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|  | tud_logo |
|  | Lerntagebuch |
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|  | PRO-SRL-EVA: TU Darmstadt |
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| *1. Beginn* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Welchen Teil des Lerntagebuchs möchten Sie nun ausfüllen?** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tagebuch Teil I (vor der Lernphase) | | | | | | | | | | |  |  | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tagebuch Teil II (nach der Lernphase) | | | | | | | | | | |  |  | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *2. Wenn „Tagebuch vor der Lernphase“ angegeben wurde*  *Stimmung* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Wie fühlen Sie sich gerade?** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Positive Aktivierung* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| energielos |  | | | | | |  | | |  | | | |  | | | | | |  | | | | | | | | |  | | | | | | energiegeladen | | | | |
| lustlos |  | | | | | |  | | |  | | | |  | | | | | |  | | | | | | | | |  | | | | | | motiviert | | | | |
| *Negative Aktivierung* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| entspannt |  | | | | | |  | | |  | | | |  | | | | | |  | | | | | | | | |  | | | | | | gestresst | | | | |
| sorgenfrei |  | | | | | |  | | |  | | | |  | | | | | |  | | | | | | | | |  | | | | | | besorgt | | | | |
| *Valenz* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| unzufrieden |  | | | | | |  | | |  | | | |  | | | | | |  | | | | | | | | |  | | | | | | zufrieden | | | | |
| unglücklich |  | | | | | |  | | |  | | | |  | | | | | |  | | | | | | | | |  | | | | | | glücklich | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Zeit*  **Wieviel Zeit möchten Sie heute in das Lernen investieren?** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| \_\_\_ Stunden | *Schieberegler 0 - 23* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| \_\_\_ Minuten | *Schieberegler 0 - 59* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ich lerne heute nicht. | | | |  | *Falls diese Option gewählt wird: springen zu 5* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Ziel* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Welches Ziel haben Sie sich für Ihre heutige Lernphase gesetzt?**  Antworten Sie stichpunktartig. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Textfeld* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| **Inwiefern treffen folgende Aussagen auf Sie zu?** | | | | | | | | | | | | | | | unzutreffend | | | | | |  | | | | |  | | | | |  | | | | | | |  | zutreffend |
| *Motivation* | | | | | | | | | | | | | | |  | | | | | |  | | | | |  | | | | |  | | | | | | |  |  |
| Ich bin sehr motiviert, mein heutiges Ziel zu erreichen. | | | | | | | | | | | | | | |  | | | | | |  | | | | |  | | | | |  | | | | | | |  |  |
| *Selbstwirksamkeit* | | | | | | | | | | | | | | |  | | | | | |  | | | | |  | | | | |  | | | | | | |  |  |
| Ich bin sehr sicher, mein heutiges Ziel zu erreichen. | | | | | | | | | | | | | | |  | | | | | |  | | | | |  | | | | |  | | | | | | |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Planung* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Inwiefern treffen folgende Aussagen auf Sie zu?** | | | | | | | | | | | | | | | unzutreffend | | | | | |  | | | | |  | | | | |  | | | | | | |  | zutreffend |
| Ich plane mein heutiges Vorgehen in konkreten Schritten. | | | | | | | | | | | | | | |  | | | | | |  | | | | |  | | | | |  | | | | | | |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *3.1 Wenn „Tagebuch nach der Lernphase angeben“ und der Prä-Teil ausgefüllt wurde*  *Stimmung* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Wie fühlen Sie sich gerade?** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| energielos | |  | | | |  | | |  | | | |  | | | | | |  | | | | | |  | | | | | | | | | energiegeladen | | | | | |
| lustlos | |  | | | |  | | |  | | | |  | | | | | |  | | | | | |  | | | | | | | | | motiviert | | | | | |
| entspannt | |  | | | |  | | |  | | | |  | | | | | |  | | | | | |  | | | | | | | | | gestresst | | | | | |
| sorgenfrei | |  | | | |  | | |  | | | |  | | | | | |  | | | | | |  | | | | | | | | | besorgt | | | | | |
| unzufrieden | |  | | | |  | | |  | | | |  | | | | | |  | | | | | |  | | | | | | | | | zufrieden | | | | | |
