

My 6 Week LEAP Online Plan:

Needing to complete a total of 15 LEAP Online Badges may sound a little daunting at first but if you follow this plan it will take no more than 15 minutes each day you have an activity to complete.

In the calendar below we have included the badge title and linked to the homepage, click the links to begin to complete the badge.

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	<u>LEAP Online Introduction</u>	<u>University Emails</u>	<u>#UniAsItShouldBe</u>	<u>Moodle</u>	<u>Mobile Apps</u>
Get off to a great start and complete 5 LEAP Online Badges! These badges will help you get to grips with University systems.					
2		<u>Online Safety</u>	<u>Microsoft Office</u>	<u>Social Media</u>	
With a lot of teaching being online, now is a good time to complete these badges.					
3	<u>Making the most of 1st year</u>	<u>Goal Setting</u>			
Now you know about how to use the systems in place to support your studies, you can start to think about how you are going to make the most out of your time at UoB.					
4	<u>Stress Management</u>		<u>Time Management</u>		<u>Work-Life Balance</u>
Trying to adapt to university life can be difficult. This week we will look at how to balance work, home and university life.					
5		<u>Mindfulness</u>			
You have now been at university for 1 month. This week it is time to reflect, catch up and practice some mindfulness.					
6	<u>Turnitin</u>				
We have chosen the Turnitin badge for you this week as soon you may be required to submit assignments via Turnitin as part of your studies.					