AberGrad Skills Checklist – Foundation Year Students

Embarking on a Foundation year is the beginning of an exciting process that will advance you academically. At the same time you will enhance your skills and aptitudes in ways that will also boost your performance in your extra-curricular activities. Similarly, skills and abilities you have developed in other aspects of your life are equally relevant to you during your academic studies. Complete the table below to identify the skills you currently have and note how they relate to your academic studies. Examples and ideas are noted below to help you get started.

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| ***Previous Experiences*** | ***Skills/Aptitudes I’ve developed*** | ***How they relate to my academic studies*** |
| ***Clubs, Societies and Sports*** |  |  |
| Cycling Club | Communication skills in conversing with people I didn’t know and don’t know well | Helping me to settle into academic studies by being able to socialise with others on the course; more confident to speak with lecturers and to ask for help with aspects of work |
| Jogging | Motivation and commitment to take this up by myself and to do it regularly | Perseverance to continue with studies even when going gets tough |
| Macmillan Cancer Care Charity | organisation | Making arrangements for the recent coffee morning meant thinking about the activities that needed doing and planning these out against a specific timeframe. I will need to do this when organising my academic work in order to get assignments in on time and factor in all the research time I will need prior to that. |
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| ***Hobbies and other Interests*** |  |  |
| Knitting | Ability to understand a complex set of instructions and to problem solve | In deciphering an intricate pattern I will be more able to break down complex concepts and theories into their constituent parts and see how they relate to each other |
| Cooking | Teaching and explaining recipes to my children | Having to explain things to my children has provided me with better understanding of how to explain things to others and consider things that might appear complicated in a more simplistic manner. This will help with my own understanding of my course work and with explaining to others my ideas and thoughts during seminars and tutorials. |
| Motor Bike Mechanics | Self-taught to fix my old bike | Researching for information on the various parts of the bike to learn how they work and how I can fix them has given me an approach I can use when researching for my assignments – analyse the problem or question, assess what information is needed, work out where to find the necessary information and ideas, pull them all together and pick out the ones that are most relevant and help solve the problem. |
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| ***Previous Work-related Experience*** |  |  |
| Full-time work |  |  |
| Part-time work |  |  |
| Volunteering |  |  |
| Work shadowing / experience |  |  |
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| ***Prior Education-related Experience*** |  |  |
| Further Education College |  |  |
| Tutoring year 7 pupils |  |  |
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| ***Foundation Year*** |  |  |
| Foundation year of . . . . . degree | academic writing  study skills  numeracy  data collection and interpretation, problem solving and application subject specific academic knowledge  using digital tools and technologies | All these I am now developing on my foundation year as a result of attending lectures, seminars, tutorials, presenting assignments, undertaking research for assignments and essays, attending study skills support groups, seeking support from library staff and working with a mentor. All these skills added to ones I already have are preparing me well for continuing with my degree programme and the skills I will need in order to be successful in pursuing that course. |
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