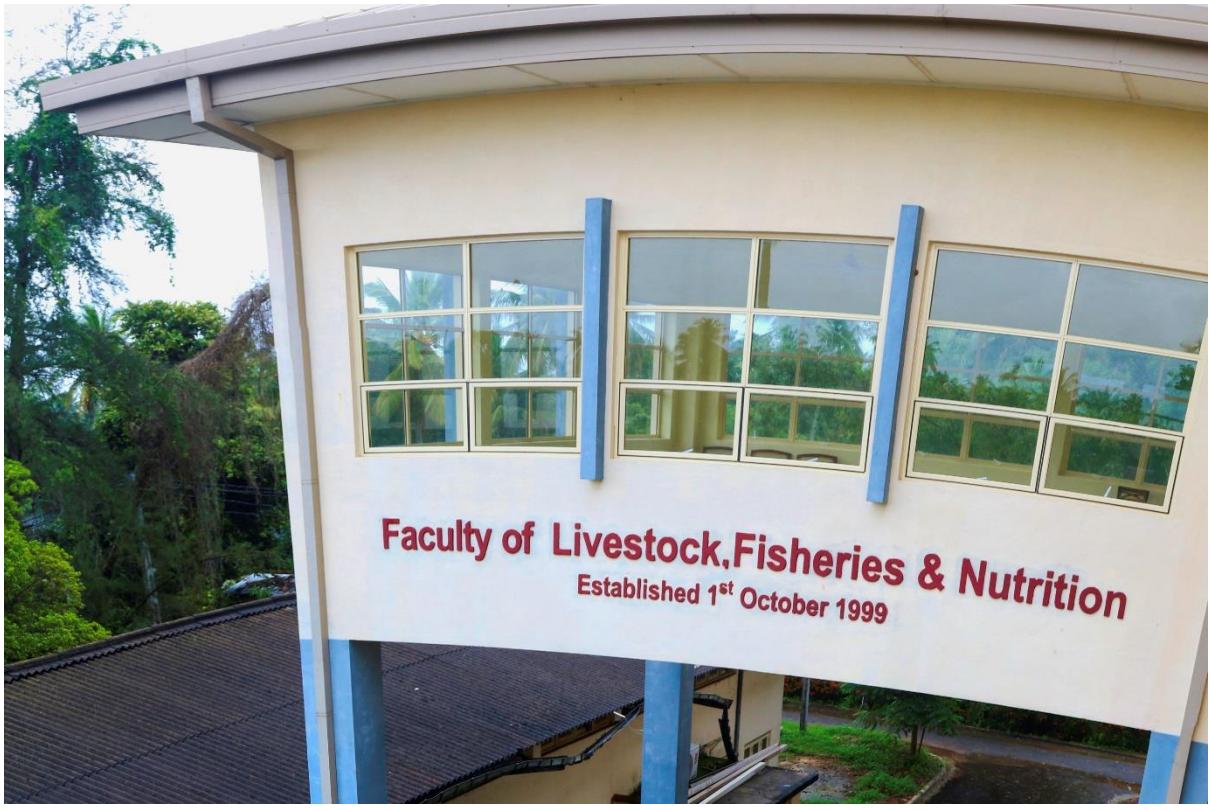
Writing My Story, My Way...

Student Portfolio

Faculty of Livestock, Fisheries & Nutrition



Wayamba University of Sri Lanka

Call me

Recognize me for*

Contact me

*What are the skills you bring? What are the attitudes you carry? What sets you apart as a unique person? What goals have you set?

Your picture goes here

It's me Now

I introduce myself as a …….

How/where would you imagine yourself in 2030.

Let us know by adding a fun picture

In 2030

You can meet me

@……

as

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(Feel free to write your dream)

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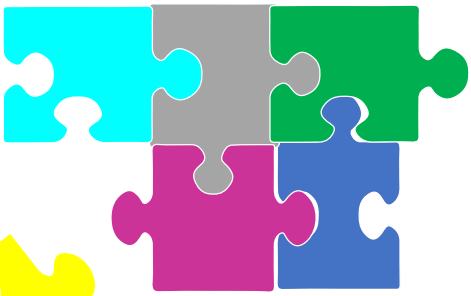
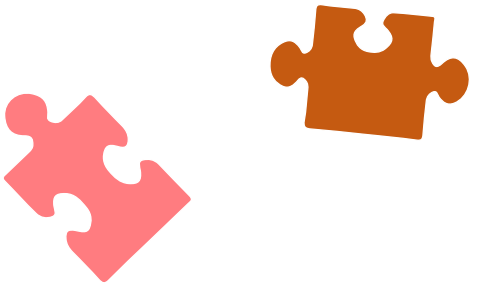
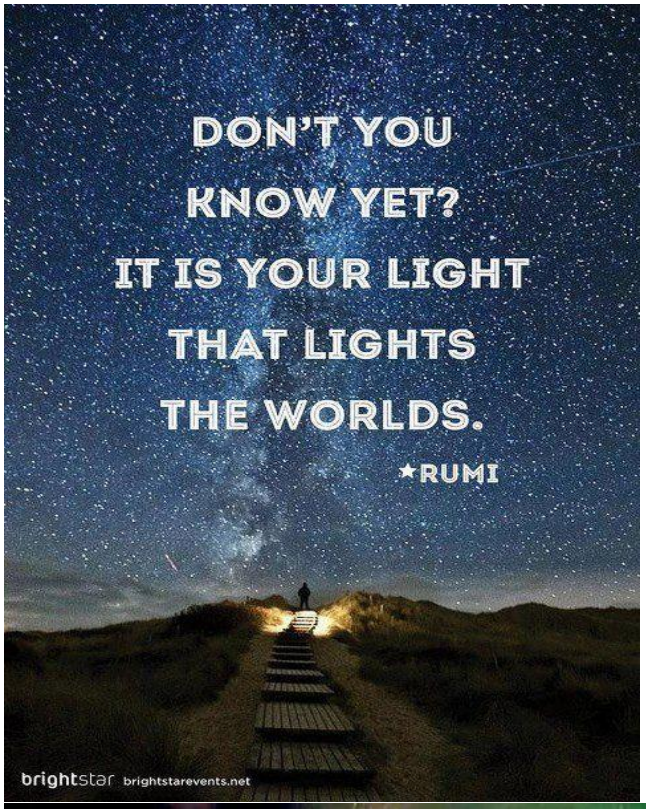
Milestones of my life...

Building my Picture...

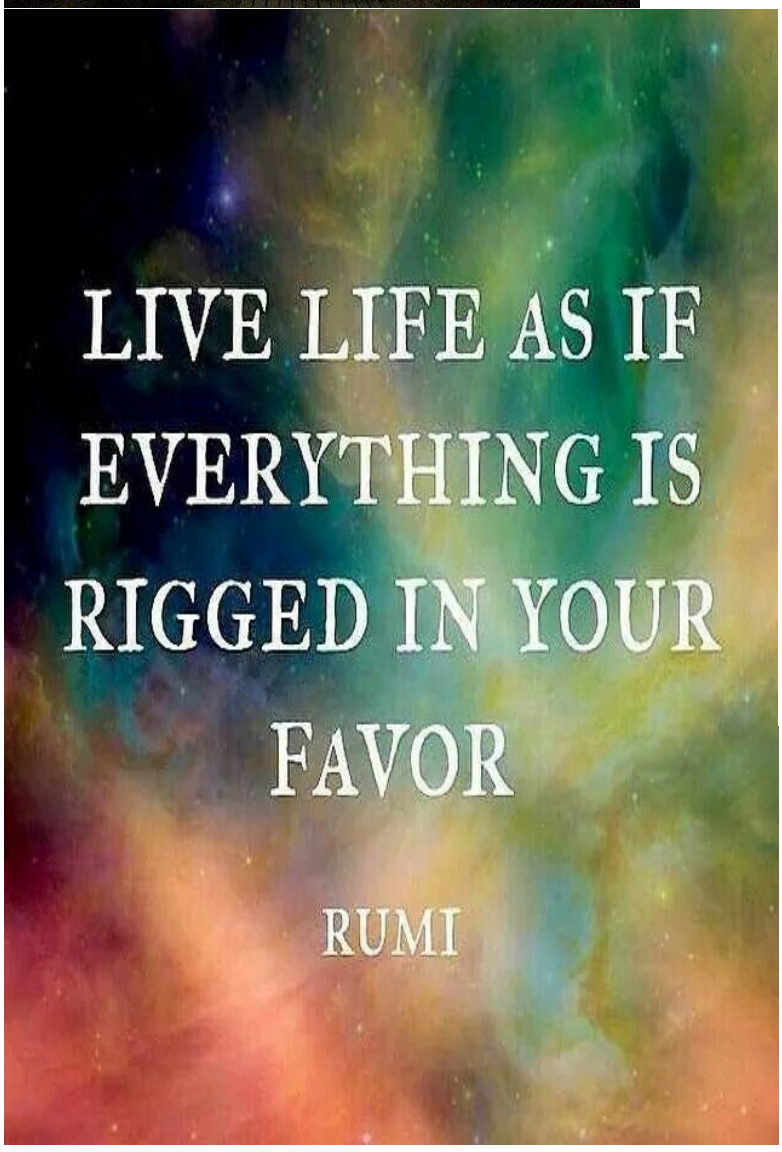


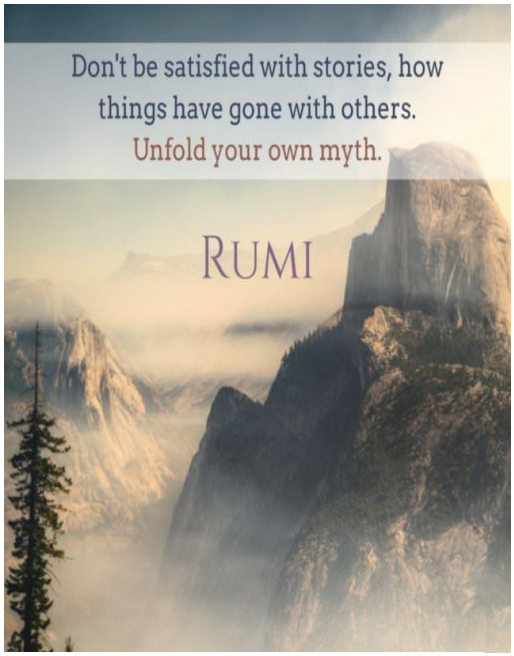


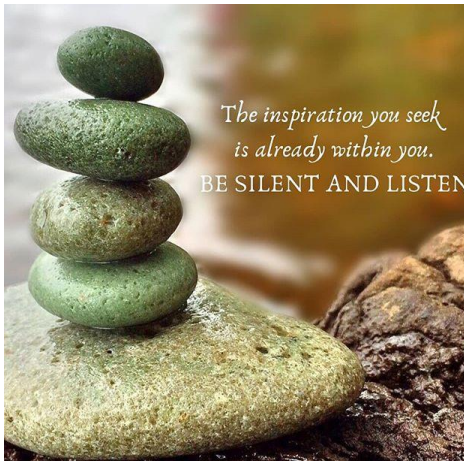
(*Feel free to sketch or write the things that you are expecting from this degree, university life and being a member of the WUSL family)



"The universe is not outside of you. Look inside yourself; everything that you want, you already are"
-Rumi







Me at the Talent Show

We had our talent show on ……

Share picture/s of you in the talent show

My role

What are the key lessons I learned during the talent show

My self-assessment before I begin my First year.....

