



Mentor-led Study Group

MLSG

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Associate in Health Studies

- A PILOT STUDY
- MENTOR-LED STUDY GROUP
- **SELF-EFFICACY**
- **STUDY AND GENERIC SKILLS**



Method

- Graduates with high GPA
- Mentors of Stage 1 students
 - unsatisfactory GPA
- 10-sessions 90 minutes
 - small-scaled study group
- Study and generic skills
- Pre and post assessment

self-efficacy

goal-setting

English proficiency,

subject knowledge

study and generic skills

Self-efficacy

- high self-efficacy
- better academic performance
- participate in class
- preferred hands-on learning experiences
- low self-efficacy - shied away from academic interactions (Bandura, 1977)
- English proficiency
- GPA

Study skills

- Study Process Questionnaire

- Deep Approach

- Deep Motive

- Deep Strategy

- Surface Approach

- Surface Motive

- Surface Strategy



Wilcoxon Signed Ranks Test (Pre VS Post)

DM: Deep Motive, DS: Deep Strategy, SM: Surface Motive, SS: Surface Strategy

DA: Deep Approach = Deep Motive + Deep Strategy

SA: Surface Approach = Surface Motive + Surface Strategy

	Mentor (N=5)	Mentee (N=5)	Total (N=10)
DM	p-value=0.414, not significant	Pre<Post, p-value=0.039, significant	Pre<Post, p-value=0.020, significant
DS	p-value=0.593, not significant	Pre<Post, p-value=0.043, significant	Pre<Post, p-value=0.035, significant
SM	p-value=0.655, not significant	p-value=0.892, not significant	p-value=0.932, not significant
SS	p-value=1.000, not significant	p-value=0.581, not significant	p-value=0.524, not significant
DA	p-value=0.593, not significant	Pre<Post, p-value=0.043, significant	Pre<Post, p-value=0.025, significant
SA	p-value=1.000, not significant	p-value=0.581, not significant	p-value=0.670, not significant

Generic Skills

- Time management
- Experience sharing
- Essence of studying



Background information

Enrolment : 21

Participants: 13

Attended all 10 sessions: 11

The proportions of expected GPA > 3.5 in pre and post for mentee are as shown:

Pre: $4/11 = 36.4\%$

Post: $4/8 = 50.0\%$

	Mentor (N=5)	Mentee (N=11)
cGPA (mean)	4.00(*Only one data*)	2.67 (One N/A)
Know about GPA (pre -qs 2)	80% (4), 1 missing	45.5% (5)
Any expectation of GPA (pre- qs 3)	80% (4), 1 missing	72.7% (8)
Expected GPA	3.9, 4.2, 3 missing	>3: 54.6% (6) =3: 9.1% (1) <3: 27.3% (3) N/A: 9.1% (1)
MOI in Chi (pre -qs 6)	20% (1)	72.7% (8)
MOI and cGPA (median)	N/A	2.75 (Chi MOI) vs 2.80 (Eng MOI), no significant difference
Expected GPA (pre Qs 22 & post - qs 8 & any difference)	Most of them remained the same expectation.	Most of them remained the same expectation. 2 students raised their expectations.

English Proficiency

	Mentor (N=5)	Mentee (N=11)
Any difficulty in reading Eng words (pre 8)	20% (1)	72.7% (8)
Any difficulty in reading Eng words - Relationship with cGPA	N/A	2.83 (Yes) vs 2.38 (No), no significant difference
Hard to read long passage (Pre 9)	0% (0)	54.5% (6)
Hard to read long passage - Relationship with cGPA	N/A	2.75 (Yes) vs 2.80 (No), no significant difference
Ways to improve		
Pre Qs 19	100% (5)	36.4% (4)
Overcome difficulty (post 10)	90%-100%: 2 80-90%: 2 N/A: 1	90%-100%: 1 80-90%: 1 70-80%: 3 60-70%: 1 50-60%: 2 N/A: 3

English Proficiency

<https://drive.google.com/file/d/0B3WrS3PBqHjJUFJKZWdVQWZidmM/view?usp=sharing>

	Mentee (N=8)
Number of vocabularies that can read	47.5 (Pre) vs 162 (Post), significant difference
Number of vocabularies that understand	44.5 (Pre) vs 136 (Post), significant difference

Time management

	Mentor (N=5)	Mentee (N=11)
Setting timetable in Semester 1 (Pre 11)	80% (4)	9.1% (1)
Setting timetable in Semester 1 (Pre 11) + relationship with cGPA	N/A	2.80 (Yes) vs 2.75 (No), no significant difference
Setting timetable in Semester 2 (Pre 12)	80% (4)	18.2% (2)
Setting timetable in Semester 2 (Pre 12) + relationship with cGPA	N/A	3.00 (Yes) vs 2.70 (No), no significant difference
Hours in study (pre 13) [study everyday]	100% (5)	36.4% (4)
Hours in study (pre 13)+ relationship with cGPA	N/A	2.78 (Yes) vs 2.55 (No), no significant difference
Coverage (pre 14)	All+no textbook: 1 All+textbook: 4	Almost: 4 All+no textbook: 5 All+textbook: 2
Coverage (pre 14) + relationship with cGPA	N/A	2.90 (Almost) vs 2.65 (All+no textbook) vs 2.78 (All+textbook), no significant difference
Too many materials? (pre 15)	60% (3)	81.8% (9)
Too many materials? (pre 15) + relationship with cGPA	N/A	2.70 (Yes) vs 3.13 (No), no significant difference
Too many materials? (pre 15) + relationship with Any difficulty in reading Eng words (pre 8) (pre 8)	N/A	100% found difficulty (Yes) vs 66.7% found difficulty (No), no significant difference
Too many materials? (pre 15) + relationship with Hard to read long passage (pre 9)	N/A	0% hard to read (Yes) vs 66.7% hard to read (No), no significant difference

Post- Study Group Evaluation

		Mentor (N=5)		Mentee (N=8)		<u>Mentor+Mentee</u> (N=13)	
		Count	Column N %	Count	Column N %	Count	Column N %
How would you rate the study group overall? Rating (post 1)	1 Excellent	0	0.0%	5	62.5%	5	38.5%
	2 Good	4	80.0%	3	37.5%	7	53.8%
	3 OK	1	20.0%	0	0.0%	1	7.7%
	4 Poor	0	0.0%	0	0.0%	0	0.0%
	<u>Total</u>	<u>5</u>	<u>100.0%</u>	<u>8</u>	<u>100.0%</u>	<u>13</u>	<u>100.0%</u>
To what extent was attending this study group worth your time? Worth the time (post 2)	1 Extremely	0	0.0%	2	25.0%	2	15.4%
	2 Very	4	80.0%	4	50.0%	8	61.5%
	3 Moderately	1	20.0%	2	25.0%	3	23.1%
	4 Slightly	0	0.0%	0	0.0%	0	0.0%
	5 Not at all	0	0.0%	0	0.0%	0	0.0%
	<u>Total</u>	<u>5</u>	<u>100.0%</u>	<u>8</u>	<u>100.0%</u>	<u>13</u>	<u>100.0%</u>

Post- Study Group Evaluation

		Mentor (N=5)		Mentee (N=8)		Mentor+Mentee (N=13)	
		Count	Column N %	Count	Column N %	Count	Column N %
To what extent do you think you can apply the information presented today to your study? Apply (post 3)	1 Extremely	0	0.0%	0	0.0%	0	0.0%
	2 Very	4	80.0%	7	87.5%	11	84.6%
	3 Moderately	1	20.0%	1	12.5%	2	15.4%
	4 Slightly	0	0.0%	0	0.0%	0	0.0%
	5 Not at all	0	0.0%	0	0.0%	0	0.0%
	<u>Total</u>	<u>5</u>	<u>100.0%</u>	<u>8</u>	<u>100.0%</u>	<u>13</u>	<u>100.0%</u>
of the knowledge-based information of the study group, how much is usable to you? Knowledge base (post 4)	1 0-20%	0	0.0%	0	0.0%	0	0.0%
	2 21-40%	1	20.0%	0	0.0%	1	7.7%
	3 41-60%	1	20.0%	5	62.5%	6	46.2%
	4 61-80%	2	40.0%	2	25.0%	4	30.8%
	5 81-100%	1	20.0%	1	12.5%	2	15.4%
	<u>Total</u>	<u>5</u>	<u>100.0%</u>	<u>8</u>	<u>100.0%</u>	<u>13</u>	<u>100.0%</u>
Of the generic-based information of the study group, how much is usable to you? Generic (post 5)	1 0-20%	0	0.0%	0	0.0%	0	0.0%
	2 21-40%	1	20.0%	1	12.5%	2	15.4%
	3 41-60%	0	0.0%	3	37.5%	3	23.1%
	4 61-80%	2	40.0%	2	25.0%	4	30.8%
	5 81-100%	2	40.0%	2	25.0%	4	30.8%
	<u>Total</u>	<u>5</u>	<u>100.0%</u>	<u>8</u>	<u>100.0%</u>	<u>13</u>	<u>100.0%</u>

Post- Study Group Evaluation

		Mentor (N=5)		Mentee (N=8)		<u>Mentor+Mentee</u> (N=13)	
		Count	Column N %	Count	Column N %	Count	Column N %
Generic Vs knowledge base	Generic < knowledge	0	0.0%	2	25.0%	2	15.4%
	Generic = knowledge	3	60.0%	4	50.0%	7	53.8%
	Generic > knowledge	2	40.0%	2	25.0%	4	30.8%
	<u>Total</u>	<u>5</u>	<u>100.0%</u>	<u>8</u>	<u>100.0%</u>	<u>13</u>	<u>100.0%</u>
Should this group be repeated? Repeat? (post 6)	1 Yes	5	100.0%	8	100.0%	13	100.0%
	2 No	0	0.0%	0	0.0%	0	0.0%
	3 It depends	0	0.0%	0	0.0%	0	0.0%
	<u>Total</u>	<u>5</u>	<u>100.0%</u>	<u>8</u>	<u>100.0%</u>	<u>13</u>	<u>100.0%</u>
Would you recommend this study group to others? Recommend? (post 7)	1 Yes	5	100.0%	5	62.5%	10	76.9%
	2 No	0	0.0%	0	0.0%	0	0.0%
	3 Uncertain	0	0.0%	3	37.5%	3	23.1%
	<u>Total</u>	<u>5</u>	<u>100.0%</u>	<u>8</u>	<u>100.0%</u>	<u>13</u>	<u>100.0%</u>
What GPA you are expecting in the coming semester? Expected GPA (post 8)	1 >3.5-4	2	50.0%	3	37.5%	5	41.7%
	2 >3.3-3.5	2	50.0%	1	12.5%	3	25.0%
	3 >3.0-3.3	0	0.0%	2	25.0%	2	16.7%
	4 >2.8-3.0	0	0.0%	1	12.5%	1	8.3%
	5 >2.5-2.8	0	0.0%	1	12.5%	1	8.3%
	6 <2.5	0	0.0%	0	0.0%	0	0.0%
	<u>Total</u>	<u>4</u>	<u>100.0%</u>	<u>8</u>	<u>100.0%</u>	<u>12</u>	<u>100.0%</u>

Post- Study Group Evaluation

		Mentor (N=5)		Mentee (N=8)		Mentor+Mentee (N=13)	
		Count	Column N %	Count	Column N %	Count	Column N %
The mentor(s) has/have helped you to understand the way to design your study plan or timetable Mentor help (post 13)	1 Totally agree	2	50.0%	4	50.0%	6	50.0%
	2 Agree	1	25.0%	3	37.5%	4	33.3%
	3 not sure	1	25.0%	0	0.0%	1	8.3%
	4 Disagree	0	0.0%	1	12.5%	1	8.3%
	5 Totally disagree	0	0.0%	0	0.0%	0	0.0%
	<u>Total</u>	<u>4</u>	<u>100.0%</u>	<u>8</u>	<u>100.0%</u>	<u>12</u>	<u>100.0%</u>
What areas do you think you can improve yourself after the study group? (English Literacy) Improvement (post 17)	1 Totally agree	1	20.0%	1	12.5%	2	15.4%
	2 Agree	3	60.0%	6	75.0%	9	69.2%
	3 not sure	1	20.0%	1	12.5%	2	15.4%
	4 Disagree	0	0.0%	0	0.0%	0	0.0%
	5 Totally disagree	0	0.0%	0	0.0%	0	0.0%
	<u>Total</u>	<u>5</u>	<u>100.0%</u>	<u>8</u>	<u>100.0%</u>	<u>13</u>	<u>100.0%</u>
What areas do you think you can improve yourself after the study group? (Time-management) Improvement (post 17)	1 Totally agree	1	20.0%	2	25.0%	3	23.1%
	2 Agree	2	40.0%	5	62.5%	7	53.8%
	3 not sure	1	20.0%	1	12.5%	2	15.4%
	4 Disagree	0	0.0%	0	0.0%	0	0.0%
	5 Totally disagree	0	0.0%	0	0.0%	0	0.0%
	23 Invalid input	1	20.0%	0	0.0%	1	7.7%
	<u>Total</u>	<u>5</u>	<u>100.0%</u>	<u>8</u>	<u>100.0%</u>	<u>13</u>	<u>100.0%</u>

Post- Study Group Evaluation

Which of the benefits listed below have you gained from taking part in the study group?	Mentor (N=5)	Mentee (N=8)	<u>Mentor+Mentee</u> (N=13)
	<ul style="list-style-type: none"> ● Greater Confidence: 80% (4) ● Increased morale: 40% (2) ● Increased motivation: 40% (2) 	<ul style="list-style-type: none"> ● Greater Confidence: 25% (2) ● Increased morale: 25% (2) ● Support from others with similar problems: 50% (4) ● Support from the mentor(s): 75% (6) ● Increased motivation: 37.5% (3) 	<ul style="list-style-type: none"> ● Greater Confidence: 46.2% (6) ● Increased morale: 30.8% (4) ● Support from others with similar problems: 30.8% (4) ● Support from the mentor(s): 46.2% (6) ● Increased motivation: 38.5% (5)

Post- Study Group Evaluation

Benefits (post 21)		Mentor (N=5)		Mentee (N=8)		<u>Mentor+Mentee</u> (N=13)	
		Count	Row N %	Count	Row N %	Count	Row N %
Benefit: can stimulate me to think	1 Poor	0	0.0%	0	0.0%	0	0.0%
	2 Fair	0	0.0%	0	0.0%	0	0.0%
	3 Good	3	37.5%	5	62.5%	8	100.0%
	4 Excellent	2	40.0%	3	60.0%	5	100.0%
	5 NA	0	0.0%	0	0.0%	0	0.0%
	<u>Total</u>	<u>5</u>	<u>38.5%</u>	<u>8</u>	<u>61.5%</u>	<u>13</u>	<u>100.0%</u>
Benefit: can movivate me to learn more	1 Poor	0	0.0%	0	0.0%	0	0.0%
	2 Fair	0	0.0%	0	0.0%	0	0.0%
	3 Good	4	44.4%	5	55.6%	9	100.0%
	4 Excellent	1	25.0%	3	75.0%	4	100.0%
	5 NA	0	0.0%	0	0.0%	0	0.0%
	<u>Total</u>	<u>5</u>	<u>38.5%</u>	<u>8</u>	<u>61.5%</u>	<u>13</u>	<u>100.0%</u>
Benefit: can motivate me to do something different	1 Poor	0	0.0%	0	0.0%	0	0.0%
	2 Fair	0	0.0%	1	100.0%	1	100.0%
	3 Good	3	42.9%	4	57.1%	7	100.0%
	4 Excellent	2	50.0%	2	50.0%	4	100.0%
	5 NA	0	0.0%	1	100.0%	1	100.0%
	<u>Total</u>	<u>5</u>	<u>38.5%</u>	<u>8</u>	<u>61.5%</u>	<u>13</u>	<u>100.0%</u>

