



Blended Learning Experience Hackathon

Day in the life of our students

(All names have been changed)



Anna

Think about what you typically do at each point of the day – not just attending scheduled teaching. Include both what you do and how you feel – what makes you feel most engaged and interested? What annoys or frustrates you? What’s easy, and what’s difficult?

<p>Morning</p>	<p>First things first: I need a big mug of tea (probably two..) to start my day off. Once I’m ready, I’ll set up camp at my desk or the dining table, probably with more tea, and finish any reading and seminar prep that I have yet to do. This can be a bit stressful as I always have a lot to get through because my course is completely seminar based. This also means that getting the prep done is important to my learning, without it, seminars don’t make much sense!</p>
<p>Afternoon</p>	<p>Most weekday afternoons I'll either have an in-person seminar or an online seminar- sometimes both! I have one online seminar that I find quite difficult. I’m finding the content hard and because it's a large group I feel like I've been fading into the background. I really like to get involved in seminars but because I've not met most of the group properly sharing ideas makes me nervous. I often leave this class feeling frustrated with myself for not getting involved! I'm far more comfortable in my in-person seminar for my favourite module of the term: Literature and the Environment. The group is much smaller, I've now met everybody in real life, and I know we all share the same passion for environmentalism, so I feel far more engaged.</p>
<p>Evening</p>	<p>After an afternoon class on campus, I begin the descent down St Michales hill. Now we're coming into winter it's always dark and chilly on my walk home, but I really enjoy that because it means I get to see the Christmas steps all lit up! It makes me feel generally cheerier when everyone around me is distancing and wearing masks. Seeing Bristol looking so beautiful and festive also reinforces why I'm here if I leave my seminars feeling a bit disheartened. Once I'm home, I usually start cooking or watch telly. If I need to do more work I will but I've never been an evening worker, so I usually stop for the day at this point. However, as an English student, I find evenings are a good time to read my set texts, so I'll often try to get through a large chunk of a novel!</p>



Barney

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Morning	<p><i>On a day I have a synchronous/face-to-face lecture</i> I finish off essential readings – potentially stressed if I have a lot to read! Re-read notes.</p>	<p><i>On a self-managed day</i> I usually start with modules that have a sooner deadline and then work through the different required tasks for one module before moving onto another. I find it much easier and more engaging if I begin with an asynchronous lecture if one is available so I have a background knowledge of the subject and area of focus before moving onto readings or discussion tasks. I try to set myself targets for completing a modules tasks, although so far I have been far too ambitious with my targets and get stressed when I don’t meet them.</p>
Afternoon	<p>Attend lecture – engagement depends on the challenge presented in the seminar. I get frustrated when I’m in large breakout groups or there is no value add from the lecture over the readings. If f2f, I usually have conversations with classmates after about the course which calms fears if I’m struggling with something.</p>	
Evening	<p>Read a couple of recommended readings based on what interested me during the lecture.</p>	



Belinda

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<p>Morning</p>	<p>First thing every morning I have my devotion/quiet time, I find this helps set the mood of my day. I then either take a shower or clean my room, whatever I am feeling like at the time really. In between these tasks, I am normally listening to a podcast/watching a YouTube video, checking my messages or my emails. I then quickly make breakfast and run to my desk cause at this point I am running late for my first lecture of the day. I have at least one lecture every day and on most days, it is in the morning, so this is a typical routine. My level of engagement depends on if I did the asynchronous work prior to the meeting and how well I engaged with it. I really like the use of breakrooms, but sometimes when that is introduced people leave the lecture all together, which is frustrating.</p>
<p>Afternoon</p>	<p>Sometimes I do not manage to have my breakfast before lectures so at this point, I am having both breakfast and lunch, but on a good day I would have had breakfast and so come lunch time I will still be quite full, so my time is spent doing work, attending meetings and answering emails or just simply checking emails. Also, at some point I will need to go out for air, this could be a walk around Bristol or a trip to Tesco to get Crisps. Then more meetings and more work</p>
<p>Evening</p>	<p>I normally have my dinner, watch a show then get straight into work. This tends to be the best time for me to work, because majority of my work this term has been group work so there is always some meeting going on or people asking me about something during the day, so it's sometimes hard for me to truly focus on my work, but I don't stay up to late because I more of a morning person</p>