	I do not know at all	I know a little bit	I know	I know very well
Continuous Assessment (CA)				
Compulsory, Elective & Non-Credit Courses/Required Courses in the course structure				
Optional Courses				
Research project and how you conduct it				
Industrial training				
Course outlines				
Exam procedure				
Quizzes, assignments, summative and continuous exams				
Minimum Final Grade Point Average (FGPA) to complete the degree				
How GPA is calculated, and classes are decided				
Numbers of attempts that are allowed for an end semester Examination				
The maximum allowable time to complete each degree				
Impacts of penalties, punishments and exam offenses on GPA and classes				
Medical leave acceptance for exams				
By-laws of the faculty				
Procedure to inform inability to attend the lectures or practical sessions, in case of an illness or any other reasons				
How to obtain support for hostel facilities				
How to obtain financial support for your study				
How to obtain support for student activities				
What is Deans' List and how to apply for Faculty Awards				
How to submit a complaint				

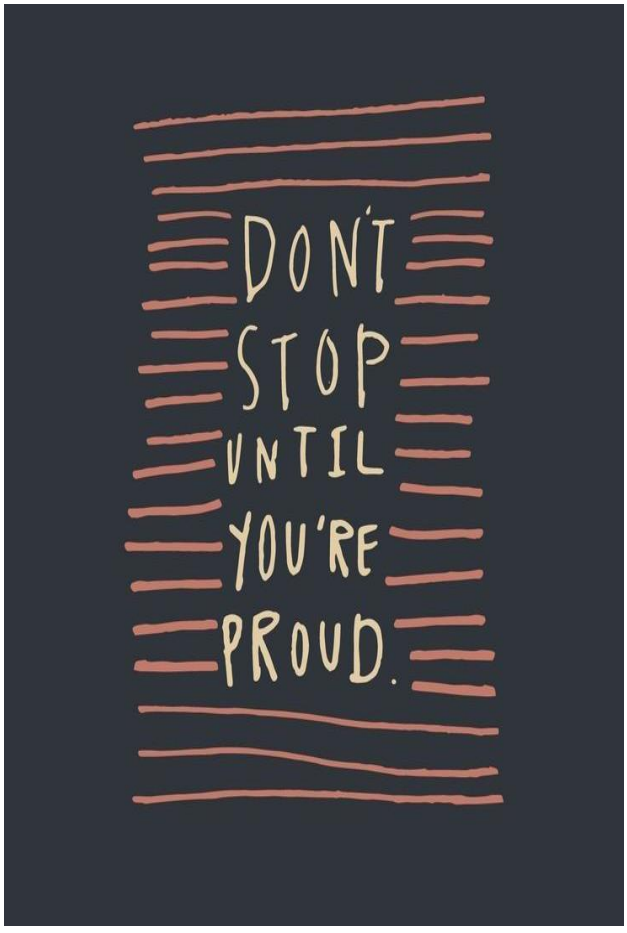
	I do not know at all	I know a little bit	I know	I know very well
In-house and online resources in library				
Student union and its role				
Student clubs and associations				
Sports facilities				
Support available for your emotional and mental wellbeing				
Respecting gender equality and equity, exercising sexual freedom as an adult, implications of sexual harassment and reporting				
I'm aware of respectful relationships and what is deemed as sexual harassment (physical and verbal)				
I understand diversity in gender and relationships and my right to accept and/or object to such relationships				
What is mental wellbeing, what type of support systems provide practical and emotional support within and outside of the university				
Professional conduct and grooming myself to the next level of my life				
Career opportunities in your field				
Applying for higher studies, IELTS, TOEFL, GRE, CAE, PTE, OET and other requirements				
Opportunities for lifelong learning				
Relevant memberships in professional associations				
Opportunities for entrepreneurship and start-up business (WUBIC, BREAD)				
Soft skills for career development				
Co-learning to improve your skills				

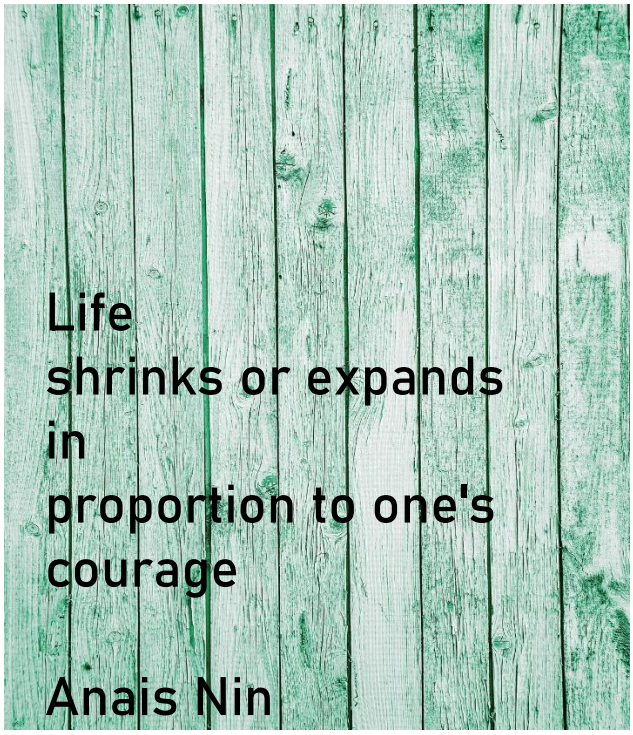
"My mentor said, 'Let's go do it,' not 'You go do it.' How powerful when someone says, 'Let's!'" -Jim Rohn-

"In learning you will teach, and in teaching you will learn."
– Phil Collins –

A mentor empowers a person to see a possible future, and believe it can be obtained

-Shawn Hitchcock-





"A mentor is someone who allows you to see the hope inside yourself."

-Oprah Winfrey-

Year 1 Semester 1	
Name of your Mentor:	
Date of Meeting:	

Academic Progress:

No	Course Code	Title	C/E/NC	Grade
01				
02				
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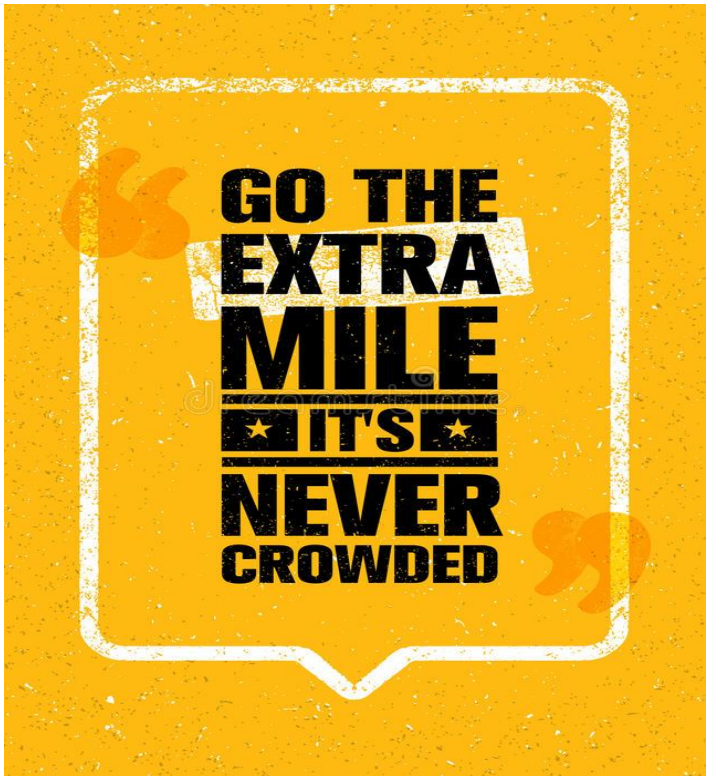
12				

Semester GPA: **Cumulative GPA:**

Student Self Evaluation Report

Please write briefly what you have been doing this semester [E.g.: You would include information on activities approved by the Faculty Board/University such as sports, involvements in academic societies, other extra-curricular achievements, etc.].

Date	Activities	Name & Signature of the Officer In-charge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My analysis of my performance

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Mentor's observations / remarks

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Key 1-3 points me and my mentor agreed **together** to improve **me**

1. .....
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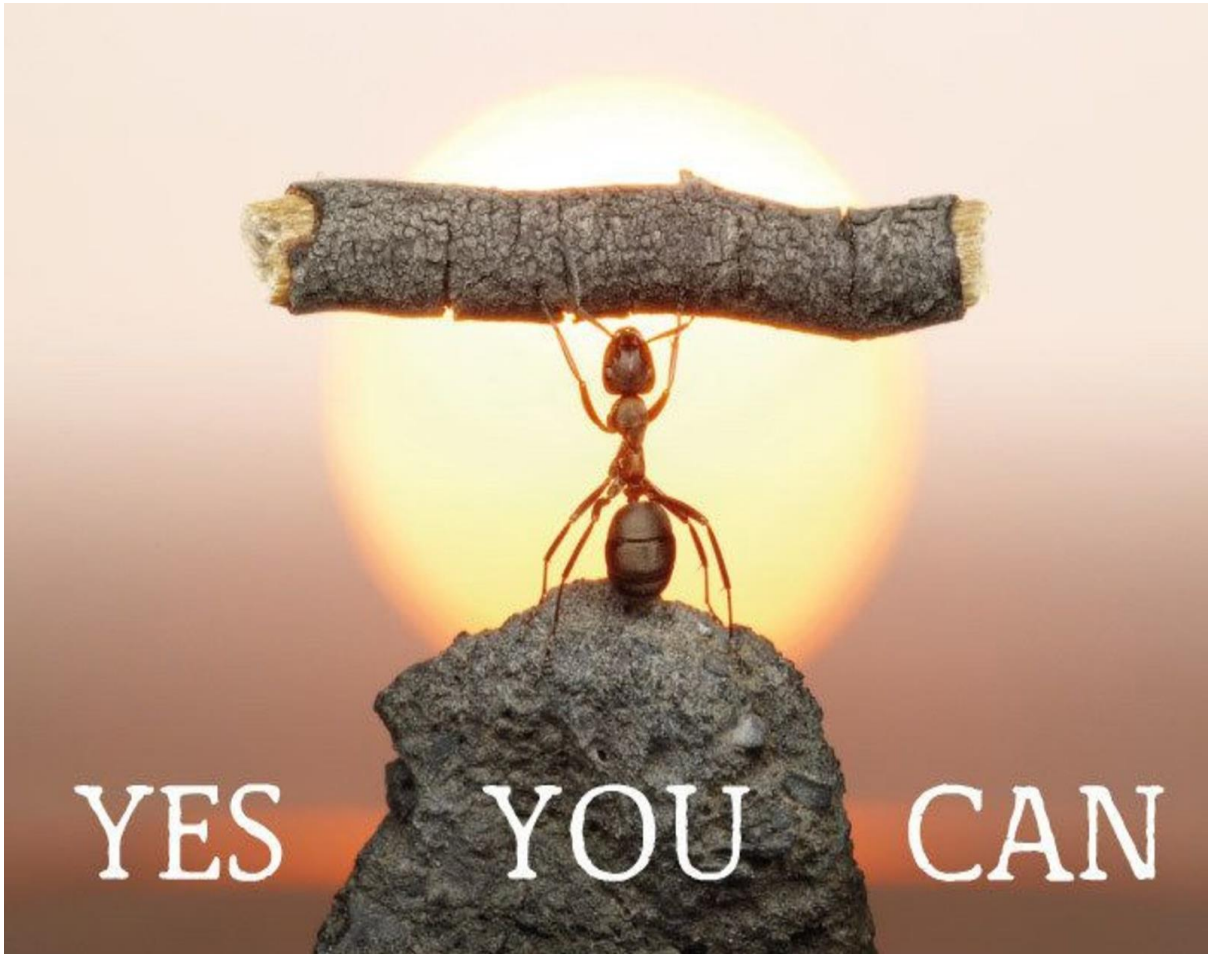
Date Signature



Believe
Achieve
Succeed

Year 1 Semester 2	
Name of the Mentor:	
Date of Meeting:	

Academic Progress:

No	Course Code	Title	C/E/NC	Grade
01				
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12				

