



## Knowledge and intellectual abilities

### Knowledge

Academic subject knowledge	Having a good command of your subject including disciplinary language, conceptual frameworks and methodologies.	Be proactive in exploring your discipline with your academic tutor and your peers. Read around the different subjects and topics you are studying. Notice how your discipline constructs and communicates ideas.
Academic integrity	Understanding the importance of appropriate referencing and honesty and rigour in research.	Advice on how to avoid plagiarism is available from the Library and the Study Skills service. The Centre for English Language and Foundation Studies (CELFS) runs Academic Development Days for students. Always write things in your own words and never claim someone else's work as your own.
Quantitative skills	Being comfortable with the presentation and analysis of numerical data.	Take a look at the national numeracy web site (Q step) and discipline specific resources (e.g. eBiolabs)

### Intellectual abilities

Analysis, synthesis and evaluation	Being able to evaluate information sources and to consider issues from a range of perspectives. Having the ability to deconstruct and work with complex ideas. Being able to judge arguments based on evidence.	There are many Study Skills resources that can help you develop your intellectual abilities. The Library can also help you find credible information sources and understand what to trust on the internet
Problem solving and application	Being able to bring theories to bear on practical problems.	You solve problems on a daily basis in your academic work and in your day-to-day life. You can develop your mental agility by doing crosswords or Suduko, playing computer games, organising events, DIY, etc.
Active and self-aware learning	Taking responsibility for your learning and being able to assess your limitations and areas for improvement. Undertaking personal development planning. Responding appropriately to feedback.	Discussing your Personal Development Plan portfolio with your personal tutor can help you become more self-aware and ensure you understand what skills you need to improve.

### Creativity

Innovation	being able to develop novel perspectives or ideas.	Undertaking one or more of the Bristol Futures Open courses will provide opportunities to develop your creativity.
Inquisitiveness and initiative	having a searching approach to your subject and the ability to identify problems and find solutions.	Read widely around your subject and think about how it relates to other disciplines at the University. Consider the impact of your discipline on the wider world.
Future thinking	being able to envision, articulate and create positive scenarios for the future. Being aware of the global context and importance of sustainability.	Become an active citizen by getting engaged with volunteering and community groups



## Engagement and influence

### Team work, negotiation and cooperation

Working and collaborating with others	Group work. Being able to adapt your way of working to incorporate others	There are plenty of opportunities to get involved in working with others in most aspects of life - try contacting the BSU for more details and getting involved in other extra-curricular events and activities, e.g. those run by resident JCRs
Influence and leadership	Negotiating with, motivating and directing others to invite effective contributions.	Get involved in mentoring/PASS activities with other students or become a student rep. Get involved in team sports.
Equality and respect for diversity	Being sensitive to and aware of the needs, values and opinions of others. Being able to engage with diverse people and cultures.	Taking part in a wide variety of volunteering roles in the community will help you develop a broader perspective.

### Communication

Written and oral communication skills	Being able to write well-argued, clear and accurate documents. Articulating ideas and presenting information verbally.	Many of your communication skills can be developed by the Study Skills resources. You could also contact one of the Royal Literary fellow or attend an Academic Development Day in CELFS.
Communicating to specific audiences	Tailoring your communication appropriately to a target audience.	Acting as a student mentor, Pass leader, student rep or student ambassador will develop your communication skills and enable you to meet a wide range of other people.
Communication media	Having a knowledge of publishing, authoring and creating in a variety of paper and electronic media.	Get involved in outreach activities, work or volunteer in the local community.

### Engagement

Enterprise	Using your knowledge to develop new enterprises and having entrepreneurial and intrapreneurial skills.	The Bristol Futures Open courses will help you develop a broader perspective and will develop enterprise skills. Intrapreneurial skills are shown by people who work to change and innovate within their own organisation or group- you can develop these skills by taking on a position such as Treasurer or President in a student society.  If you are interested in entrepreneurship, contact Business Basecamp.
Community engagement	Engaging with the local community through volunteering or other forms of engagement.	The BSU offers many volunteering opportunities as well as a wide variety of clubs and societies - get involved.
Co-production and collaboration	Working with others to develop new initiatives.	Get involved in outreach activities, work or volunteer in the local community.



## Personal effectiveness and wellbeing

### Personal effectiveness

Enthusiasm	Showing motivation and drive in you work and the tasks you undertake.	Find something that you are passionate about and get involved. If you don't know where to start, try out a variety of different clubs, societies or activities until you find something that really interests you.
Integrity and ethical awareness	Being honest and having the ability to make responsible and ethical decisions.	
Responsibility	Working without supervision in familiar and unfamiliar contexts and being aware of safety considerations in digital and other contexts.	

### Personal wellbeing

Self-confidence	Having confidence in your ability to succeed in tasks within your capability.	Personal wellbeing can be developed through a broad range activities such as mindfulness, making contact with others, and finding time to relax and enjoy yourself. Getting involved in activities outside your academic work can be beneficial - consider joining clubs and societies, taking part in sport, getting an internship or part-time job, volunteering, etc.
Self-reflection and self-awareness	Recognising your academic strengths and weaknesses. Setting realistic targets and locating and accessing appropriate support.	Reflect on your well being through personal development planning, celebrating your strengths and acknowledging that some skills might need additional development.
Perseverance	Showing the tenacity to continue working on difficult and intractable problems.	

### Self-management

Time management	Managing your tasks by prioritisation, planning, scheduling and delegation.	Many self-management skills can be developed by the Study Skills resources.
Adaptive capacity	Having the flexibility to ability to adapt to a changing environment. Responding effectively to change.	
Work-life balance	Managing the conflicting demands on your time and ensuring your wellbeing.	Part of ensuring wellbeing is making sure you manage your work-life balance (see above). Getting involved in a number of different extra-curricula activities and finding time to relax is key.