

GREAt Skills Workshops

Outreach and Educational Partnerships Team

GREAt Skills workshops are designed to support students in developing key skills relevant to their academic and personal learning and aid in their preparation for the transition to university and beyond. Each workshop requires approximately 1 hour for delivery however we can be flexible with timings if required and is available for in person or virtual delivery.

Workshops include:

Academic Skills- These workshops will support students currently completing a piece of academic work, or those who are due to complete one in the near future.

Personal Skills- These workshops will allow students to develop skills that they can implement in their current day to day lives.

Transferrable Skills- These workshops will allow students to develop skills that are important for every student to strengthen as they are key for their current studies and no matter what they choose to pursue in life.

If you are interested in booking, please email: outreach@gre.ac.uk

Academic Skills	
Title	Content
Choosing your Question	Covers motivations for completing the research project/ EPQ or an academic piece of project. Students will have an opportunity to select a research topic of their choice (if applicable) and evaluate a potential research question/hypothesis by the end of the session.
Selecting & Evaluating Sources	The range of sources available are varied, this session teaches students to alter search items to find resources, to be able to scan and survey to quickly decide the relevance of sources and evaluate the reliability of sources of information based on timeliness, author, purpose, and proximity.
Referencing & Avoiding Plagiarism	A key session for students to understand the importance of referencing when completing academic work. Students will be able to evaluate when it is necessary to include references and be able to write references and insert appropriately making use of online tools where available.
Reflective Writing	Understanding the importance of reflection of the students' academic writing. Students will learn key features of reflective writing and demonstrate how reflection can be applied to academic writing and activities.
Effective Presentations	A skill for life. Students will be able to list appropriate content to cover in a presentation and identify ways to make content interesting and engaging to the audience.

Academic Writing	<p>This practical workshop helps myth-bust the notion that “academic writing” is a complex piece of work. The activities focus on the skills students will need for any piece of academic-style writing they may have to complete, e.g., an EPQ log; university-level essays; or an apprenticeship/work report.</p> <p>Techniques explored in this workshop include objective thinking; reading the question; and the importance of proofreading.</p>
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Personal Skills	
Title	Content
Managing Stress	Students will identify potential causes of stress (before/present/future), describe some of the effects of too much stress and use strategies and support networks to manage stress.
Developing Resilience	Understanding the meaning of resilience and key characteristics and skills required for building resilience. Students will be able to describe methods for overcoming challenges and developing personal resilience by the end of the session.
Independent Learning	Students will be able to identify their learning style, explain the importance of effective note taking and tools which can be utilised and the benefits of good time management skills.
Revision Techniques	Exam periods – be it GCSEs, A Levels, mocks – can often be a stressful time. The activities within this revision masterclass are designed to help students: discover the revision styles that work best for them; identify the most effective ways to help them save time and retain information; and help manage common anxieties.
Critical Thinking	Students will be able to identify and describe what critical thinking is, understand the importance of it and develop these essential skills with various activities to be able to use these in any examples.
Digital Literacy	Students will explore the key components to digital literacy such as finding, creating, and sharing online content and complete various activities to strengthen their digital literacy skills.
Careers Planning	Ideal for students consider the next stage of their education or considering embarking on the world of work. This workshop helps students consider what careers they can aim for – even if they have donot have an inkling prior to the session - and how best to achieve this goal. For instance: if they need an undergraduate/postgraduate degree level; an apprenticeship; work experience, etc.

Transferrable Skills

Title	Content
Problem Solving	Students will learn to accurately assess a situation and arrive at a positive solution using a model that can be applied to solve any problem with engineering as an example.
Active Listening & Communication	Students will explore the importance of these key skills used in everyday life, exploring the relationship between the two and learn techniques to improve these through various activities.
Attention to Detail	Understanding the importance of attention to detail and ways to improve this core skill using various activities in law, maths, and media as examples.
Time Management	Students will explore the importance of time management and complete various activities within business as an example with some tips and tricks on how to strengthen this skill.
Leadership	Students will identify what leadership means and understand the importance in not just academia, also in day-to-day life skills. The importance and need to develop self-awareness and evaluate own leadership style will be included too.
Teamwork & Networking	The ability to work well within a team is a valued skill amongst admissions tutors and employers. This workshop not only gives students an insight into how they work within a team, but also helps develop their confidence in promoting themselves & negotiating with potential professional networks.

