

SUPPORTING STUDENTS IN KNOWLEDGE EXCHANGE: RESOURCES FOR STAFF

This resource links to Pathway: Personal skills development, reflecting on your experience, imposter syndrome and assertiveness training



Experiencing challenges

Skills: Reflection, active listening, growth mindset, confidence

USING THE REFLECTING ON CHALLENGES WORKSHEET AS A PROMPT, ASK STUDENTS TO INDIVIDUALLY REFLECT ON A CHALLENGE THAT THEY HAVE OVERCOME DURING THEIR KE ACTIVITY AND WHAT THEY ACHIEVED BY OVERCOMING THIS CHALLENGE.

Before the activity starts you could introduce Growth Mindset to the students: emphasising that just because you don't know how to do something now, doesn't mean you can't learn and build those skills to be able to do that thing.

Ask the students to get in pairs and discuss what they had written down with each other. Ask them to specifically focus on what they achieved from the experience and how that experience has improved their knowledge or skills, using the active listening prompt sheet, and encourage students to practice active listening.

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 a challenge that they have overcome?
- Do they normally spend time doing this?
- What were your achievements from this and how did it make you feel?
- What can you learn from hearing about other people's challenges?
- 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.



Research
England