| unglücklich | |  | | | |  | | |  | | | |  | | | | | |  | | | | | |  | | | | | | | | | glücklich | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Zeit*  **Wieviel Zeit haben Sie heute insgesamt in das Lernen investiert?** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stunden | | *Schieberegler 0-23* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Minuten | | *Schieberegler 0-59* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Wieviel Prozent der Zeit haben Sie davon effektiv genutzt?** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Schieberegler 0-100* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Ziel*  **Schauen Sie sich noch einmal Ihr heutiges Ziel an:** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *VP bekommen hier ihr Ziel angezeigt, das sie im Prä-Teil angegeben haben.* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Zu wieviel Prozent haben Sie Ihr heutiges Ziel erreicht?** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Schieberegler 0-100* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Was hat dazu geführt, dass Sie Ihr heutiges Ziel (nicht) vollständig erreicht haben? Wie gehen Sie mit diesen Erkenntnissen um?**  Antworten Sie stichpunktartig. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Textfeld* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *3.2 Wenn „Tagebuch nach der Lernphase angeben“ aber der Prä-Teil nicht ausgefüllt wurde*  *Stimmung* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Wie fühlen Sie sich gerade?** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| energielos | | |  | | | | |  | | |  | | | | |  | | | | | | | |  | | | | | |  | | | | | | energiegeladen | | | |
| lustlos | | |  | | | | |  | | |  | | | | |  | | | | | | | |  | | | | | |  | | | | | | motiviert | | | |
| entspannt | | |  | | | | |  | | |  | | | | |  | | | | | | | |  | | | | | |  | | | | | | gestresst | | | |
| sorgenfrei | | |  | | | | |  | | |  | | | | |  | | | | | | | |  | | | | | |  | | | | | | besorgt | | | |
| unzufrieden | | |  | | | | |  | | |  | | | | |  | | | | | | | |  | | | | | |  | | | | | | zufrieden | | | |
| unglücklich | | |  | | | | |  | | |  | | | | |  | | | | | | | |  | | | | | |  | | | | | | glücklich | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Zeit*  **Wieviel Zeit haben Sie heute insgesamt in das Lernen investiert?** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| \_\_\_ Stunden | | *Schieberegler 0-23* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| \_\_\_ Minuten | | *Schieberegler 0-59* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Wieviel Prozent der Zeit haben Sie effektiv genutzt?** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Schieberegler 0 - 100* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *4. Gemeinsamer Teil*  *Lernverhalten* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Bezogen auf die heutige Lernphase: Inwieweit treffen folgende Aussagen auf Sie zu?** | | | | | | | | | | | | | | | | | unzutreffend | | | | |  | | | | |  | | | | |  | | | | |  | | zutreffend |
| *Ergebnisse* | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | |  |
| Ich habe gute Ergebnisse erzielt. | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | |  |
| *Verständnis* | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | |  |
| Ich habe ein tiefes Verständnis bekommen. | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | |  |
| *Motivation* | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | |  |
| Ich habe meine Motivation aktiv aufrechterhalten. | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | |  |
| *Anstrengung* | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | |  |
| Ich habe mich heute sehr angestrengt. | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | |  |
| *Vorsatzbildung* | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | |  |
| Ich habe mir Vorsätze für die nächste Lernphase gebildet. | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | |  |
| *Reflexion* | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | |  |
| Ich habe mein eigenes Lernverhalten reflektiert. | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | |  |
| *Schwierigkeiten* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Mir sind heute folgende Schwierigkeiten beim Lernen begegnet:** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | unzutreffend | | | | |  | | | | |  | | | | |  | | | | |  | zutreffend |
| Nachlassende Konzentration | | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  |  |
| Störungen von außen | | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  |  |
| Nachlassende Motivation | | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  |  |
| Verständnisschwierigkeiten | | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  |  |
| Ungeeignete Lernstrategien | | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  |  |
| Zeitmangel | | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  |  |
| Zweifel an meinen eigenen Fähigkeiten | | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  |  |
|  | | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  |  |
| **Sonstige Schwierigkeiten** | | | | | | | | | | | | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  |  |
| *Textfeld* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| *5. Ende* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Achtung: Drücken Sie auf Abschließen, damit Ihre Eingaben gespeichert werden.** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |