

PRPF H7006: Life Skills for the Resilient Graduate

Module Details	
Module Code:	PRPF H7006
Full Title:	Life Skills for the Resilient Graduate APPROVED
Valid From::	Semester 1 - 2019/20 (June 2019)
Language of Instruction:	English
Duration:	1 Semester
Credits::	5
Module Owner::	Paula Mullen
Departments:	Unknown
Module Description:	<p>At a time when there are high levels of access to education in Ireland, the profile of students is more diverse than ever and our graduating students face the pressures of a modern employment scenario characterised by strong competition, impermanence and constant self re-invention. In this climate we encourage DkIT students to be entrepreneurial, and this involves the development of personal characteristics that will help foster resilience as well as training in enterprise. In this module we will work to develop the graduate attributes that are most valuable in preparing students for work and life through 'positive education', an area of education where students are encouraged to develop a sense of wellbeing including confidence, resilience and a positive mental attitude.</p>

Module Learning Outcome	
On successful completion of this module the learner will be able to:	
#	Module Learning Outcome Description
MLO1	Recognise typical stressors and practice effective coping skills for stress management.
MLO2	Examine the concepts of 'fixed' and 'growth' mindsets, and identify strategies to develop a growth mindset while recognising personal strengths and weaknesses.
MLO3	Recognise the importance of 'habits' in developing positive life skills, and choose strategies for habit modification and development.
MLO4	Examine the role of signature strengths, goal setting and self-beliefs in building confidence.
MLO5	Develop strategies for effective time management.
Pre-requisite learning	
Module Recommendations <i>This is prior learning (or a practical skill) that is strongly recommended before enrolment in this module. You may enrol in this module if you have not acquired the recommended learning but you will have considerable difficulty in passing (i.e. achieving the learning outcomes of) the module. While the prior learning is expressed as named DkIT module(s) it also allows for learning (in another module or modules) which is equivalent to the learning specified in the named module(s).</i>	
No recommendations listed	

Module Indicative Content
Time Management * Managing time based on core values and goals * Prioritizing * Practical time management for college * Practical time management for the workplace
Stress Management for Resilience & Wellbeing • Common stressors • Fight or Flight • Psychological reactions to stress • Physiological reactions to stress • Mindset around stress • Behavioural & Cognitive Techniques • Self-care • Mindfulness • Managing social media in a digital age
Resilience • 'Fixed' and 'Growth' Mindsets (Dweck) • Learning and rebounding from failure • The importance of a positive mental attitude • Why 'negativity' is sometimes useful
The Power of Habits * Neuroplasticity * Identifying & understanding habits * The Cue-Routine-Reward model of habits * A process for establishing or changing habits * The ripple effect of organisational habits
Confidence Building • Signature Strengths • Goal-setting

Module Assessment	
Assessment Breakdown	%
Course Work	100.00%
Module Special Regulation	

Assessments

Full Time On Campus			
Course Work			
Assessment Type	Continuous Assessment	% of Total Mark	50
Marks Out Of	0	Pass Mark	0
Timing	S1 Week 6	Learning Outcome	1,2,3,4,5
Duration in minutes	0		
Assessment Description In this section of the module, students will be assessed on their awareness of the scientific and academic evidence supporting the key areas of study (e.g. group project and report).			
Assessment Type	Continuous Assessment	% of Total Mark	50
Marks Out Of	0	Pass Mark	0
Timing	S1 Week 12	Learning Outcome	1,2,3,4,5
Duration in minutes	0		
Assessment Description In this section of the module, students will be assessed on their ability to adopt and practice the various skills and techniques proposed in the module. They will also be graded on how thoroughly they explore and reflect on these areas in their own experience (e.g: individual reflective report).			
No Project			
No Practical			
No Final Examination			
Reassessment Requirement			
No repeat examination <i>Reassessment of this module will be offered solely on the basis of coursework and a repeat examination will not be offered.</i>			
Reassessment Description Students will be required to submit a project in early September based on their learning throughout the module.			

Module Workload

Workload: Full Time On Campus

<i>Workload Type</i>	<i>Contact Type</i>	<i>Workload Description</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>	<i>Hours</i>
Lecture	Contact	No Description	Every Week	3.00	3
Directed Reading	Non Contact	No Description	Every Week	3.00	3
Independent Study	Non Contact	No Description	Every Week	3.00	3
				Total Weekly Learner Workload	9.00
				Total Weekly Contact Hours	3.00

Workload: Part Time On Campus

<i>Workload Type</i>	<i>Contact Type</i>	<i>Workload Description</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>	<i>Hours</i>
Lecture	Contact	No Description	Every Week	2.00	2
Directed Reading	Non Contact	No Description	Every Week	4.00	4
Independent Study	Non Contact	No Description	Every Week	3.00	3
				Total Weekly Learner Workload	9.00
				Total Weekly Contact Hours	2.00

Module Resources

Recommended Book Resources

Charles Duhigg. (2013), *The Power of Habit: Why we do what we do and how to change.*, Random House, UK.

Carol Dweck. (2017), *Mindset - Updated Edition: Changing the way you think to fulfil your potential*, Little Brown Book Group, UK.

Martin Seligman. (2017), *Authentic Happiness : Using the New Positive Psychology to Realise your Potential for Lasting Fulfilment*, Hodder and Stoughton General Division, UK.

Recommended Article/Paper Resources

Dweck, C.. (2010), *Even Geniuses Work Hard*, Educational Leadership, September.

Frederickson, B.. (2003), *The Value of Positive Emotions*, American Scientist, Vol. 91, p.330-335.

Glenn, D.. (2010), *Carol Dweck's Mindset*, Chronicle of Higher Education, Vol 56, Issue 35, p.B6-B9.

GUNI. (2009), *Higher Education at a time of transformation: New dynamics for social responsibility*.

Linley, P., Joseph, S.. (2004), *Positive Psychology in Practice*.

Other Resources

Website:,
<https://www.meditationoasis.com/podcast>

Website:,
<https://ie.reachout.com/college/>

Website:,
<https://www.getselfhelp.co.uk>