



Designing and Delivering a Continuing Professional Development Programme for Students

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What is APPS?

Aber Psychology Professional Skills programme

- Continuing professional development course for students that is grounded in coaching practices.
- Voluntary, open to all psychology students.
- 10 x 2 hour sessions across academic year.
- Offered by qualified staff.
- Certificates awarded for participation.
 - 9 have completed full course.
 - 215 session certificates awarded.



Why offer it?

Aber Psychology Professional Skills programme

- To create space and time for self-reflection, increasing self-awareness away from the core study skills sessions.
- To create an opportunity for students to come together across years and to learn from each other.
- As a way to offer coaching at group level.
- Develops proactive rather than reactive strategies.
- Complements other modules.



Workshops offered

Aber Psychology Professional Skills programme

- Improving your presentation skills.
- Beating procrastination and managing time effectively.
- Understanding yourself (MBTI 1).
- Personality type dynamics (MBTI 2).
- Managing stress and enhancing wellbeing.
- Advanced communication skills.
- Building confidence.
- Understanding and challenging mindsets.
- Social media boot camp.
- Defining your needs and values for life and work.



Is it needed? Reflections

Aber Psychology Professional Skills programme

- Students valued the group and were happy to talk to each other, particularly across years.
- Students gained greater understanding and insights about others, as well as challenging their assumptions.
- Students were embedding APPS into taught modules.
- Sessions were flexible and could be adjusted to the needs of the group.
- Supportive environment was created and respected.
- Students wanted more time for group discussion.
- Students were willing to be open about themselves.



Is it needed? Reflections

Should it be made compulsory?

