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**To enhance student’s self-awareness and emotional intelligence within the**

**curriculum**

Getting students to focus on what they can do, not what they (believe) they cannot do.

**Kim Lawson - Department of Bioscience & Chemistry**

Ensure concepts of emotional intelligence are developed throughout the module content – experience shows that students find this interesting and accessible.

**Rosemary Leech - Academy of Sport and Exercise Science and Henry Bell, Department of Humanities**

Start early. Help them identify skills/strengths they already have. Own development.

**Vikki Carolan - Department of Bioscience & Chemistry**

Start early and help them to identify their aspirations and strengths and encourage to ‘own’ their development.

**Marc Jacobi - Department of Computing**

Creating environments with time and space for students to find their own voice and discuss and debate challenging/ sometimes contentious issues.

**Laura Kilby - Research Lead in Psychology**

Work placement and the PDP planning in ADAPT both require good reflective skills and self-awareness. Emotional intelligence is also developed through these but mainly in work placement where they need to interact with staff and supervisors and potential clients.

**Lizzie Freeman - Department of Psychology, Sociology & Politics**