Cora

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Morning	After sleeping through 9 of my 10 alarms, I have a relaxing hour or so - have my huge mug of tea and toast, watch some reality TV. Before beginning work, I check my dairy and my 'To do list'. I find it so useful because it helps me to discipline myself and stop myself from getting overwhelmed by work that I have to do. It is also satisfying when you get to tick off a task that you have done! My online seminars are often in the morning and so I focus on ensuring that I have done the readings (or at least as much as I can!) and understand the topic. I am more confident about speaking online because it really has become 'the new normal' (I know, I hate this phrase too) and it is nice to know everyone is in the same boat. I don't have much face-to-face teaching, so these online seminars are my only form of university structure so I really value going to them and interacting with other students.
Afternoon	On afternoons that I do not have online seminars, I try and make sure that I have booked at least a few hours in the library. I am so grateful that libraries are still open and that the hours have increased. Pre-Covid, I was in the library often 8 hours a day because I find it so difficult to motivate and discipline myself when working at home. I really enjoy going to the library at the moment because it provides structure and a degree of normality. I sometimes can find that I get a bit lonely and down if I am sitting in my room all day so pushing myself to walk to the library and surrounding myself with other students is something I really value. I also enjoy the walk down to university – putting on my audiobook while walking down Whiteladies. I always try and make sure that I go on at least one walk a day because I need to a break from my desk and means that I am a lot more productive with my work!
Evening	I try to avoid university work in the evenings and ensure I have finished all my work by at least 7. I work much more effectively in the morning and prioritise the evenings for a bit of a relaxing time! After sitting at desks all day doing university work, I am so stiff and sore and so make sure that I do 30 minutes of yoga to stretch a little! Yoga is also useful for me to separate my working day from my relaxing evening. I enjoy cooking veggie meals so head to my kitchen and put on some funky music. I then tend to watch some TV with my flat mates. I really enjoy having relaxing evenings because it is a way for me to discipline myself in the sense that it motivates me to work during the day so I can take the evenings off!



Carlie

Think about what you typically do at each point of the day – not just attending scheduled teaching. Include both what you do and how you feel – what makes you feel most engaged and interested? What annoys or frustrates you? What's easy, and what's difficult?

Morning	I wake up between 7 and 9, depending on what I have scheduled on the day. I often have a morning clinical skills session (I have these 4x a week on average), so will leave to attend this in the Dental Hospital, which feels weird whilst we are in lockdown. I enjoy these, but they are very different to last year, and I interact with less students than last year. I then walk back to my flat or the library. I normally feel quite productive in the morning.
Afternoon	After I've had lunch, I will be doing asynchronous lectures, studying, or getting on with group work/ coursework. Sometimes I have issues with asynchronous lectures, and often find the workload is a lot more than what is timetabled (e.g. 1h lectures being 2h). I feel as if you can see the lack of communication between the lecturer and students. It is also harder to compare understanding with peers/ see if I'm along the right lines. I have a timetable set for myself normally, but I am more tired from work recently.
Evening	During the evenings I do a workout, or go on a run, which is more difficult now gyms are shut. I then make some food, chat with my flatmates for a while as we all tend to eat at the same times. I then will facetime my boyfriend, my sister or relatives typically. I find the evenings are a lot less enjoyable for me, I am normally active and socialise with coursemates, society mates ect but this is more difficult. I find I have much less of a work life balance this year, which is impacting my motivation to learn, makes me more



Deen

Think about what you typically do at each point of the day – not just attending scheduled teaching. Include both what you do and how you feel – what makes you feel most engaged and interested? What annoys or frustrates you? What's easy, and what's difficult?

Morning	Wake up around 9am (or earlier) depending on what time my first online class is. My first lecture/workshop usually lasting a few hours but find it quite hard to concentrate as I am in the same place as where I have just woken up. Usually find myself getting easy getting distracted or lying on my bed and not getting much work done in the workshop. Try to call my parents if possible
Afternoon	Quickly make lunch or something to eat before returning to my afternoon session again lasting a few more hours. After that finishes I relax for a little bit on my bed not doing much or do some general chores/tasks I needed to do.
Evening	Go to make some dinner or to the shop to get food. Depending on the day, I will either catch up on work, hang out with my flatmates if they are around or do one of my hobbies in the evening usually feeling quite underwhelmed with the day and stressed about the amount of content I have to catch up on and that I did not get finished in the workshops. End up going to bed sometime after midnight depending on the evening activities and plan for next day



Farwa

Think about what you typically do at each point of the day – not just attending scheduled teaching. Include both what you do and how you feel – what makes you feel most engaged and interested? What annoys or frustrates you? What's easy, and what's difficult?

