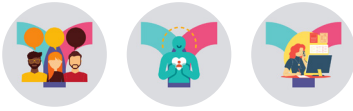


SUPPORTING STUDENTS IN KNOWLEDGE EXCHANGE: RESOURCES FOR STAFF

This resource links to Pathway: Preparing for your placement, personal skills development, reflecting on your experience



Thinking ahead

Skills: Reflection, active listening

USING THE [REFLECTION WORKSHEET](#) AS A PROMPT, ASK STUDENTS TO INDIVIDUALLY REFLECT ON HOW THEY'RE FEELING ABOUT THEIR UPCOMING KE ACTIVITY – THIS COULD BE A PLACEMENT, INTERNSHIP ETC.

Ask the students to get into pairs and take turns describing to their partners what they had written down about how they are feeling. The person listening should then describe to their partners what they heard about how their partner feels. Ask the students to swap so the person who was describing is now listening and repeat the activity.

Ask the group to come back together and share their partner's story. By practising active listening, they should be able to share what their partner said with enough accuracy and detail.

Ask students to think about and discuss:

- Why do you think we did this activity?
- How do they feel reflecting on their feelings about something that is about to happen?
- Do they normally spend time doing this?
- Is it useful to talk about this with someone?
- What can you learn from hearing about other people's feelings?
- How do you feel when someone is actively listening to you?
- How do you feel when you are actively listening to someone?
- Do you find it easy or hard to actively listen?
- *How can you use these skills/ways of thinking you have learnt from this activity in your KE activity?*

To find out more about what support is available for students through the Knowledge Exchange Toolbox, [click here](#) or scan the QR code. Produced by the University of Plymouth as part of the Office for Students and Research England funded project, Engaging Students in Knowledge Exchange.



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