

This resource links to Pathway: Imposter syndrome and assertiveness training



Show your strength

Skills: Imposter syndrome, active listening, reflecting on your experience

Ask the students to get into groups no bigger than 3. Ask each student to share with their group a time they felt most confident/proud of themselves in their KE activity so far. Encourage the students to only use positive language – many students find this hard to do when talking about themselves so they might need reminding. Ask the other members of the group to make sure the storyteller is using positive language. The other people in the group should listen to the story and ask the storyteller questions such as:

- What made you feel confident/proud?
- What were your strengths during this experience?
- How did you feel after that experience?
- What did you learn from that experience?
- What did you achieve from this experience?
- How do you feel reflecting back on this?
- Did you find it easy or hard only using positive language about yourself?

Ask the group to come back together and share the stories. The students should share a story that they have listened to keeping it anonymous so everyone can hear the positive experience (if the person telling the story makes a mistake the student who's experience it is can correct them if they feel comfortable).

Ask students to think about and discuss:

- Why do you think we did this activity?
- How do you feel talking positively about yourself? Is this something you often do?
- Do you often reflect on positives or negatives in experiences?
- How did you feel sharing someone's positive story?
- What can you learn from each other's positive experiences?
- *How can you use these skills/ways of thinking you have learnt from this activity in your KE activity?*

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