Morning	Wake up around 9, depending on the class time. Catch up on some daily university work, form within my room. Contact my parents and family because they are going through a tough time.
Afternoon	Have my lunch, and go on with some voluntary work, along with the university work, university not daily scheduled in some hours.
Evening	Do the other pre and post lab work alongside with working on other items on the list,, get to finish work early to deters.. Sometimes I volunteer work and sort out family stuff, evening also calls for doing some further research for the course, like presentations and essays.



Gianna

Think about what you typically do at each point of the day – not just attending scheduled teaching. Include both what you do and how you feel – what makes you feel most engaged and interested? What annoys or frustrates you? What's easy, and what's difficult?

Morning	I wake up at 8 am, make a smoothie, feeling energized and happy to start the day. I usually study in the first part of the day.
Afternoon	After lunch, my energy decrease a little and sometimes I take a nap. Then I finish studying and start doing something else.
Evening	I usually go running and cook the dinner. I go to bed between 11 pm-12am



Hana

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Morning	I wake up and have breakfast while watching Ted talks. This builds some inspiration for the day. Then I make a cup of coffee that makes working more enjoyable. My daily lectures are all in the morning but I prefer to watch the recording in the evening to take more time to review the session. Instead in the morning I work on my final year project and write any email. This builds more confidence for the day given that I finish a more difficult task earlier while also being more focused and less tired in the morning.
Afternoon	I continue with my project in the afternoon, or work on my part-time job depending on the day. I then have lunch/dinner.
Evening	I work on listening to the lecture(s) of the day, reviewing them carefully and writing down any misconception to be clarified in the next review session. I spend some time on reading a non-fictional group, learning some French or extra scientific relevant literature before I sleep. The latter helps me develop outside my university learning, although I don't always have the time to do that as it is easy to sweep in uni work or any career application I'm filling atm..



Ileara

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Morning	<p>I like to go for a run in the morning (previously I would have gone to the gym). When I get back, I get ready and have breakfast while I go through social media/watch TV/send any emails/part-time job.</p> <p>Then I start my work; I often have an online live lecture and afterwards I try to work for about an hour and then have a short break. I repeat this a couple of times before lunch.</p> <p>I enjoy attending these online lectures because they are more interactive than pre-recorded ones, even if there is no active participation needed.</p>
Afternoon	<p>After I have lunch, I usually don't go straight back to work. Last year, I used to have lectures in the afternoon so I would have a time to work towards, but I have had everything online since I came back in October so it's not very motivating. I usually get back to work for about 2-3pm.</p>
Evening	<p>In the evening, I finish the lecture notes from the morning and then I work on my project, which is more research online. I usually take longer breaks in the evening and I've started using my textbook for extra reading so I don't have to be online all day.</p>



Jennifer

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Morning	I usually get up 9 and listen to a podcast or music while taking time to make a sit-down breakfast. It helps to boost my mood and get energized for the day. I will already have a library session booked for 10 where I'll knock out in 2 hour blocks at a time the lectures I have this week. I usually assign one of my modules per week-day. E.g. computation for Tuesdays.
Afternoon	I like to take a walk before either going back to the library until 5-6ish or home to my desk to continue on my lecture content/ activities/readings for this relevant week. Mondays I'll have f2f labs for the whole period. Here and there I have a synchronous session for 1 hour spread across the week which I'll blend into my library/ home study blocks. I'll give 2 hours to some external learning.
Evening	Around 6-7 I'll spend a good while making dinner and use it as down time. I'll check emails, book events, library slots, and complete tasks for committees I'm in. I usually have a few committee meeting in the evenings, so I'll attend those. I like to otherwise read or do something creative to really "log off" from the work mindset of my day. Blended Learning Experience Hackathon 2020



Jon

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Morning	Wake up at varying times from 8 to 10. Usually have breakfast and a shower within an hour. I find I work best in the morning and when I get going straight away so I within an 1-1.5hour I'll have checked my emails and I'll start doing the work for my course that I've planned. If the weather is nice and it's not going to be nice for a while I'll go for a walk in the morning or afternoon.
Afternoon	Usually have lunch for an hour or so then return to my uni work until 4 or 5, sometimes 6 or 7. For half an hour after I finish I usually check my emails again and plan the following day and anything new that might have come up during the course of the day. At weekends I try to not do too much work for uni so I'm able to do longer days out with my flatmates.
Evening	The evening during weekdays is my time to do my hobbies and socialise properly with my flatmates.