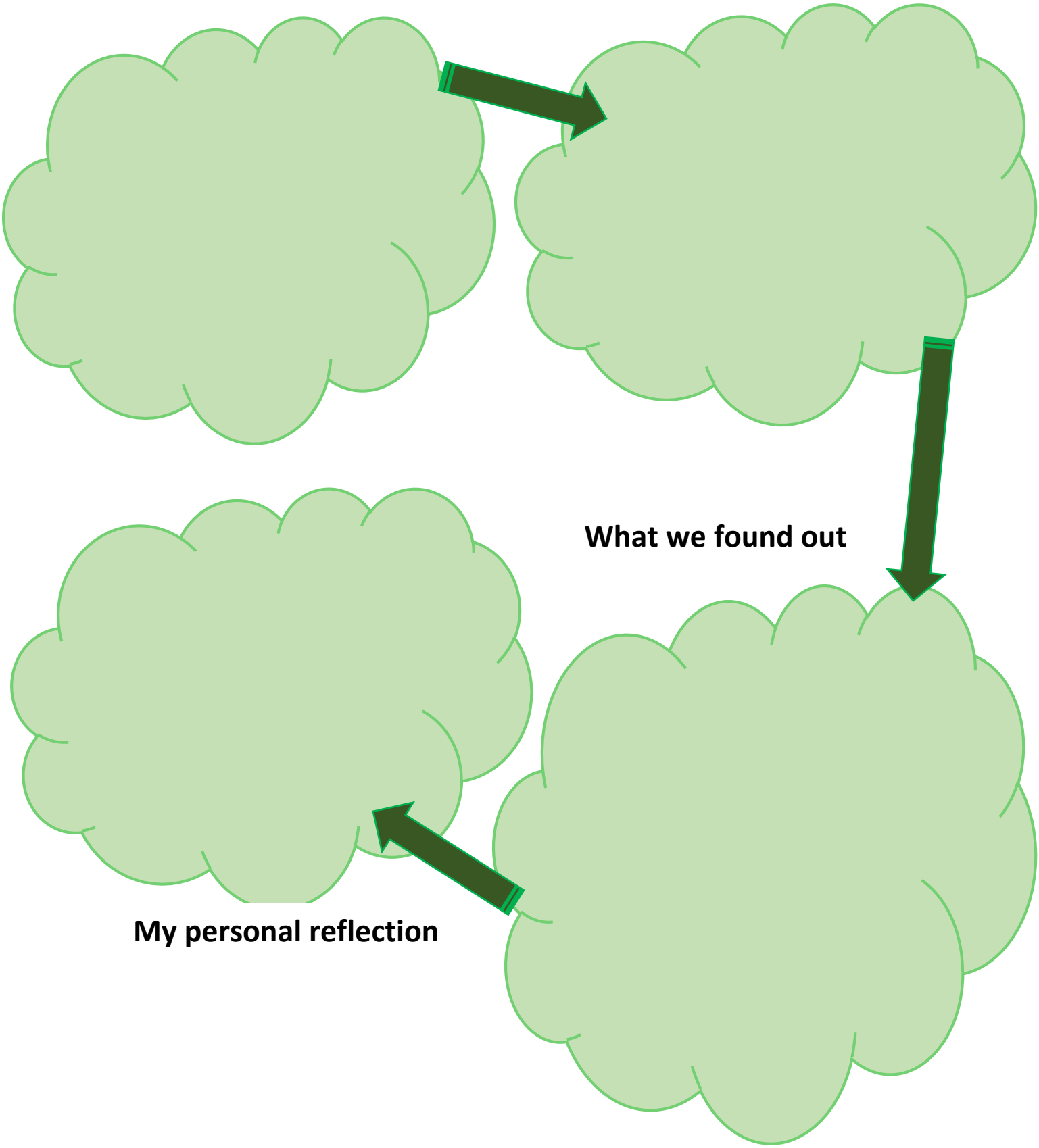
Semester GPA: **Cumulative GPA:**

My learning outcomes from Social Harmony & Conflict Resolution

Our group topic:

My buddies:

My supervisor for the project:



[Be creative in filling this part of your story at WUSL]

Special Assignment

Mention the relevant information regarding your special assignment

Type of the training You received	Institute/ Organization	Tasks you performed

Date

Signature of the Supervisor

~~WISH FOR IT~~

WORK FOR IT

Student Self Evaluation Report:

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Date	Activities	Name & Signature of the Officer In-charge

My analysis of my performance

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Mentor's observations / remarks

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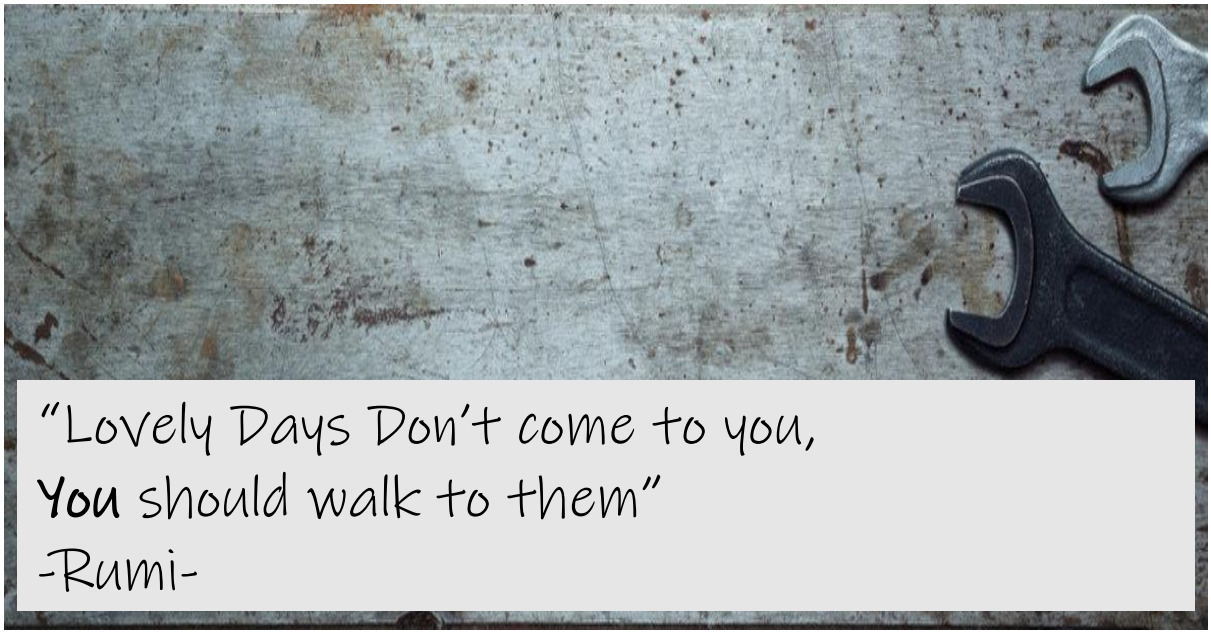
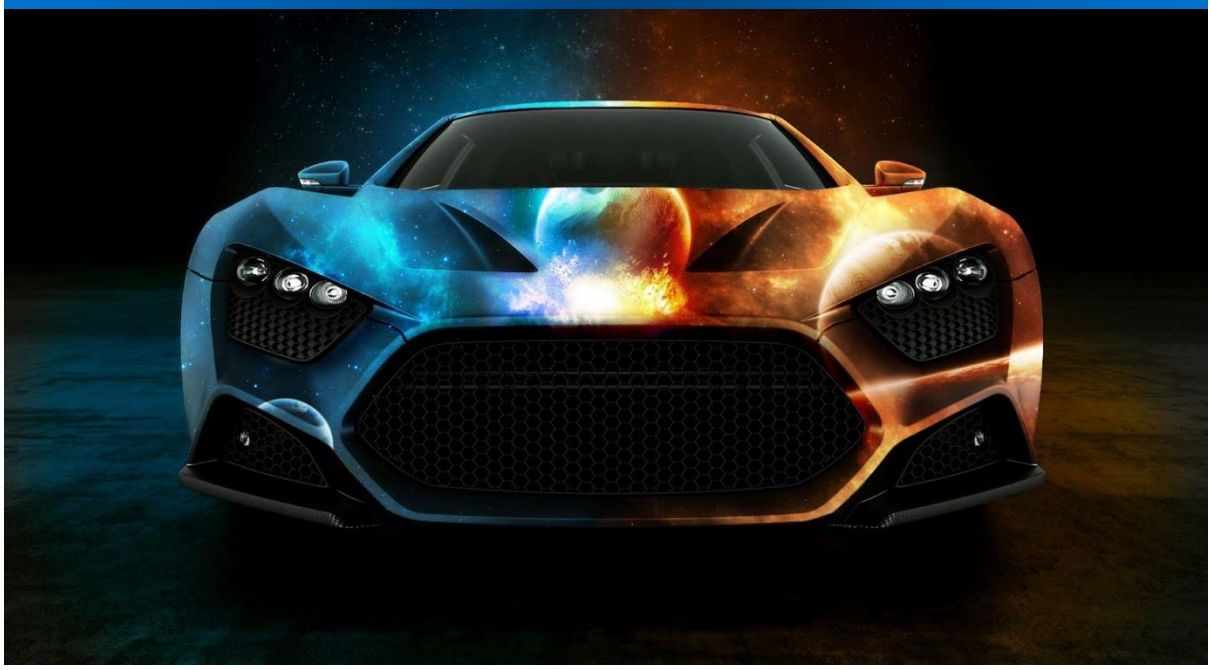
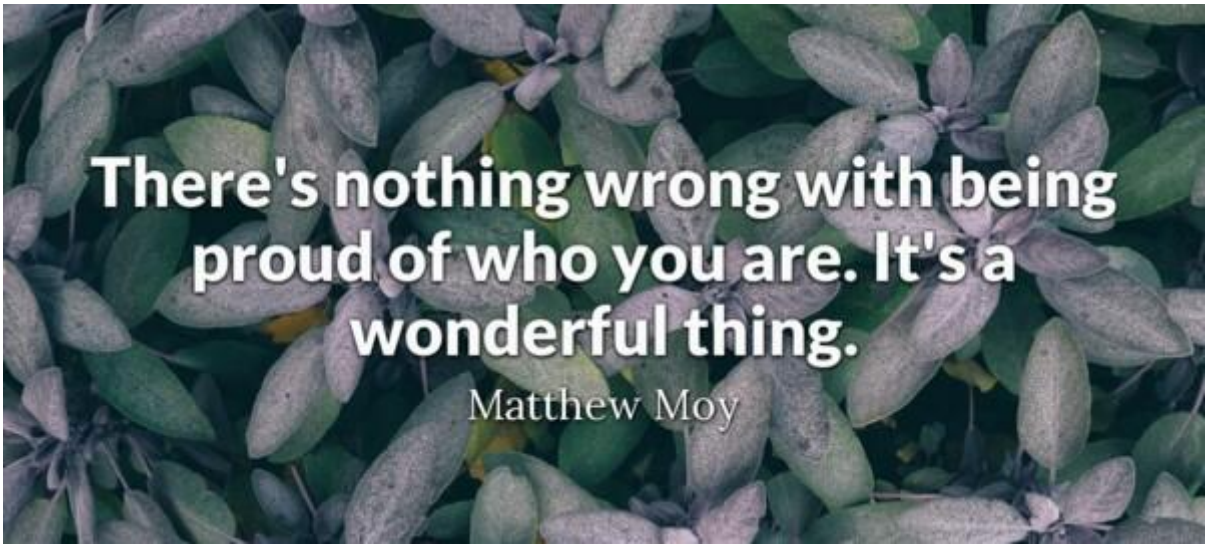
Date Signature



Once you become fearless life becomes limitless





My self-assessment before I begin my Second year.....

