

Prifysgol Wreccsam Wrexham University

Module specification

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Module Code	FY305
Module Title	Resilience During HE and Beyond
Level	3
Credit value	20
Faculty	Social and Life Sciences
HECoS Code	101279
Cost Code	GAHW

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
SLS Integrated FY	Core

Pre-requisites

N/A

Breakdown of module hours

Learning and teaching hours	40 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	40 hrs
Placement / work based learning	0 hrs
Guided independent study	160 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	10/08/23
With effect from date	01/09/23

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Date and details of revision	
Version number	1

Module aims

The aim of this module is to support students to;

- Identify suitable methods of goal setting to assist with personal and academic progress/success.
- Analyse and critique barriers to their individual progress and success.
- Demonstrate effective reflection to develop targets
- Discuss the role of empathy and compassion in support of a positive mindset
- Use mindfulness techniques to create a reflective blog

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

1	Identify suitable methods of goal setting to assist with personal and academic progress/success.
2	Demonstrate effective reflection to develop targets
3	Discuss the role of empathy and compassion in support of a positive mindset

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.

The portfolio will consist of a series of ten reflective tasks to be completed each week of the module delivery. The reflective task will have specific titles and questions to prompt the reflection and this are outlined in the module assignment brief.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1 - 3	Portfolio	100%

Derogations

None

Learning and Teaching Strategies

The module will utilise self-reflection and group discussion to discuss and identify the barriers that may hinder study and lives in general; the aim being to discover a range of

'learnable strategies' that can aid with supporting resilience during moments of both personal and academic lives where barriers have previously inhibited progress.

The module will be delivered through the format of a team-support programme to share experiences which may have limited their opportunities for success and create, based on the sessions, a range of strategies they can be taken forward into supporting their study and careers.

The module will also be supported by the Moodle VLE and pre-recorded content and resources aligned to the university's active learning framework (ALF).

Indicative Syllabus Outline

- Resilience, grit and success
- Self-awareness
- Thinking traps
- Connections and collaboration
- Goal setting
- Unplug – mindfulness
- Triggers and the emotional response
- Values based education
- Reflection and steps forward

Indicative Bibliography:

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

Essential Reads

Thompson, S. and Thompson, N. (2023), *The Critically Reflective Practitioner*. 3rd ed. London: Bloomsbury Academic.

Other indicative reading

Duckworth, A. (2016), *Grit: The Power of Passion and Perseverance*. New York: Scribner.

Harms, L. (2015), *Understanding Trauma and Resilience*. London: Macmillan Publishers Ltd.

Robson, D. (2022), *The Expectation Effect: How your mindset can transform your life*. Edinburgh: Cantongate Books Ltd

Employability – the University Skills Framework

Each module and programme is designed to cover core Graduate attributes with the aim that each Graduate will leave the University 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

Organisation
Critical Thinking
Emotional Intelligence
Communication