

A Celebration of Peer Assisted Learning (PAL) for BSc (Hons) Nutrition



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Session aims

- Overview of Bournemouth University's Peer Assisted Learning (PAL) scheme
- Report on extended (2nd year) PAL on BSc. Nutrition
- Experience some typical PAL learning activities

Icebreaker

Find your group – who else has a picture similar to yours?

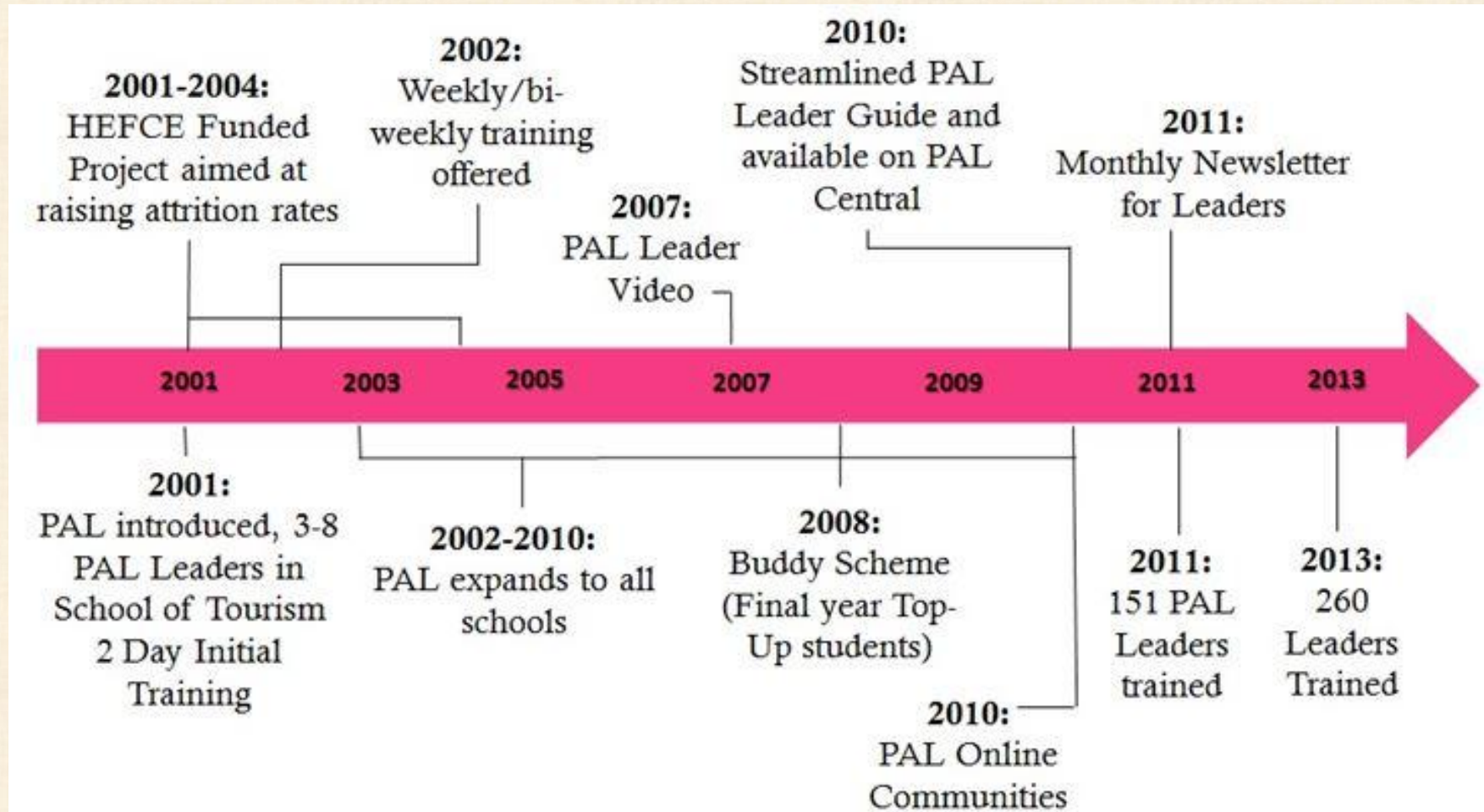


What is PAL at BU?