	I do not know at all	I know a little bit	I know	I know very well
Continuous Assessment (CA)				
Compulsory, Elective & Non-Credit Courses/Required Courses in the course structure				
Optional Courses				
Research project and how you conduct it				
Industrial training				
Course outlines				
Exam procedure				
Quizzes, assignments, summative and continuous exams				
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Impacts of penalties, punishments and exam offenses on GPA and classes				
Medical leave acceptance for exams				
By-laws of the faculty				
Procedure to inform inability to attend the lectures or practical sessions, in case of an illness or any other reasons				
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In-house and online resources in library				
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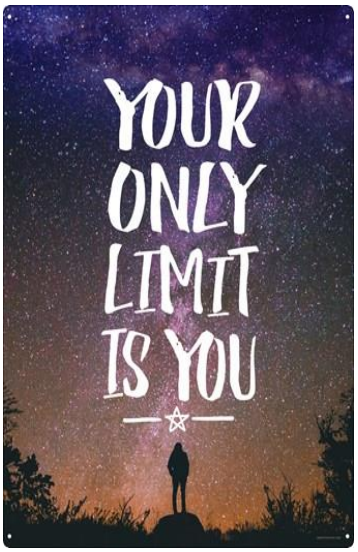
Student clubs and associations				
Sports facilities				
Support available for your emotional and mental wellbeing				
Respecting gender equality and equity, exercising sexual freedom as an adult, implications of sexual harassment and reporting				
I'm aware of respectful relationships and what is deemed as sexual harassment (physical and verbal)				
I understand diversity in gender and relationships and my right to accept and/or object to such relationships				
What is mental wellbeing, what type of support systems provide practical and emotional support within and outside of the university				
Professional conduct and grooming myself to the next level of my life				
Career opportunities in your field				
Applying for higher studies, IELTS, TOEFL, GRE, CAE, PTE, OET and other requirements				
Opportunities for lifelong learning				
Relevant memberships in professional associations				
Opportunities for entrepreneurship and start-up business (WUBIC, BREAD)				
Soft skills for career development				
Co-learning to improve your skills				

"A mentor is someone who sees more talent and ability within you, than you see in yourself, and helps bring it out of you."

- Bob Proctor-



Year 2 Semester 1	
Name of the Mentor:	
Date of Meeting:	

Academic Progress:

No	Course Code	Title	C/E/NC	Grade
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Please mention any repeat subjects here

No	Course Code	Title	C/E/NC	Grade
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Semester GPA: **Cumulative GPA:**

My learning outcomes from Social Harmony & Conflict Resolution

Our group topic:

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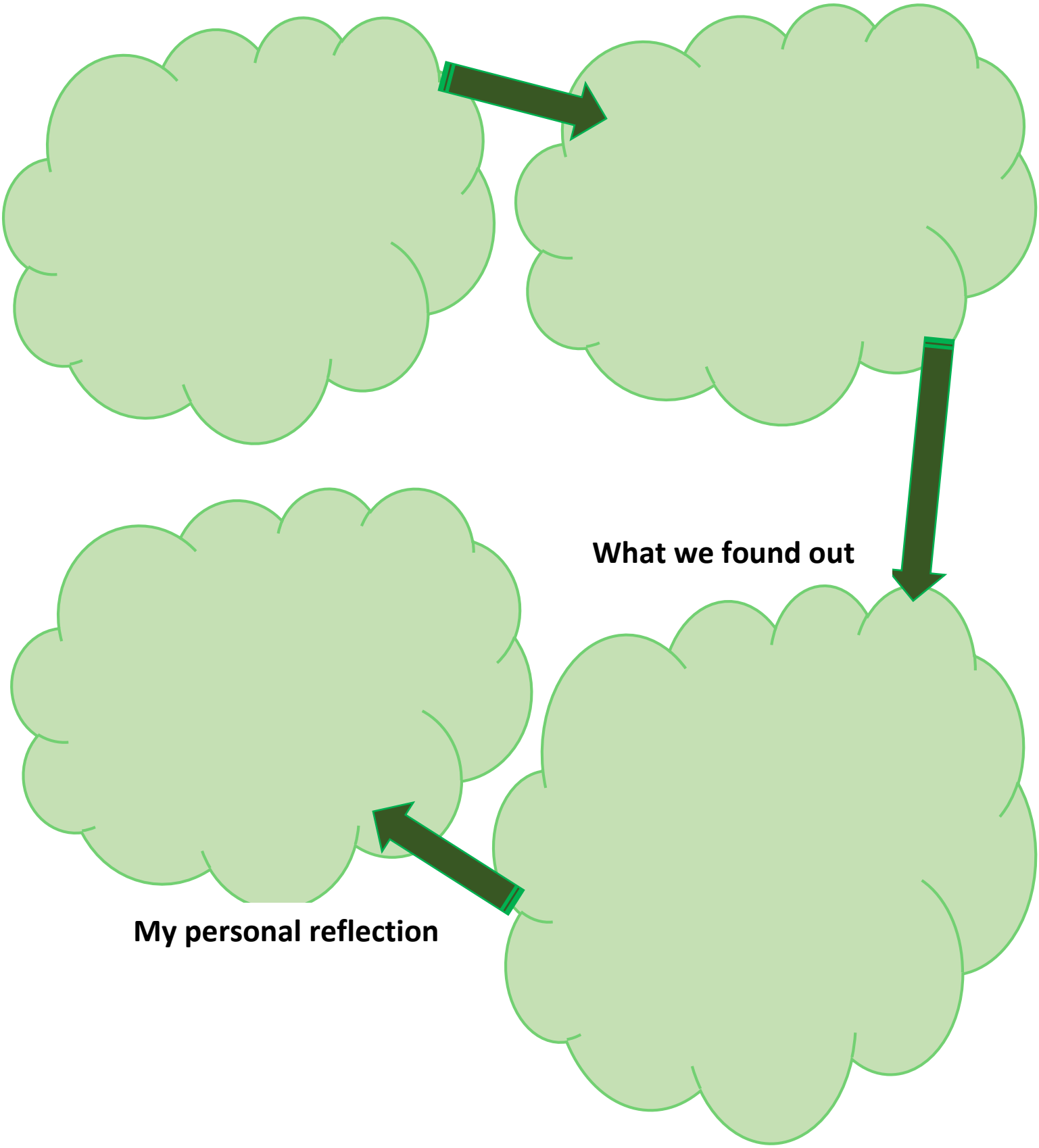

[Be creative in filling this part of your story at WUSL]

Student Self Evaluation Report

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Date	Activities	Name & Signature of the Officer In-charge

My analysis of my performance

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Mentor's observations / remarks

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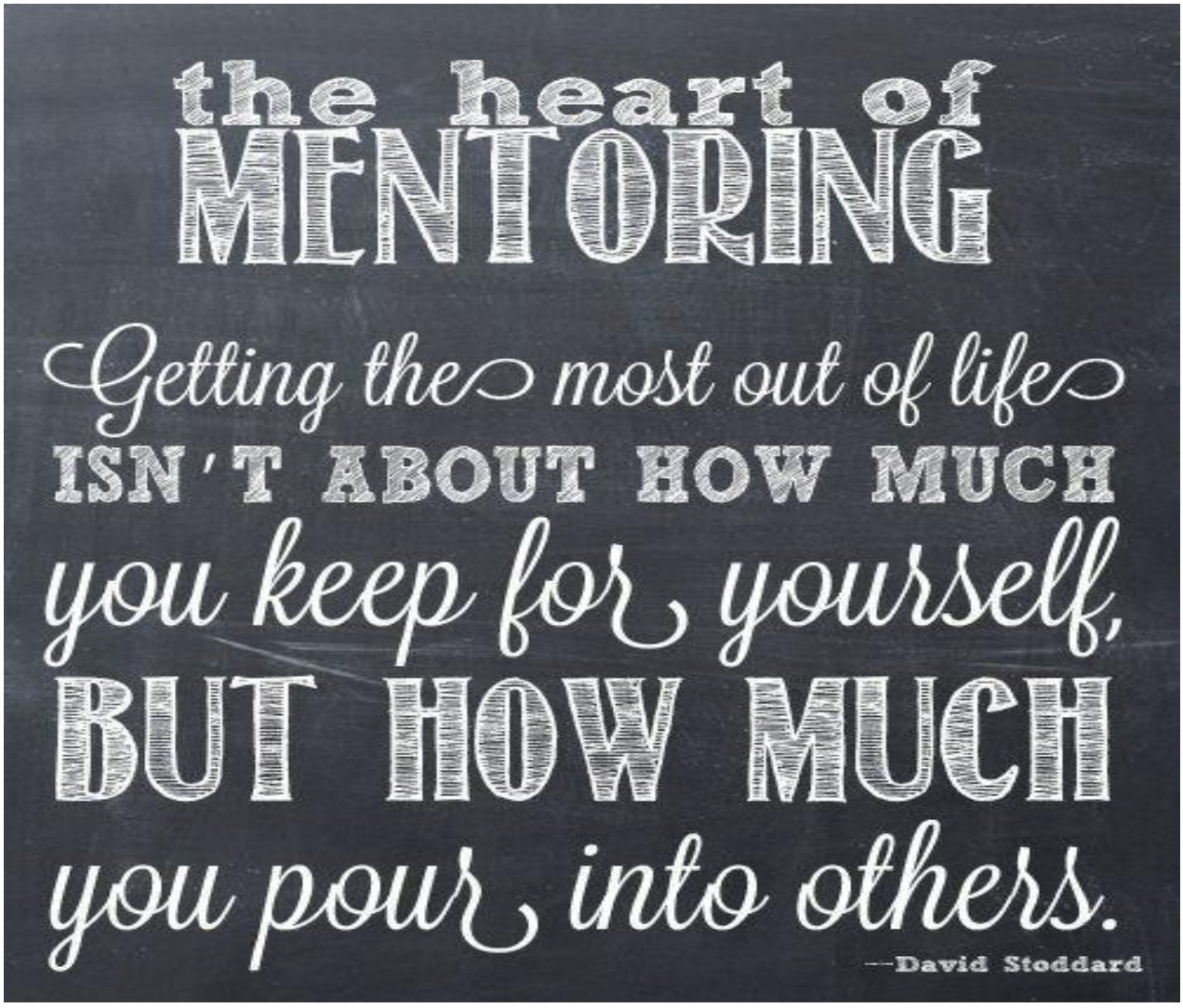
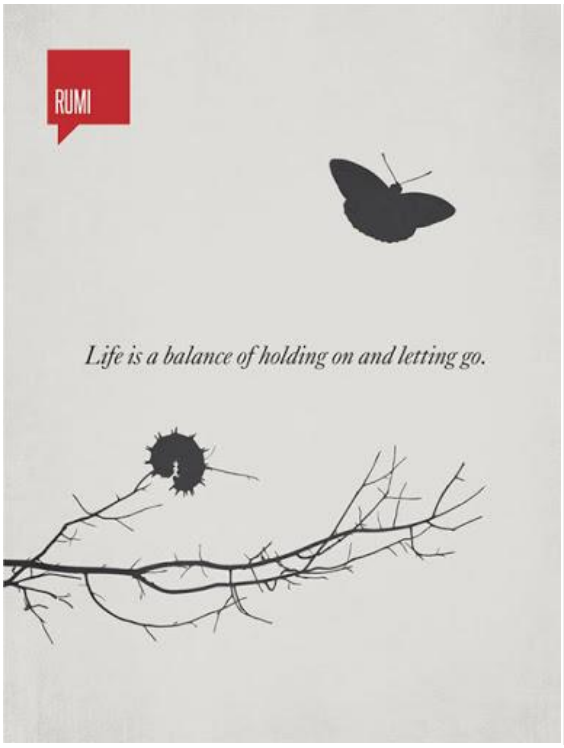

the heart of
MENTORING
Getting the most out of life
ISN'T ABOUT HOW MUCH
you keep for yourself,
BUT HOW MUCH
you pour into others.
—David Stoddard


RUMI
Life is a balance of holding on and letting go.

RUMI
You
are not a
drop in the ocean.
You are the entire ocean in a drop.