Kat

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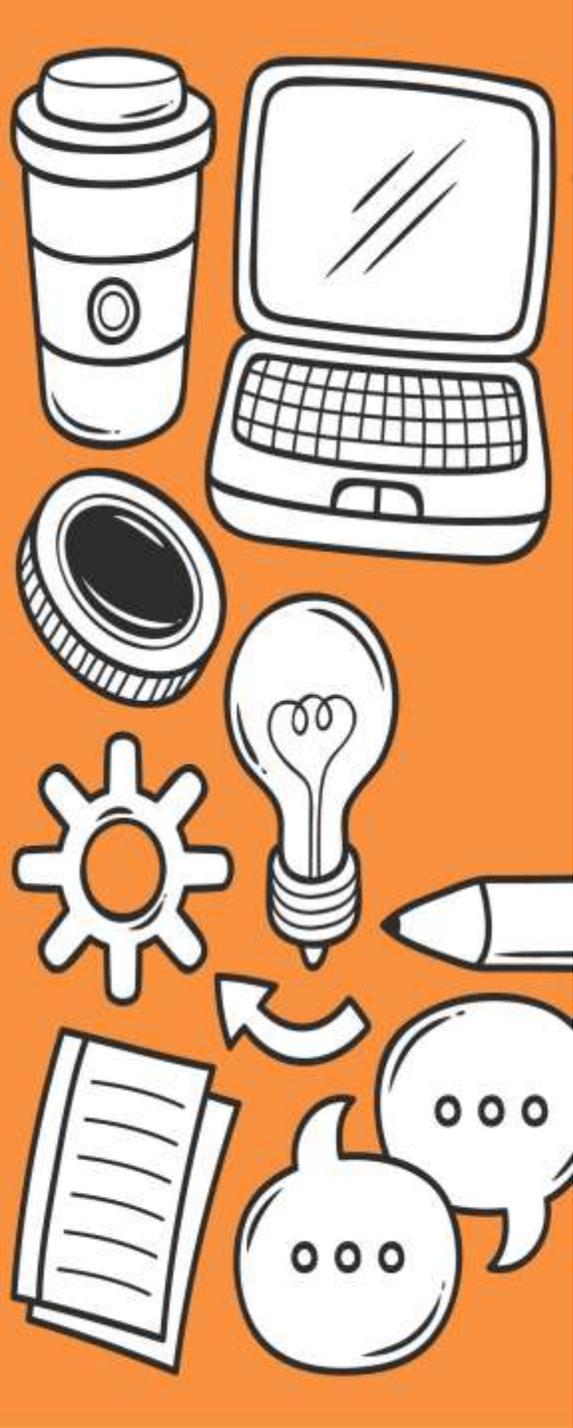
Morning	Wake up at 8am and check my phone. Make breakfast and coffee before starting work at around 9 am. I'll work until 11, then go for a short walk with my friend to get some fresh air and coffee from Pret. Come back and do a bit more work before having lunch.
Afternoon	After lunch I'll do some more work or meet a friend because with lockdown you have to see people outside and it gets dark very early. I'll then go on a run before it gets dark every other day. There isn't really much routine because every day is different: on Mondays I'll have a face-to-face session, some days I'll have sessions on Blackboard Collaborate.
Evening	Tidy my room, cook dinner and spend time with my flatmates. If I still have work to do I'll do that. I'll also ring my friends / parents to catch up with them and plan out the next day before I go to bed.



Lara

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Morning	The first thing I do when I wake up is have a big glass of water and then get ready for the day I.e. brush teeth and get changed. Whilst doing this I also check my notifications from the day before. After this I do low-intensity exercise for around 45 minutes and then go to my desk as by this point my lectures have started. I only have lectures on 3 days a week so I'm not really energised to watch morning lectures.
Afternoon	I have lunch and then look at what work has been set on the DLM from the lecture. I then start to work through it as well as other work which we just get set each week to be completed throughout the week I.e. quantitative chemistry. After I will watch some YouTube and procrastinate a little before going out for a walk to refresh my mind.
Evening	I do a little bit of work but tend to stop when it gets extremely dark. I then have dinner and watch some TV/ Netflix before going to bed or I will join a zoom call run by a society that I'm in if I have one.



