**Positive Attitude / Motivation / Can-do attitude**

What do these actually mean?

Optimistic and motivated attitude towards:

* Personal development
* Professional development

You will develop these attitudes in many ways in all aspects of your life, for example:

**Academic related**

* Regularly meet with your personal tutor to discuss course progression, career thinking and skills development.
* Attend optional activities presented to you in the department
* Volunteer to support your academic department when activities are being planned and organised – by practical help or by attendance
* Think about feedback received for modules and assignments and develop ways of improving and progressing
* Complete AberGrad Skills Checklist and Planning Grid each year as useful development tools

**Extra-curricular**

* SU training – leadership, mentoring, society representation, student rep.
* IS courses – e.g. digital literacy.
* Learn a new language.
* Online learning.

**Work experience**

* Under take any training offered whilst on work experience.
* Information interview other roles in the workplace.
* Seek to develop and take up responsibility/ leadership roles in your current P/T student employment.
* Deferred studies to undertake YES.
* Participated in AberTemps Development Programme.
* Completed AberForward learning journal.

**Other**

* Take up a range of short courses offered through LLL.
* Situations which you have found difficult, but persevered and have grown in confidence as a result e.g. making presentations, networking with strangers; independent travel.
* Keeping a learning journal.
* Skills audit.
* Compiling a CV.
* Guidance consultation to identify strengths/weaknesses/skills gaps and understand how to develop skills while at university.
* TED Talks
* Y Geltaidd
* UMCA Societies
* External opps promoted through SU – Uni of Wales Air Squadron, Officer Training Corps, Scout Leaders/SSAGO
* MiDAS training