Year 2 Semester 2	
Name of the Mentor:	
Date of Meeting:	

Academic Progress:

No	Course Code	Title	C/E/NC	Grade
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Please mention any repeat subjects here

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Semester GPA: **Cumulative GPA:**

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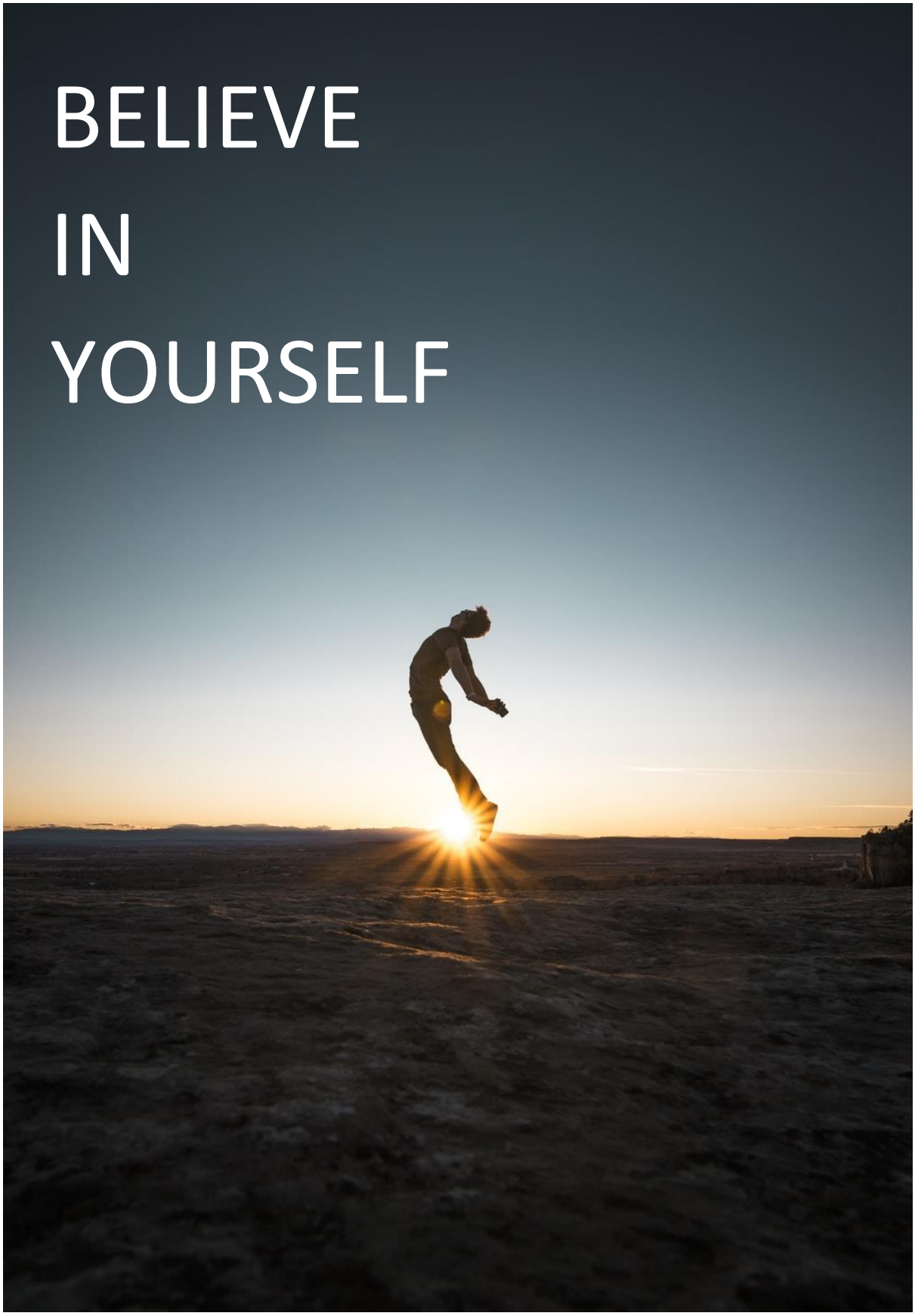
Date Signature



The greatest mentors inspire

– Lucia Bellas -

The moment in between what you once were, and who you are now becoming, is where the dance of life really takes place

-Barbara De Angelis-

Half written, half awaiting, but fully focused on

……,

now I start my specialization

GPA at the entry:

What are my expectations from the specialization:

My plan to excel in my specialization:

My new mentor:

My self-assessment before I begin my Third year.....

	I do not know at all	I know a little bit	I know	I know very well
Continuous Assessment (CA)				
Compulsory, Elective & Non-Credit Courses/Required Courses in the course structure				
Optional Courses				
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Sports facilities				
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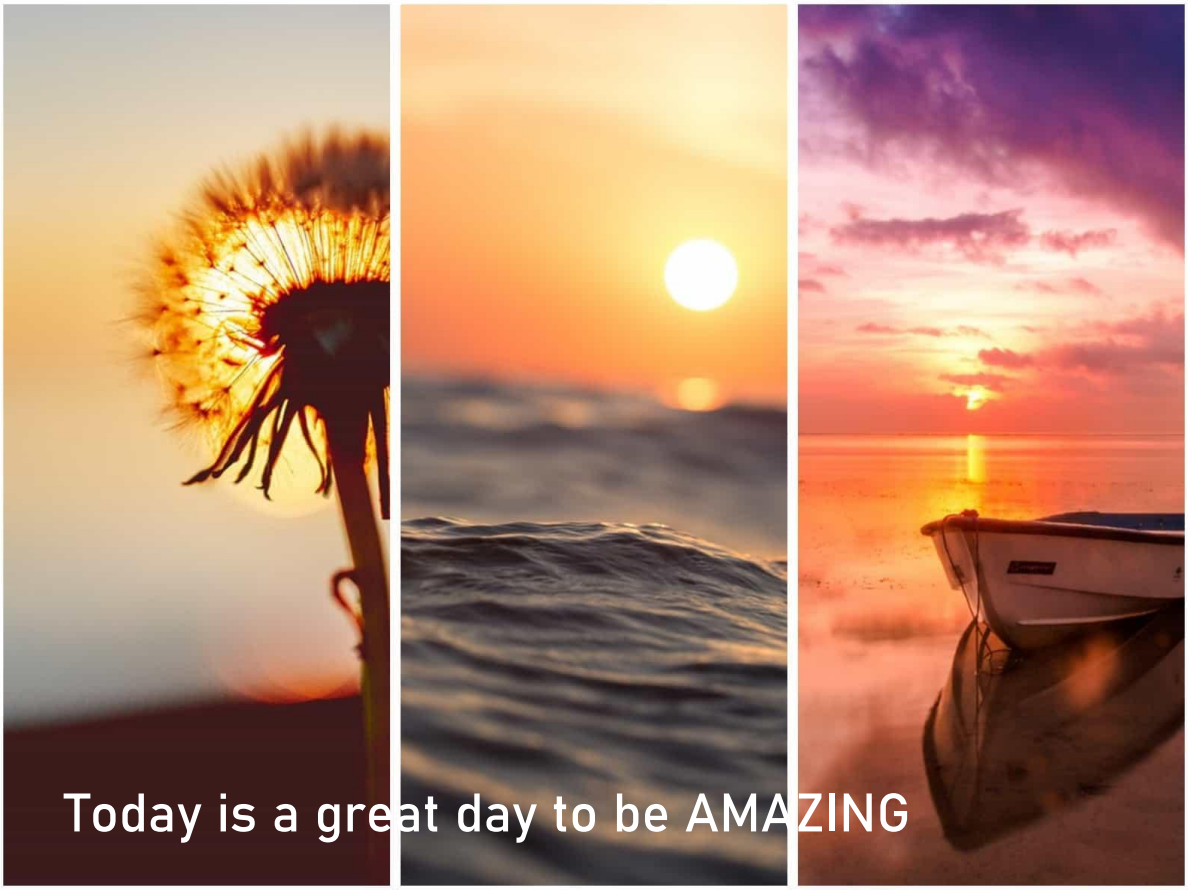
Relevant memberships in professional associations				
Opportunities for entrepreneurship and start-up business (WUBIC, BREAD)				
Soft skills for career development				
Co-learning to improve your skills				

small steps every day

"The greatest good you can do for another is not just to share your riches but to reveal to him his own."
-Benjamin Disraeli-



If you cannot see where you are going, ask someone who has been there before
-J Loren Norris-

Year 3 Semester 1	
Name of the Mentor:	
Date of Meeting:	

Academic Progress:

No	Course Code	Title	C/E/NC	Grade
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Please mention any repeat subjects here

No	Course Code	Title	C/E/NC	Grade
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Semester GPA: **Cumulative GPA:**

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My analysis of my performance

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Mentor's observations / remarks

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1. .....
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2. .....
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3. .....
   .....

Date Signature

Practicum I

Mention the relevant information regarding the farm practice course

Title of your training	Institute/ Organization	Duration

Date

Signature of the field training Coordinator

The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves.

-Steven Spielberg-

"One of the greatest values of mentors is the ability to see ahead what others cannot see and to help them navigate a course to their destination."

-John C. Maxwell-

Year 3 Semester 2	
Name of the Mentor:	
Date of Meeting:	

Academic Progress:

No	Course Code	Title	C/E/NC	Grade
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Please mention any repeat subjects here

No	Course Code	Title	C/E/NC	Grade
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Semester GPA: **Cumulative GPA:**

Practicum II

Mention the relevant information regarding the farm practice course

Title of your training	Institute/ Organization	Duration

Date

Signature of the field training Coordinator

Community Link (LinkCom)

Community I went to

What I did with this community

Create an infographic with the photographs you've taken to highlight the outcomes of your community work

Student Self Evaluation Report

Please write briefly what you have been doing this semester [E.g.: You would include information on activities approved by the Faculty Board/University such as sports, involvements in academic societies, other extra-curricular achievements, etc.].

Date	Activities	Name & Signature of the Officer In-charge

My analysis of my performance

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Mentor's observations / remarks

