

GRADUATE ATTRIBUTES

UNIVERSITY COLLEGE CORK

STUDENT COUNSELLING AND DEVELOPMENT



CREATORS, EVALUATORS AND COMMUNICATORS OF KNOWLEDGE

- Throughout the therapeutic process, students create new goals, evaluate current ones and communicate skills and knowledge attained
- Deliver workshops on a wide range of topics including: anxiety management, psychological approaches to sleep, identifying and responding to students in distress, etc.



INDEPENDENT AND CREATIVE THINKERS

- Instil confidence to express opinions and develop an openness and capacity to identify new ways of viewing and thinking about life and the world
- Foster a mindset of thinking outside the box
- Facilitate reflective and critical capacity



DIGITALLY FLUENT

- Students can avail of several online resources relating to Cognitive Behaviour Therapy, Dialectical Behaviour Therapy, TED talks, etc.
- Raise awareness of positive digital citizenship and wellbeing



SOCIALLY RESPONSIBLE

- Promote responsibility for one's own life, health, wellbeing, safety and self-care
- Raise awareness of the need to be cognisant of the impact of one's behaviour on other people
- Imbue a sense of social and moral responsibility



EFFECTIVE, GLOBAL CITIZENS WHO RECOGNISE AND CHALLENGE INEQUALITY

- Deliver workshops on cross-cultural transition
- Staff receive expert training on working with gender issues and cross-cultural communication
- Highlight the need to respect other people's opinions and boundaries and to accept, value and embrace difference both in themselves and others



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Funded by the Higher Education Authority Innovation and Transformation Programme

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University College Cork, Ireland
Coláiste na hOllscoile Corcaigh

**Graduate
Attributes**