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CRYNOLDEBAU / ABSTRACTS

DESIGNING AND DELIVERING A CONTINUING
PROFESSIONAL DEVELOPMENT PROGRAMME FOR
STUDENTS

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It is typical practice for universities to have a continuing professional development programme for staff, but the opportunities for students to engage in a similar programme are less evident, beyond those offered within study skills schemes. This presentation outlines a bespoke professional development programme for students, offered by professional trainers, that is grounded in coaching practices and personal development work. APPS is the Aber Psychology Professional Skills programme that has run in the psychology department for the last two years. Ten workshops are offered throughout the year for all undergraduate students in psychology, covering topics such as building confidence, managing stress, time management and procrastination, working with mindsets, presentation skills, and advanced communication skills. Offered as an optional programme, students may work towards completing the full course, or attend individual sessions as appropriate. This presentation considers the need for such a programme, before describing the design and delivery of the course, and subsequent student feedback. Evaluations support the need for a student continuing professional development programme as it not only provides students with the space and support to engage in introspective work with each other, but also assists them in developing additional key skills in reflection and self-awareness beyond the assessed components embedded within the degree programme.