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1. .....
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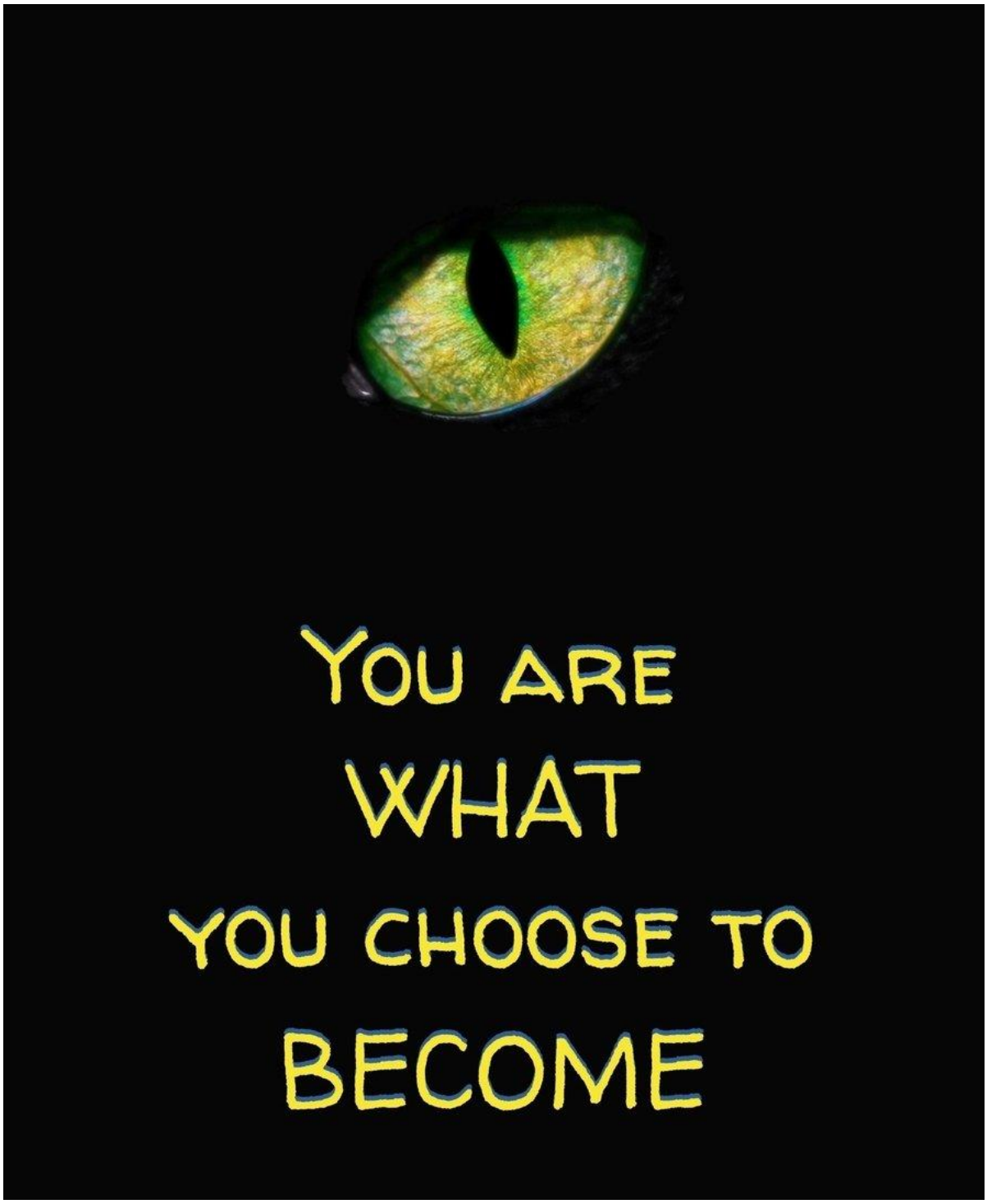
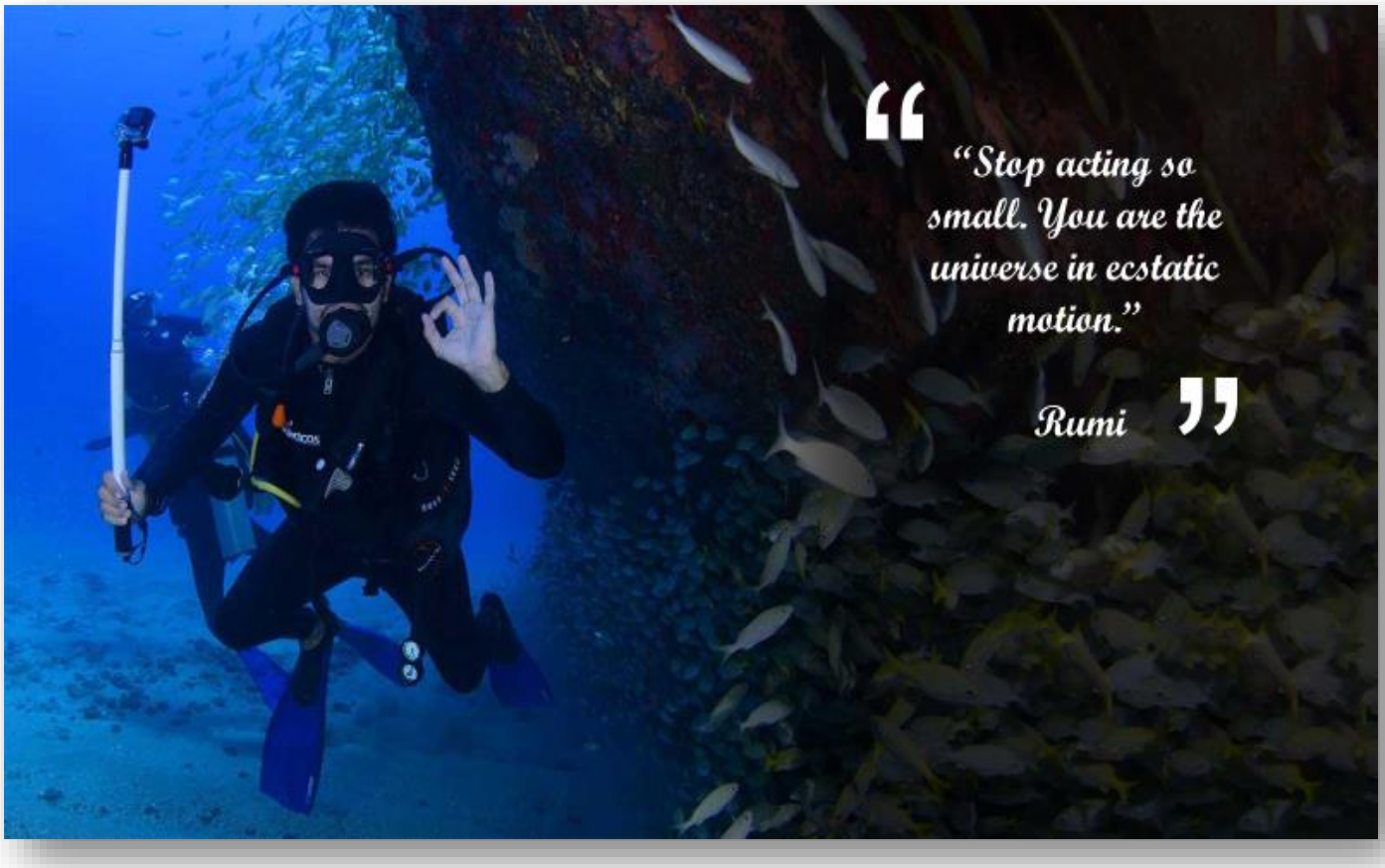
Date Signature

I AM STRONG





If I have seen further, it is by standing on the shoulders of giants

-Isaac Newton-

"Mentoring isn't an extracurricular activity. It's vital for cultivating an enriching, inclusive community."
Diana Olin

My self-assessment before I begin my Final year.....

	I do not know at all	I know a little bit	I know	I know very well
Continuous Assessment (CA)				
Compulsory, Elective & Non-Credit Courses/Required Courses in the course structure				
Optional Courses				
Research project and how you conduct it				
Industrial training				
Course outlines				
Exam procedure				
Quizzes, assignments, summative and continuous exams				
Minimum Final Grade Point Average (FGPA) to complete the degree				
How GPA is calculated, and classes are decided				
Numbers of attempts that are allowed for an end semester Examination				
The maximum allowable time to complete each degree				
Impacts of penalties, punishments and exam offenses on GPA and classes				
Medical leave acceptance for exams				
By-laws of the faculty				
Procedure to inform inability to attend the lectures or practical sessions, in case of an illness or any other reasons				
How to obtain support for hostel facilities				
How to obtain financial support for your study				
How to obtain support for student activities				
What is Deans' List and how to apply for Faculty Awards				
How to submit a complaint				

	I do not know at all	I know a little bit	I know	I know very well
In-house and online resources in library				
Student union and its role				
Student clubs and associations				
Sports facilities				
Support available for your emotional and mental wellbeing				
Respecting gender equality and equity, exercising sexual freedom as an adult, implications of sexual harassment and reporting				
I'm aware of respectful relationships and what is deemed as sexual harassment (physical and verbal)				
I understand diversity in gender and relationships and my right to accept and/or object to such relationships				
What is mental wellbeing, what type of support systems provide practical and emotional support within and outside of the university				
Professional conduct and grooming myself to the next level of my life				
Career opportunities in your field				
Applying for higher studies, IELTS, TOEFL, GRE, CAE, PTE, OET and other requirements				
Opportunities for lifelong learning				
Relevant memberships in professional associations				
Opportunities for entrepreneurship and start-up business (WUBIC, BREAD)				
Soft skills for career development				
Co-learning to improve your skills				

"Every great achiever is inspired by a great mentor."
-Lailah Gifty Akita-

Year 4 Semester 1	
Name of the Mentor:	
Date of Meeting:	

Academic Progress:

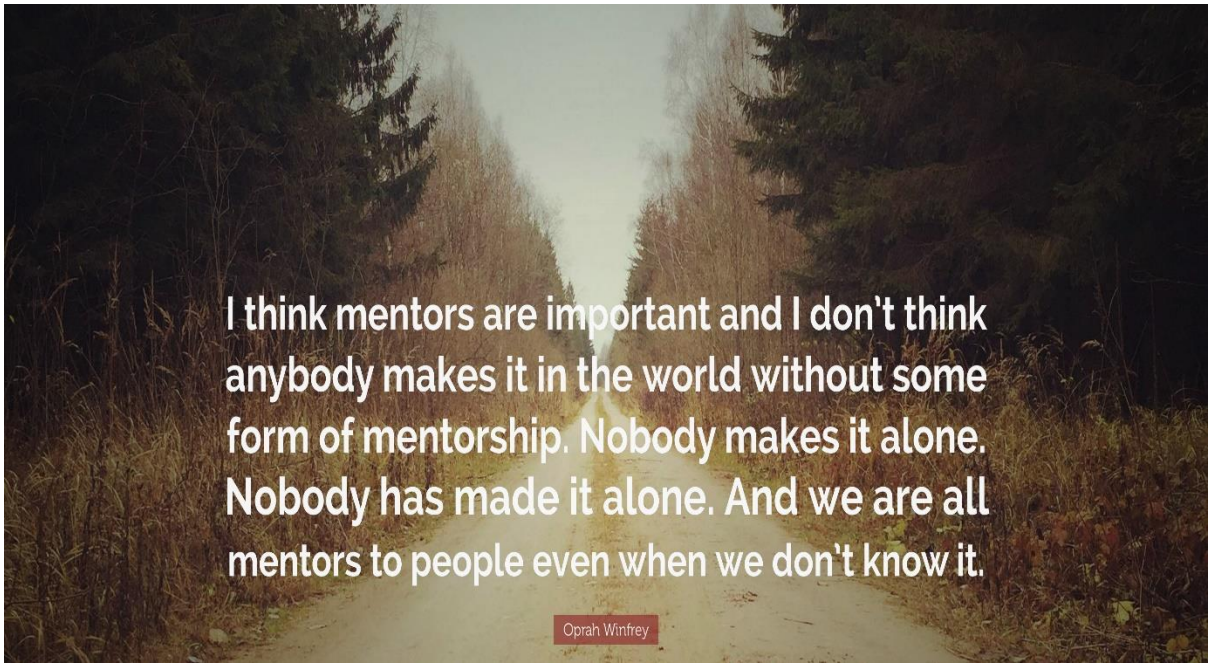
No	Course Code	Title	C/E/NC	Grade
01				
02				
03				
04				
05				
06				
07				
08				
09				
10				
11				
12				

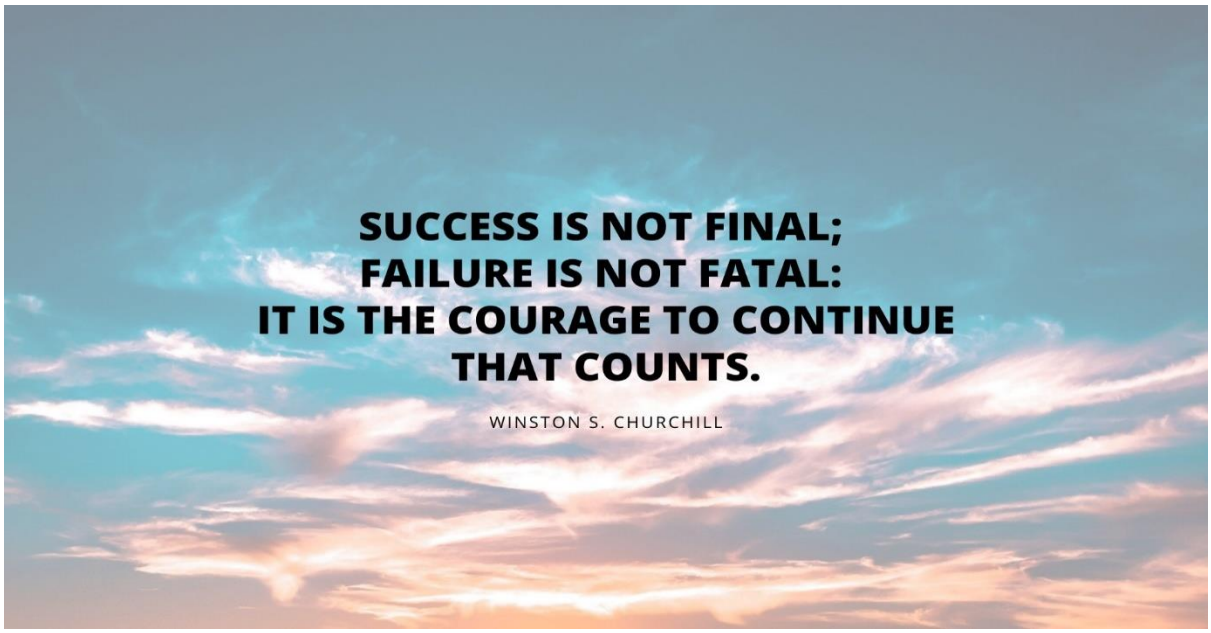
Please mention any repeat subjects here

No	Course Code	Title	C/E/NC	Grade
01				
02				
03				
04				
05				
06				
07				
08				
09				
10				

