

# SUPPORTING STUDENTS IN KNOWLEDGE EXCHANGE: RESOURCES FOR STAFF

**This resource links to Pathway:** Personal skills development, reflecting on your experience, finding career happiness



## When life gives you lemons (Adapted from Stoke Deck)

**Skills:** Positive thinking, creativity, active listening, reflection, growth mindset

Ask the group to get in a circle. Explain to the group that they need to think of a 'lemon'. In this exercise, a 'lemon' refers to something each person thinks is bad that has happened to them during their KE activity. It could be something like spilling coffee all over their desk or submitting a document with a mistake in it.

Someone starts by stating their 'lemon', then the person sitting to the left of them turns the 'lemon' into 'lemonade' by turning it into a positive experience e.g. spilling coffee on the desk becomes at least you had an excuse to completely declutter your desk! That person then stated their 'lemon' for the person on their left to turn it into 'lemonade'. Continue around the circle until everyone has turned 'lemons' into 'lemonade'

### Ask students to think about and discuss:

- Why do you think we did this activity?
- How did it feel sharing your 'lemon'?
- How did it feel making 'lemonade'?
- Was it easy to make 'lemonade' for someone else?
- How did you feel about your 'lemon' once someone had turned it into 'lemonade'?
- How did it feel hearing other people's 'lemons'?
- What did you learn from this experience?
- *How can you use these skills/ways of thinking you have learnt from this activity in your KE activity?*

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