Post- Study Group Evaluation

			Are you from the school with Chinese as Medium of Instruction?		Total
			1 Yes	2 No	
How would you rate the study group overall?	2 Good	Count	1	3	4
		%	100.0%	75.0%	80.0%
	3 OK	Count	0	1	1
		%	0.0%	25.0%	20.0%
Total		Count	1	4	5
		%	100.0%	100.0%	100.0%

Post- Study Group Evaluation

			Are you from the school with Chinese as Medium of Instruction?		Total
			1 Yes	2 No	
To what extent was attending this study group worth your time?	2 Very	Count	1	3	4
		%	100.0%	75.0%	80.0%
	3 Moderately	Count	0	1	1
		%	0.0%	25.0%	20.0%
Total		Count	1	4	5
		%	100.0%	100.0%	100.0%

Post- Study Group Evaluation

			Are you from the school with Chinese as Medium of Instruction?		Total
			1 Yes	2 No	
How would you rate the study group overall? (Significant differences between MOI)	1 Excellent	Count	5	0	5
		%	71.4%	0.0%	62.5%
	2 Good	Count	2	1	3
		%	28.6%	100.0%	37.5%
Total		Count	7	1	8
		%	100.0%	100.0%	100.0%

Post- Study Group Evaluation

			Are you from the school with Chinese as Medium of Instruction?		Total
			1 Yes	2 No	
How would you rate the study group overall?	1 Excellent	Count	5	0	5
		%	62.5%	0.0%	38.5%
	2 Good	Count	3	4	7
		%	37.5%	80.0%	53.8%
	3 OK	Count	0	1	1
		%	0.0%	20.0%	7.7%
Total		Count	8	5	13
		%	100.0%	100.0%	100.0%

Post- Study Group Evaluation

			Have you ever found it difficult to read the words in English?		Total
			1 Yes	2 No	
What degree you can overcome the difficulty in reading English after the study group? (Significant difference between “difficult to read Eng. Word” in preQ)	1 >90-100%	Count	0	3	3
		%	0.0%	50.0%	25.0%
	2 >80-90%	Count	1	2	3
		%	16.7%	33.3%	25.0%
	3 >70-80%	Count	2	1	3
		%	33.3%	16.7%	25.0%
	4 >60-70%	Count	1	0	1
		%	16.7%	0.0%	8.3%
	5 >50-60%	Count	2	0	2
		%	33.3%	0.0%	16.7%
Total		Count	6	6	12
		%	100.00%	100.00%	100.00%

Post- Study Group Evaluation

(Significant difference between timetabling in Sem. 1)			Did you have your study timetabling in the 1st semester?		Total
			1 Yes	2 No	
You will set the timetable for study in the coming semester	1 Totally agree	Count	1	7	8
		%	25.0%	87.5%	66.7%
	2 Agree	Count	3	1	4
		%	75.0%	12.5%	33.3%
Total		Count	4	8	12
		%	100.0%	100.0%	100.0 %

Post- Study Group Evaluation

(Students not studied everyday before were all changed to “will study everyday”)			How many hours in general you studied everyday in the 1st semester?		Total
			0 No	1 Study everyday	
How many hours are you going to append each day for studying?	1 Study everyday	Count	5	3	8
		%	100.0%	100.0%	100.0 %
Total		Count	5	3	8
		%	100.0%	100.0%	100.0 %