“Peer Assisted Learning (PAL) is a scheme that fosters cross-year support between students on the same course. PAL encourages students to support each other and to learn collaboratively under the guidance of trained students, called PAL Leaders, from the year above.” (Bournemouth University 2015)

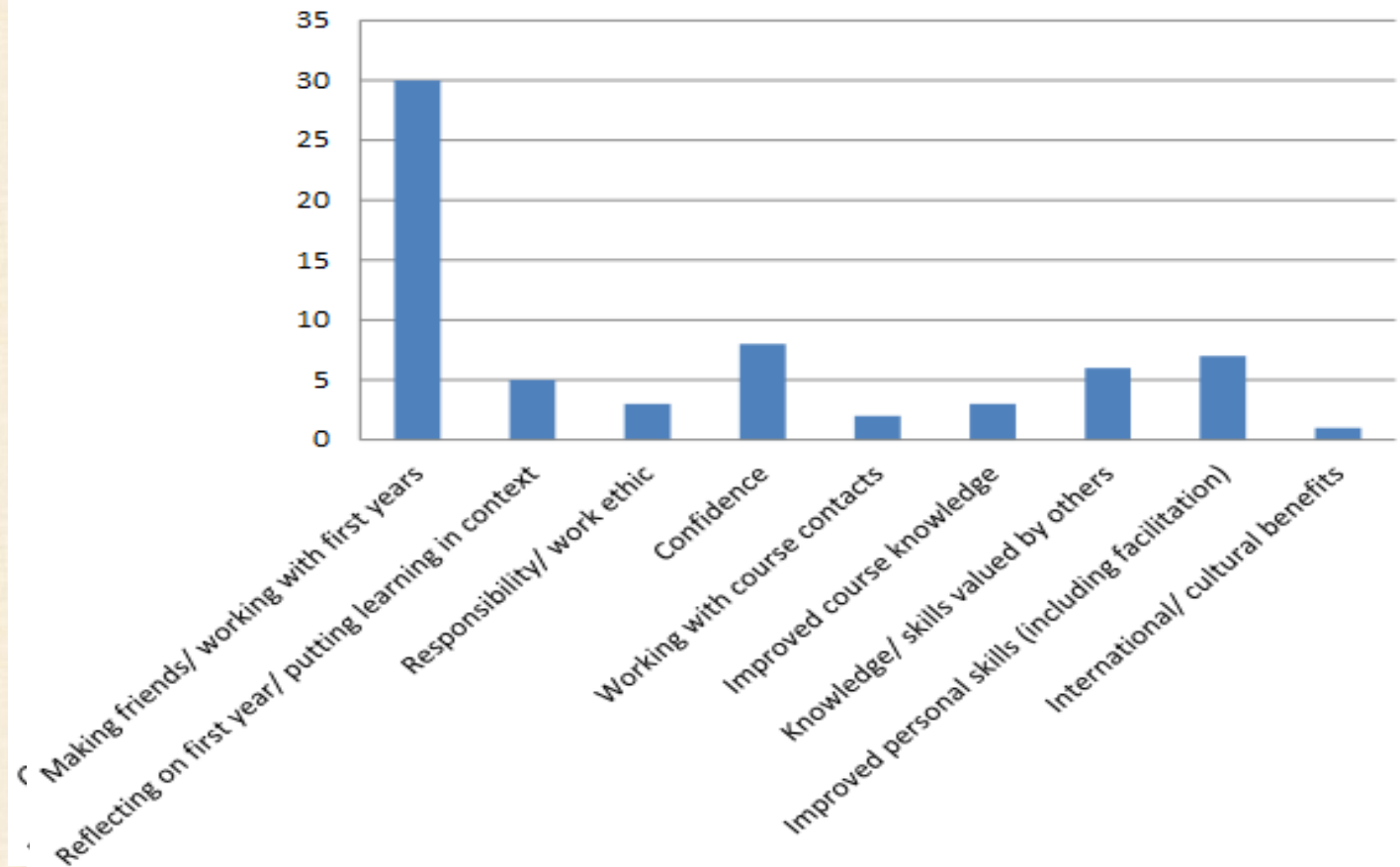


History of PAL at BU



What are the benefits of PAL?

4. An unexpected benefit I gained through my role as a PAL Leader was . . .



Activity

- Individually, write down on a post-it note one way that you think peer assisted learning could contribute to the theme for your group (Interprofessional working; Employability; Students as Partners; Internationalisation or Imagining learning development) (2 mins)
- As a group, discuss the themes from your post it notes (5 mins)
- Share your learning with the group (5 mins)

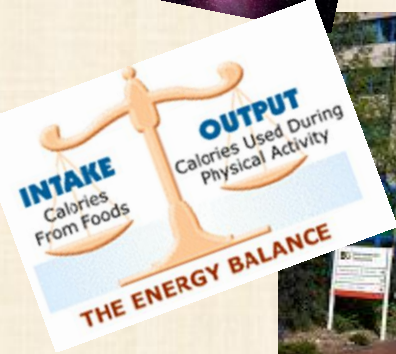


Nutrition degree at Bournemouth



The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



<http://www.photos4travel.com/travel-guides/bournemouth/map>

Student Characteristics:

