

Module specification

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Module code	HLT527
Module title	Personal and Professional Development
Level	5
Credit value	20
Faculty	SLS
Module Leader	Catherine Hewins
HECoS Code	100473
Cost Code	GAHW

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
BSc(Hons) Public Health and Wellbeing	Core
BSc(Hons) Mental Health and Wellbeing	Core
Dip HE Health and Social Wellbeing	Core

Pre-requisites

None.

Breakdown of module hours

Learning and teaching hours	30 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	30 hrs
Placement / work based learning	100 hrs
Guided independent study	70 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	6 th December 2021
With effect from date	September 2022
Date and details of revision	

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Version number	1

Module aims

This module will provide knowledge and understanding that will enable students to continue developing their academic, personal and professional skills and attributes. It will include opportunities for career planning and to discuss contemporary workplace issues such as emotional resilience, and person-centred and evidence-based practice. The inclusion of a Work Based Learning opportunity will enable students to learn and develop both in the classroom and real life settings.

Module Learning Outcomes - at the end of this module, students will be able to:

1	Appraise and develop academic, personal and professional skills and attributes.
2	Develop a career plan and identify the key skills and actions needed to achieve this.
3	Adapt learning to a work based placement and reflect on the relevance of academic, personal and professional skills and attributes in a real life context.
4	Discuss contemporary workplace issues such as emotional resilience, and person-centred and evidence-based practice.
5	Successfully complete 100 hours of Work Based Learning.

Assessment

Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

Assessment 1

Students will be required to complete a portfolio of reflective work equivalent to 2,500 words exploring and evidencing their academic, personal and professional knowledge, skills and attributes in a work based setting. The portfolio will include written and oral elements, for example, a career plan, reflection, and professional talk.

Assessment 2

Students will be expected to successfully complete 100 hours of Work Based Learning.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2, 3, 4	Portfolio	100%
2	5	Attendance	Pass/fail

Derogations

None.

Learning and Teaching Strategies

The learning and teaching strategy for this module follows WGU's Active Learning Framework. Students are required to attend 'synchronous' workshops that will include the delivery of module content alongside individual and group discussions and tasks. They are also required to complete 'asynchronous' directed study tasks provided on the Virtual Learning Environment (VLE), such as watching recorded lectures, engaging with discussion forums, and undertaking quizzes, individual and group tasks, key readings and reflective activities.

Indicative Syllabus Outline

- Using feedback to advance academic progress
- Developing academic writing and the use of evidence
- Developing critical thinking and balanced arguments
- Becoming an independent learner
- Developing career goals - to include careers and CV writing
- Person-centred and evidence-based practice
- Being emotionally resilient
- Developing reflective practice and reflective writing
- Developing professional communication
- Conflict management and resolution

Indicative Bibliography:

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads

Cottrell, S. (2017) *Critical Thinking Skills: Effective Analysis, Argument and Reflection*, 3rd Edition: Palgrave Study Skills: Palgrave Macmillan; Basingstoke

Other indicative reading

Careers Wales, (no date), *Careers Wales*, Available from: <https://careerswales.gov.uk>

Cottrell, S. (2019) *Study Skills Handbook*, 5th Edition: Palgrave Study Skills: Palgrave Macmillan; Basingstoke

Cuddy, A. (2015) *Prescence: Bringing Your Boldest Self to Your Biggest Challenges*. London: Brown and Company.

McClellan, S., Bray, I., Viggiani, N., Bird, E. and Pilkington, P., (2020), *Research methods for public health*, London, United Kingdom: Sage Publications.

Thistlethwaite, J. and McKimm, J., (2016), *Health Care Professionalism at a Glance*, Chichester, United Kingdom: Wiley Blackwell.

Wrexham Glyndwr University, (2021), *Careers and Employability*, Available from: <https://students.glyndwr.ac.uk/home-2/careers-centre/>.

Employability skills – the Glyndŵr Graduate

Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

Core Attributes

Engaged
Enterprising
Creative
Ethical

Key Attitudes

Commitment
Curiosity
Resilience
Confidence
Adaptability

Practical Skillsets

Digital Fluency
Organisation
Leadership and Team working
Critical Thinking
Emotional Intelligence
Communication