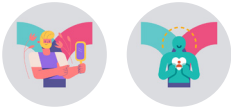


SUPPORTING STUDENTS IN KNOWLEDGE EXCHANGE: RESOURCES FOR STAFF

This resource links to Pathway: Personal skills development, imposter syndrome and assertiveness training



'Yes, let's!'

Skills: Creativity, imposter syndrome, confidence, playfulness

START BY MAKING A SUGGESTION TO THE GROUP E.G. PRETEND TO BE CHICKENS, PRETEND YOU'VE NEVER SEEN ANOTHER PERSON BEFORE.

The group need to shout 'yes let's' and then act out the suggestion. Someone else can shout out another suggestion at any time with the group shouting 'yes, let's' and changing to the new suggestion. Keep going until it comes to a natural end.

Get the group to come back together in a circle.

Ask students to think about and discuss:

- Why do you think we did this activity?
- How did you feel about doing the suggestions?
- Were you apprehensive?
- Were you concerned you would look silly?
- If you overcame any feelings, how did you do that?
- How do you feel now you have all done them together?
- Did you feel comfortable shouting out a new suggestion? If so why/why not?
- How did this activity make you feel?
- *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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