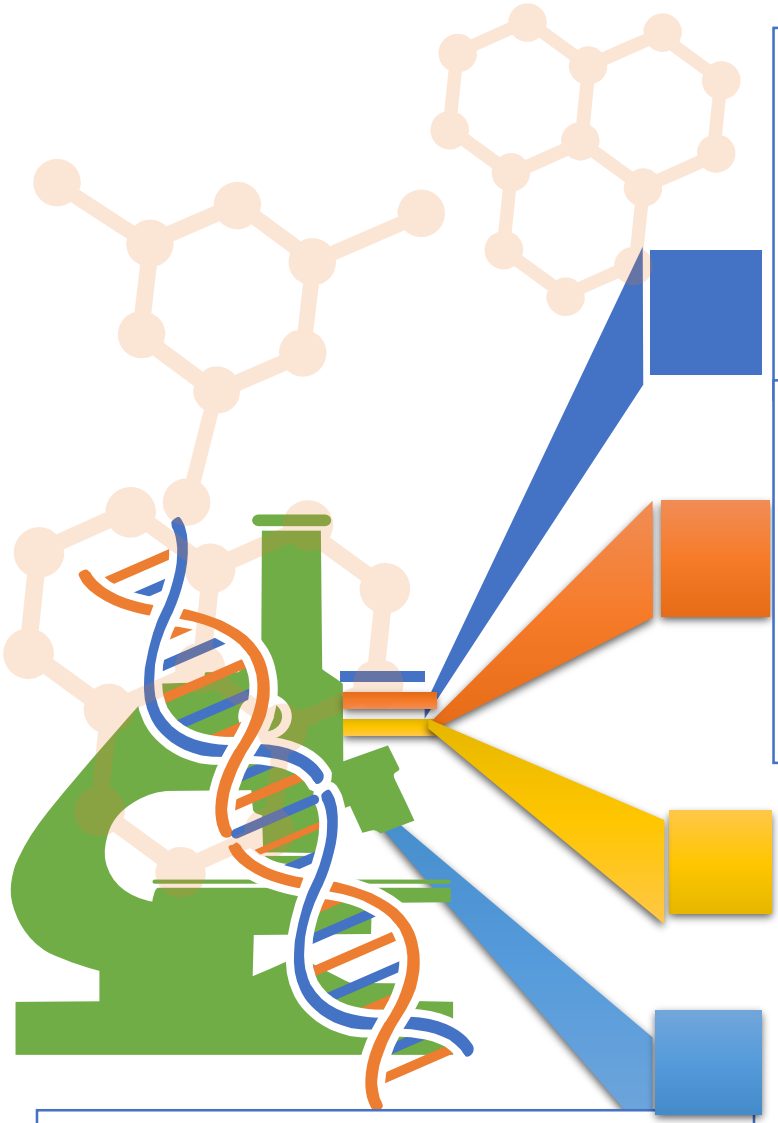
Semester GPA: **Cumulative GPA:**

Mentoring is a brain to pick, an ear to listen
and a push in the right direction.
JOHN C.CROSBY


I think mentors are important and I don't think
anybody makes it in the world without some
form of mentorship. Nobody makes it alone.
Nobody has made it alone. And we are all
mentors to people even when we don't know it.
Oprah Winfrey


SUCCESS IS NOT FINAL;
FAILURE IS NOT FATAL:
IT IS THE COURAGE TO CONTINUE
THAT COUNTS.
WINSTON S. CHURCHILL

Academic Progress of My Undergraduate Research



My research title

My supervisors and co-supervisors

Create an Infographic to highlight the outcomes of the research

My plan to popularize the research

Student Self Evaluation Report:

Please write briefly what you have been doing this semester [E.g.: You would include information on activities approved by the Faculty Board/University such as sports, involvements in academic societies, other extra-curricular achievements, etc.].

Date	Activities	Name & Signature of the Officer In-charge

My analysis of my performance

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Mentor's observations / remarks

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Key 1-3 points me and my mentor agreed **together** to improve **me**

1. .....
   .....
2. .....
   .....
3. .....
   .....

Date Signature

My abstract

My awards:

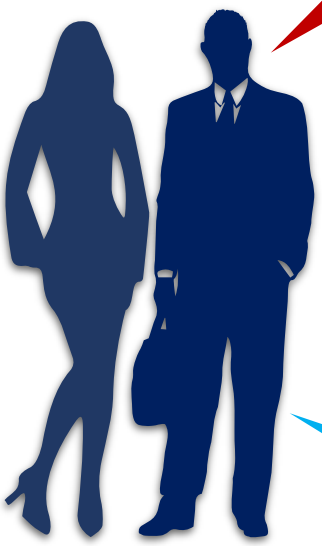
My overall experience of participating and presenting at the UReS:

My Pictures from the UReS

Year 4 Semester 2	
Name of the Mentor:	
Date of Meeting:	

Academic Progress:

Institute /organization that provided my Industrial Training



My Internal Supervisor

My external Supervisor

My Infographic to highlight the outcomes of the industrial training

The skills I gained and my plans

Dietetic Internship

The hospital I interned:

My Internal supervisor:

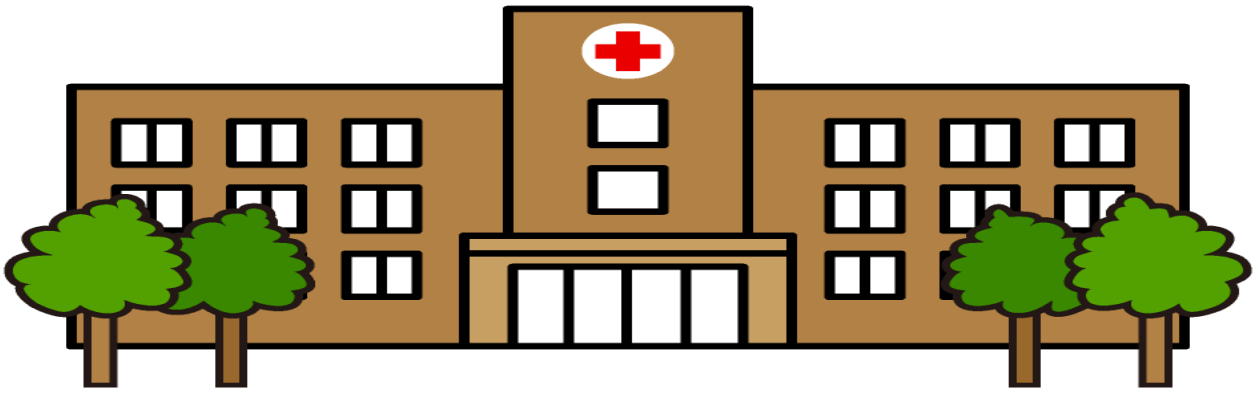
My External Supervisor:

Show an infographic to summarize my clinical experience

Skills I gained and my plans

Field Assignment in Nutrition

Give a brief account of the community you went to, the tasks you performed and what you have found out using creative storytelling (Infographic, a short video documentary, etc.)



Give a brief account of the hospitals you went to, the tasks you performed and what you have learned using creative storytelling (Infographic, a short video documentary, etc.)

Student Self Evaluation Report

Please write briefly what you have been doing this semester [E.g.: You would include information on activities approved by the Faculty Board/University such as sports, involvements in academic societies, other extra-curricular achievements, etc.].

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My analysis of my performance

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Mentor's observations / remarks

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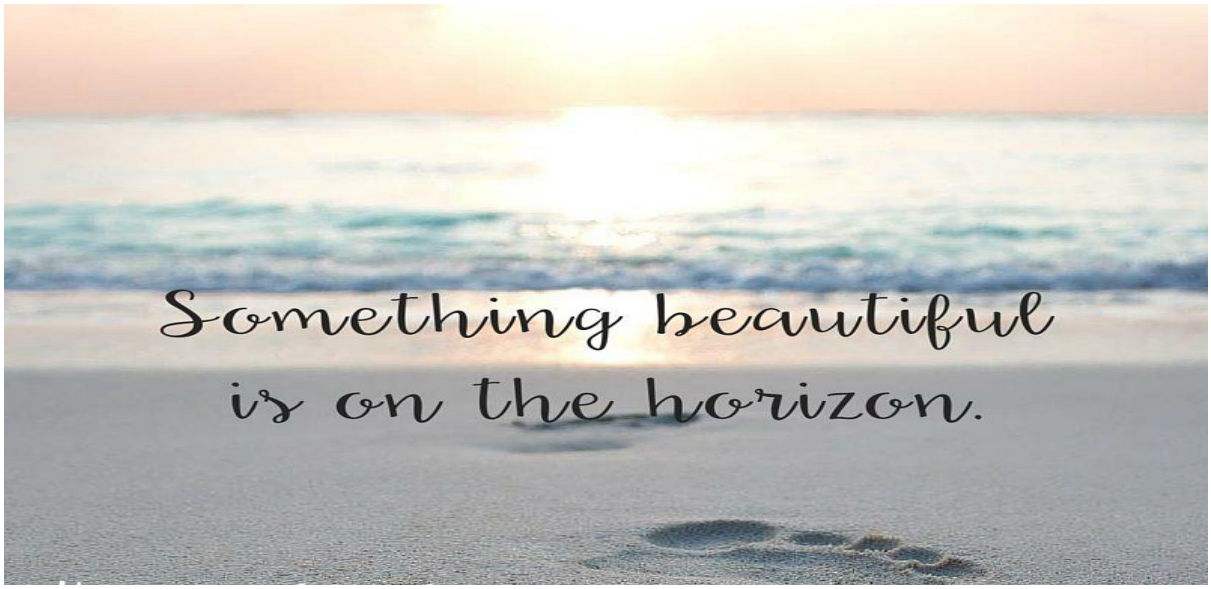
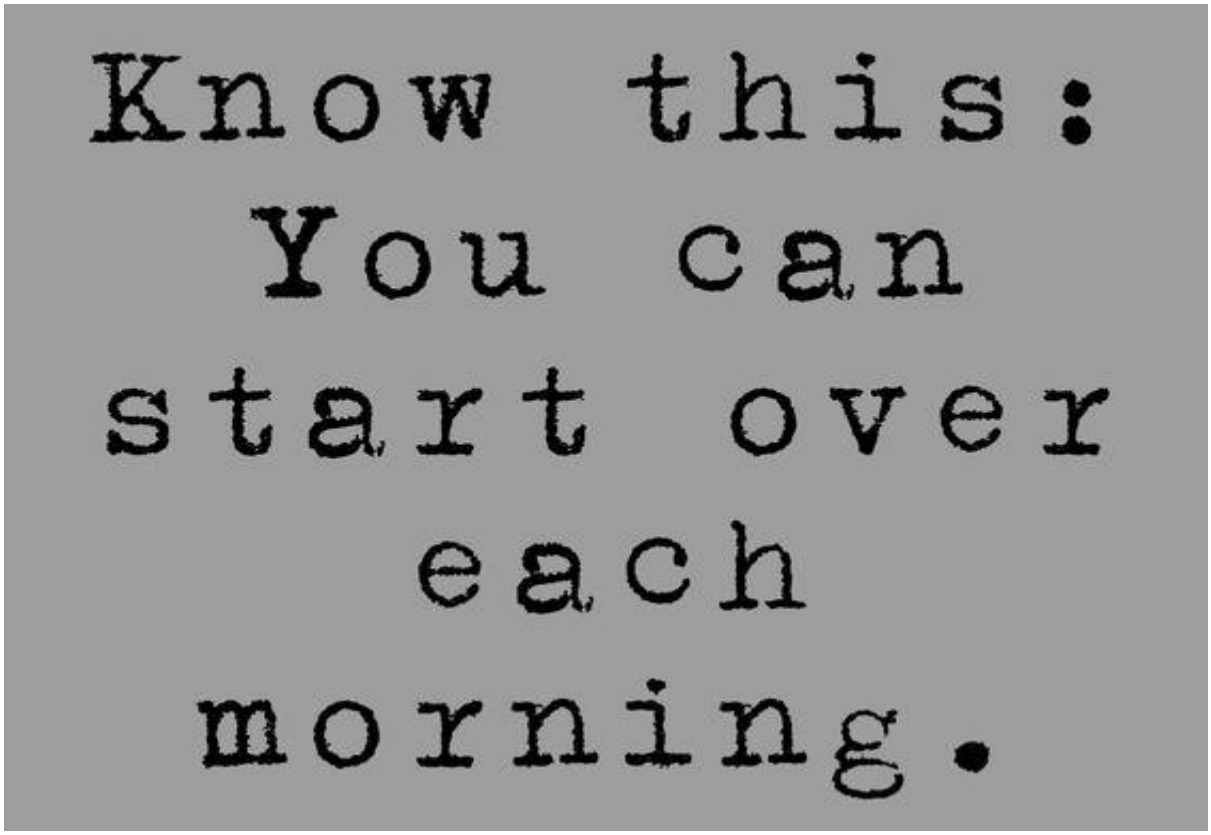
Key 1-3 points me and my mentor agreed **together** to improve **me**

