool which we make available to you free of charge. It's very easy to use but there are good video tutorials if you need them. Learning how to create and maintain your own website is a useful outcome from this process. Your website will host your - lifewide activity map, PDP and your reflective learning diary or blog. You can record your experiences and what you have learnt through them as written text, and/or use images, audio and video files. Over time your reflective journal will accumulate a lot of situations that you have encountered, dealt with and learnt from.

Your mentor will periodically monitor and comment on your progress.

4 Synthesise your learning and personal development



Towards the end of your participation in the Award you will look back on your experiences through your reflective diary or blog and summarise what you have learnt and how you have developed.

Your summary account may be a written reflective story (we suggest about 2000 words) or be in the form of a video/audio diary, or a scrap book with your own personal narrative. You may be able to think of other ways of representing your personal development and the Award welcomes novel approaches so discuss your ideas with your mentor. Ideally, you will make your summary account available through your website for your mentor to gain access to it. Your personal account, together with your diary/blog, personal development activity plan and lifewide activity map will provide the evidence of your learning and development.

5 Self-evaluation & Assessment

You are responsible for evaluating and explaining, to your mentor, how you have developed through your self-directed learning process. Your mentor will complete a report outlining his/her view about the evidence you have provided for your own development. In reaching a judgement as to whether you deserve the Lifewide Development Award your mentor is considering:

- Your commitment to your own development through self-directed and unplanned activities. Commitment would be demonstrated by the choices you make about the experiences you choose to participate in or are coincidentally involved in and the ways in which you sustain engagement in such experiences to gain value from them.
- Your self-awareness - your ability to recognize that you are learning and developing through your experiences. Self-awareness of how you have changed – what you can now do that they you couldn't do before, or how you now see and understand things in ways that are different to before you had these experiences.
- Your ability to explain and communicate your self-awareness of learning and personal development in a realistic and convincing way using the tools and frameworks provided, or tools and frameworks that you have created.
- Your commitment to the learning process promoted by the Award. Commitment might be demonstrated through the level of engagement with the process of self-development and the process of thinking about and explaining personal learning through the procedures, tools and frameworks provided.

To find out more about the award and Register visit <http://www.lifewideaward.com/>
An example of a weebly learning & development website, blog and synthesis account can be viewed at: <http://lifewider1.weebly.com/>