**MY PROFESSIONAL SELF GRID**

**THIS IS ME NOW!**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| DESCRIPTION | EXPLANATION | YES | NO | SOMETIMES/  MAYBE |
| I am able to cope with the normal stresses of life | E.g. Positive or negative changes in your life/finances are manageable |  |  |  |
| I am able to positively interact with others | E.g. Find it easy to make friends and be part of a social circle |  |  |  |
| I am able to respond to challenges in my life as they occur | E.g. You understand that change occurs often and you are can adapt and be flexible to meet those changes |  |  |  |
| I have been able to make a contribution to my learning community whilst at university | E.g. joining societies and contributing to organising events/extra-curricular activities or volunteering or part of a sports team |  |  |  |
| I have been able to successfully make the ‘Step Change’ from school to university life | E.g. taken up opportunities to discover and explore new knowledge and skills |  |  |  |
| I am able to manage my time and meet deadlines | E.g. able to meet assessment deadlines, take charge of your own work, develop your learning |  |  |  |
| I am aware of all the different levels of support available to me at university and I am not afraid to ask for help | E.g. using the PT system, wellbeing, counselling, health centre etc |  |  |  |
| There are/I have taken up the opportunities for me to develop career skills | E.g. work placements. Work experience, training, volunteering |  |  |  |
| I have used skills within my degree | E.g. mentoring, communication, debating, analysing, research, generating ideas, IT etc |  |  |  |
| I have used skills outside my degree | E.g. in work placements such as IT, customer service, maintaining records, motivating others etc |  |  |  |

**THIS IS WHERE I WOULD LIKE TO BE!**

Write a short description below:

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