Mairead

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Morning	<p>Most mornings I have work as a Homecare assistant. I leave my house at 7:30 – spend an hour at one clients, another 30 minutes at another clients and then finally 2 hours at my last client for the morning. My job makes me feel amazing to be honest, you get to make people's day especially in recent times – some days I am the only person my clients see and bringing smiles to their face and laughter to their day is the best.</p>
Afternoon	<p>Typically, I get home around 13:30 – once I get home, I have some lunch and plan how I am going to use my 5 hours before the evening calls. Normally, I am on a high from the morning shift so plough through the lectures or essential readings. I tend to plan most of the hours in detail thus feel more productive and able to complete my tasks. As I am in third year, I feel I can manage my time and expectations relatively well at this point.</p>
Evening	<p>Depending on how productive I have been, I tend to feel pretty happy. I have to leave again for work around 5:30/6, depending on my shift and don't get back until 10 at night. I tend to come home and commit another hour to work (whether that be planning the next day, going over my notes or my progress for the rest of the term) - I am used to being exhausted at this point but I really enjoy being busy especially during covid..</p>



Nuala

Think about what you typically do at each point of the day – not just attending scheduled teaching. Include both what you do and how you feel – what makes you feel most engaged and interested? What annoys or frustrates you? What's easy, and what's difficult?

Morning	Wake up at 08:00 and have a coffee Log into blackboard in my room Watch lectures while writing notes in my room or head to a seminar / tutorial If I have an in-person tutorial or seminar I try to walk from Stoke Bishop
Afternoon	Shopping for food or go for a walk with a friend Watch more lectures Have a look at what work has been set Might do some chores
Evening	Complete any homework or quizzes Shower Facetime someone or work Bed at 01:00



Olivia

Think about what you typically do at each point of the day – not just attending scheduled teaching. Include both what you do and how you feel – what makes you feel most engaged and interested? What annoys or frustrates you? What's easy, and what's difficult?

Morning	Most mornings I wake up at around 9.30, I have a shower to make myself feel refreshed and ready for a day of work. Eat some toast and check that I've done my pre reading for the day. I then join an online tutorial which most mornings are at 11am. These last an hour, and I try to keep working for an hour after these have finished.
Afternoon	At around 12.30, I try and have a quick walk (around 30 mins) to try and keep my mind focussed. I often use my walk to get into university for an in person lecture, which are either 1 or 2 hours, after this I walk back home and make some food. I try and have an hour off in the afternoon to spend time with my housemates and relax.
Evening	I often have online evening classes at 6pm which last an hour, after these I make dinner and then try and do some worksheets for around an hour to an hour and a half. I would then submit these worksheets the next morning so I have a chance to look over them and check for errors. I make sure that I don't work post 9pm to make sure I have time to avoid too much screen time before bed.



Saira

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Morning	Make breakfast or have a breakfast bar; finalize preparing for the tutorial of the day by reviewing the content and questions; attend the tutorial. After an intense focus session I usually take a break, and on half the days I have a slot booked to study in one of the nearby study spaces.
Afternoon	I have a meal or snack, usually this is where I go through other responsibilities I have (societies, human rights clinic, legal opportunities applications, BILT, and others...) I also would usually have a meeting or webinar to attend.
Evening	I either prepare to cook a meal or have something pre-prepared so I heat it up, I also continue studying for the forthcoming tutorial, virtually connect with family or friends from back home, watch an episode or youtube video, and sometimes go for a walk with friends



Walter

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Morning	I wake up and it takes me a while to find motivation to get down to things. I found that it helps if I go to the library in the morning as opposed to studying at home because my room is where I now spend so much time – fresh air improves my productivity. I then have a 11am lecture that is quite pointless because the lecturers say they cannot present any new content in the on campus session. It's rather a Q&A session as opposed to a worthwhile lecture. I go anyway because it gives me the chance to walk and be outdoors when commuting.
Afternoon	Afternoon lecture – online. Okay but I've got slow internet – Blackboard Collaborate is too demanding for broadband to allow me have my camera on and stable. I can only have my mic on which makes it quite hard to engage throughout – it's tempting to zone out and do things on the side.
Evening	