- Age
- Culture/Ethnicity
- Educational background
- Pre-entry skills & abilities
- First in family to go to university
- Away from home (accom./distance/Country)
- Nutrition Interests/focus & goal commitments



Incorporates



Lectures

Seminars

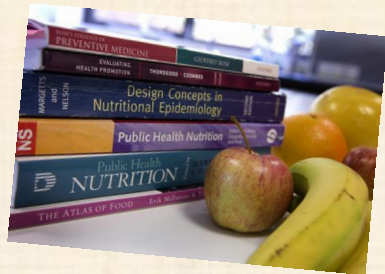


**Laboratory
Practicals**

**Nutrition
Programme**



**Independent
Study**



**Research
Projects**

**Placement
Experience**



Introduced to Nutrition:

- **YEAR 1 – 2009/10**
- **YEAR 2 – 2012/13**

Focus group interviews (April 2014)

- **First Year Students**
 - Attended PAL in first year (n=4)
 - Age 19-28
- **Second Year Students**
 - Attended PAL in year 1 and in Year 2 (n=5)
 - Age 19-25

Key Themes

YEAR 1 - Student Quotes

Role model -
if they can do
it so can I!

“They'd already done it and they knew what was expected - so that helped a hell of a lot”
“told us issues they had had when they first started and how to get around them – their experiences – so I'm not the only one”
“it makes it better - they were once where you were and they got through the year fine”

Increased
sense of
wellbeing

“Obviously you are going into the unknown and its your first assignment, exam, and chemistry – it was more to put my mind at rest”
“took away anxieties , erm, that unsure feeling whether I’m doing the right thing”
“ good at assuring you, I wasn’t panicking as much – sort of helped me stay calm”
“good to know you can do it - the scary year you have to get through - Kinda good for easing tension”
In the first year, you know, everything is brand new, so its more like kind of putting your mind at rest”

Rest Assured

“Saving up questions you don’t want to ask the lecturer – easier tasks, silly questions you feel embarrassed about but are not. You can ask them as its more informal “
“I don’t think there are any negatives” there's normally something to take away – good reassurance – reinforced”

'YES' for
Year 2

“ I definitely would say to have it next year as well”
“the 2nd year, I think personally I would use them more like to help me with my work, rather than where things are and what's expected like in our first year”

Student quotes from PAL experiences in Year 2

Theme 1: Everything Counts!

"Every thing counts this year toward your final grade"

"I think much more than 1st year, it's helped us a lot more this year and a lot more people have turned up"

"attendance is bit more this year than last because everything counts"

"I think PAL is important for both years but 2nd year is probably more important"

"last year it was more like just getting settled into uni"

"This year its been straight in and focussing on assignments - very helpful"

Theme 2: Driven by Nutrition!

'The PAL sessions with two 3rd years was very helpful and allowed me to make up my mind about my options for year 3.

"speaking to 3rd year PAL leaders helped me to relate subjects we've had so far to nutrition and built my confidence - helps a lot"

"helped me see the importance of the assessment methods in 2nd year... helped my understanding of key skills I would need as a nutritionist"

Theme 3: Two heads are better than one!

"being able to discuss the assignments with a bunch of different people rather than just like doing it on your own"

"Having another perspective on assignments because you might be looking at it one way and someone else/PAL leaders mention something you hadn't thought off - two heads are better than one so to speak"

"Builds up my critical thinking when hearing others views - gives me food for thought ha ha"

"getting advice from someone who isn't like a lecturer, like someone who's actually done it"

YEAR 2 – Recommendations for Improvement

Continue the PAL scheme in YEAR 3

Run PAL sessions in the same room as the course lecture preceding it

Staff to inform PAL leaders if they make any changes to timetable, unit structure, and unit activities/tasks.

Ensure PAL is timetabled for days when students are on campus

Where to next?

- Starting 2015 – first Integrated Masters in Nutrition (MNutr) in UK
(4th year PAL leaders for year 3?)
- Encouragement for all programmes in Faculty of Health & Social Care and wider university:
 - To implement the PAL Scheme
 - To continue the scheme in Year 2

Activity

- You have 2 minutes to write a “lightening paper” on this session.
- Include KWL:
 - 1 thing you **K**now.
 - 1 thing you **W**ant to know.
 - 1 thing you have **L**earnt.

THANK YOU