1. .....
   .....
2. .....
   .....
3. .....
   .....

Date Signature

It always seems impossible
until it's done
- Nelson Mandela


Something beautiful
is on the horizon.


Know this:
You can
start over
each
morning.

Highlights of My Story

Class

Awards (local/ foreign)

Publications

Newspaper articles

Awards for sports and other extracurricular activities

Memberships

Innovations/products registered/startup businesses/patents

Positions held

Presentations in conferences/ symposiums

Foreign travel

Volunteer work

Career guidance experiences

Now that I have written my story, this is my way forward,

- ☐ I will digitize the entire book and share it with anyone from whom I request a referee report *
- ☐ I will share my portfolio as an annexure with my *curriculum vitae* for prospective employers and higher education institutes
- ☐ I will continue writing my story through my own e-portfolio or LinkedIn

- Mandatory when requesting a referee report from a faculty staff member
- Without proper authorization, you cannot use this portfolio for official purposes.
- You will maintain your student portfolio on the server space allocated to you and you will get an additional year after graduation to maintain the student portfolio on this server.
- If you're a repeat student the time allocated for you to maintain the portfolio on the server will extend accordingly.

....

Date **Signature of the Assistant Registrar**

Faculty of Livestock, Fisheries & Nutrition

Official Frank

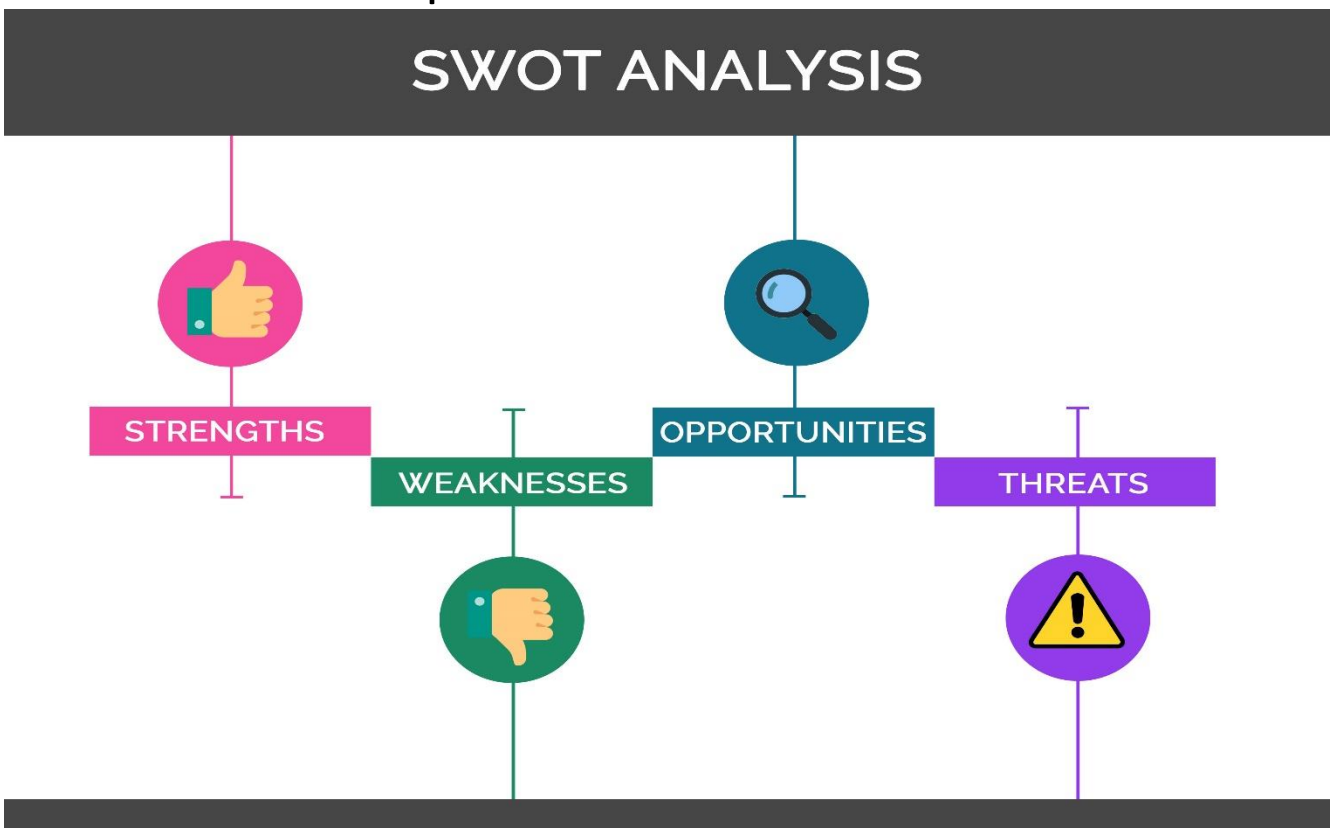
"A lot of people put pressure on themselves and think it will be way too hard for them to live out their dreams. Mentors are there to say, 'Look, it's not that tough. It's not as hard as you think. Here are some guidelines and things I have gone through to get to where I am in my career."

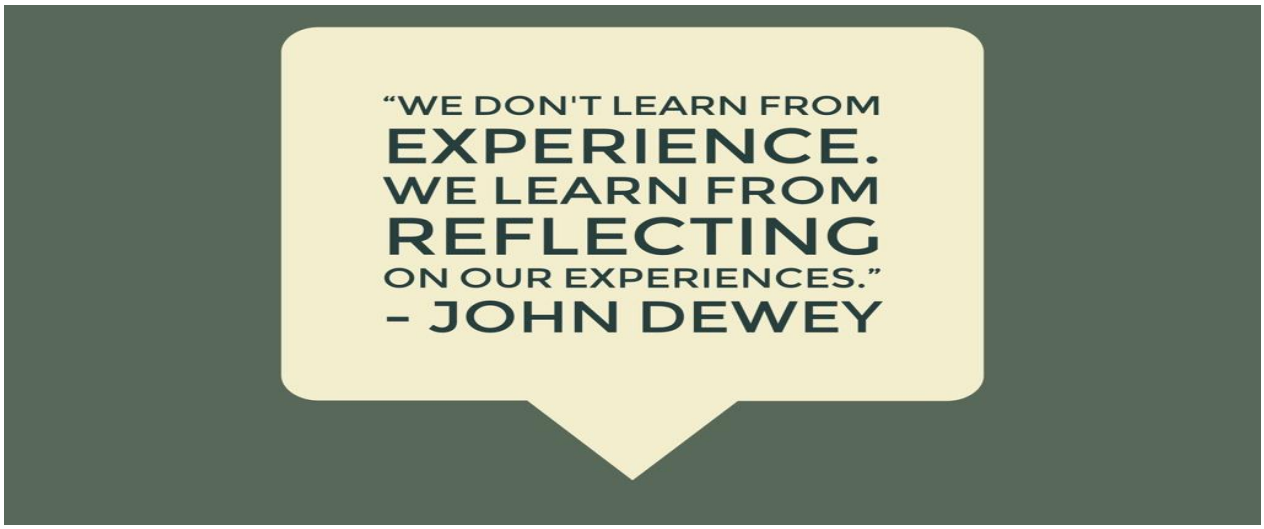
Joe Jonas -

"You are not a drop in the ocean. You are the entire ocean, in a drop
-Rumi-

Faculty of Livestock,Fisheries & Nutrition
Established 1st October 1999

Before I step into the world of work….



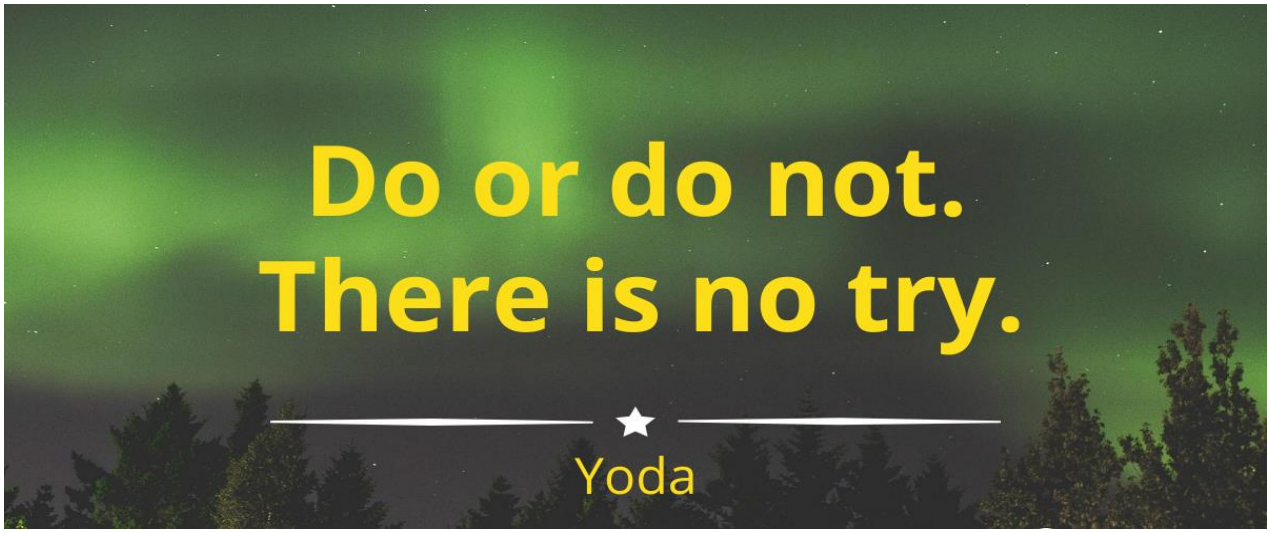


3 points I would like to reflect from my personal SWOT analysis

1.

2.

3.



Your journey has just begun....

However difficult life may seem, there is always something you can do, and succeed at.
It matters that you don't just give up.
-Stephen Hawking-

© Prepared by Dr. Thushanthi Perera under the technical advice of Prof. Sevvandi Jayakody for the Faculty of Livestock, Fisheries & Nutrition, Wayamba University of Sri Lanka

Please note that some of the pictures/photographs used in this document are taken from the World Wide Web.