			Could you cover all the material before the exam?			Total
			2 Almost can cover all ppt notes	3 Cover all the ppt notes but did not study textbook	4 Cover all the ppt notes and majority information in the textbook	
How much materials are you planning to cover in the coming assessment?	1 Less than half of ppt notes	Count	0	0	1	1
		%	0.0%	0.0%	16.7%	7.7%
	2 Almost can cover all ppt notes	Count	0	1	1	2
		%	0.0%	20.0%	16.7%	15.4%
	3 Cover all the ppt notes but did not study textbook	Count	0	3	2	5
		%	0.0%	60.0%	33.3%	38.5%
	4 Cover all the ppt notes and majority information in the textbook	Count	2	1	1	4
		%	100.0%	20.0%	16.7%	30.8%
	5 Others	Count	0	0	1	1
		%	0.0%	0.0%	16.7%	7.7%
Total		Count	2	5	6	13
		%	100.0%	100.0%	100.0%	100.0%

Post- Study Group Evaluation

			Have you ever thought there are too many materials to study?			Total
			1 Yes, but I think it is necessary	3 Yes, but I think I should improve my time management	5 No, the amount of materials are reasonable but my time management was not well	
Do you think there will be a lot of materials to study in the coming semester?	1 Yes, but I think it is necessary	Count	1	1	2	4
		%	100.0%	100.0%	100.0%	100.0%
Total		Count	1	1	2	4
		%	100.0%	100.0%	100.0%	100.0%

Post- Study Group Evaluation

			Have you ever thought there are too many materials to study?				Total
			1 Yes, but I think it is necessary	2 Yes, it is not necessary to study so many materials	Option 2&4 No, I just think my English is not so well so I have to slow the progress	3 Yes, but I think I should improve my time management	
Do you think there will be a lot of materials to study in the coming semester?	1 Yes, but I think it is necessary	Count	1	1	0	1	3
		%	50.0%	100.0%	0.0%	33.3%	42.9%
	3 Yes, but I think I should improve my time management	Count	1	0	1	2	4
		%	50.0%	0.0%	100.0%	66.7%	57.1%
Total		Count	2	1	1	3	7
		%	100.0%	100.0%	100.0%	100.0%	100.0%

Post- Study Group Evaluation

			Do you know the ways to improve your English?		Total
			1 Yes	2 No	
Do you know the ways to improve your English after the study group?	1 Totally agree	Count	1	0	1
		%	12.5%	0.0%	7.7%
	2 Agree	Count	3	4	7
		%	37.5%	80.0%	53.8%
	3 not sure	Count	3	1	4
		%	37.5%	20.0%	30.8%
	4 Disagree	Count	1	0	1
		%	12.5%	0.0%	7.7%
Total		Count	8	5	13
		%	100.0%	100.0%	100.0%

Five valuable learnt from the study group:

• search information/active learning	x	x				
• hardworking	x	x				
• answering technique						
• knowledge	x					
• study skills	x	x				
• stimulate me to think						
• time management	x	x	x	x	x	x
• think of some related questions	x	x				
• how to memorize						
• vocabulary						
• efficient ways for reading textbook/ new ways to study	x	x	x	x		
• learning attitude	x	x				
• good senior as mentor	x	x				
• how to prepare and study patho						

Five traits for successful study

Hard working

x

x

x

x

x

Spend time to study everyday

active learning

Preview the notes before the lesson starts

Finish the assignement as soon as possible

Make sure you understand all the notes

x

x

Find teachers to help

Good concentration/self control

x

x

not simply rote memory

draw pictures

groupmates

x

x

greater confidence

good morale

good time management

x

x

x

x

x

x

presentation skills

x

x

learn the vocab

Post- Study Group Evaluation

Intend to do
Form study group
Do dictation
Study patho before term
Set time-table
Use picture to memorize
Understand the subject
Improve revision skills
Study the materials of the study group

Summary

- Mentor and Mentee GPA
- Worth to attend the study group
- Surface to deep motive
- Significant differences between
 - MOI of Secondary school
 - English and content literacy
 - Time-management
 - ✓ Setting timetabling
 - ✓ Study pattern
 - ✓ Content coverage
 - Self-efficacy and motivation
 - Essence of studying

Discussion

- Small sample size

Reference

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