

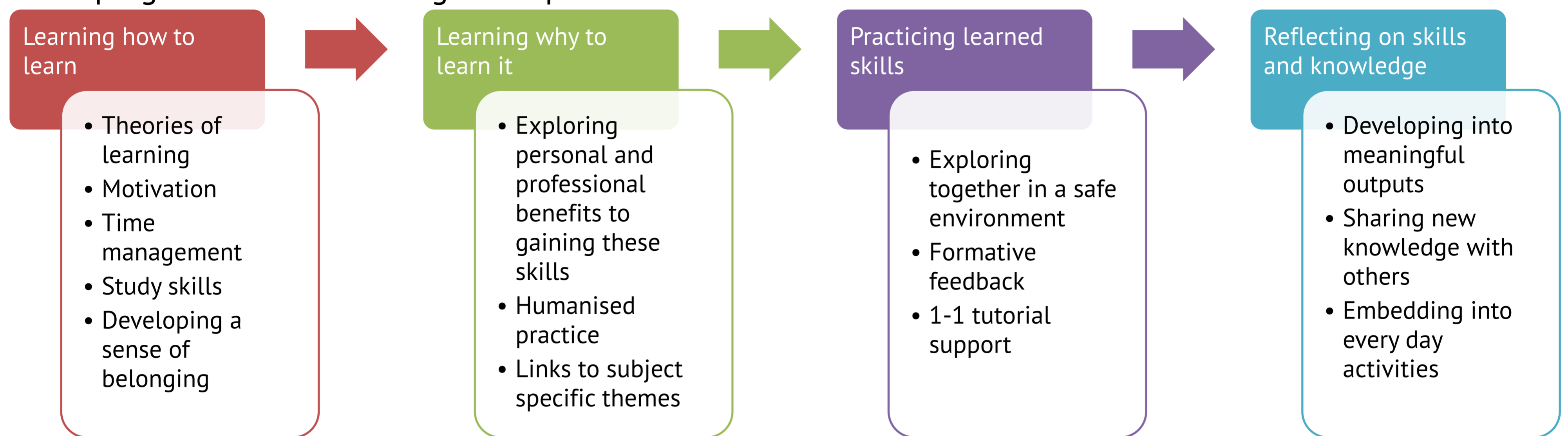
# Learning with head, hand and heart: Humanising practice in a Foundation Year curriculum to enhance students' confidence and sense of self

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## Introduction

The foundation year in the business school is an innovative programme preparing students for university. With a mix of subject specific content (head, knowledge) academic skills (hand, practice) and socio-emotional development (heart, personal growth), the programme is distinct as it introduces students early on to metacognition theories and activities and explores contemporary key issues they may face whilst scaffolding them, so that as they learn their confidence grow mastering the necessary skills to flourish at university whilst developing their understanding and a positive sense of self.



## Examples

**Socio-emotional intelligence (SEI)**

- Learning about learning
- Learning about themselves
- Completing SEI questionnaire
- Applying it to various contexts with examples (active learning)
- Writing about it in their essays (consolidating knowledge)
- Reflecting on their SEI development through the year

**Kindness**

- Learning about kindness
- Learning of its importance in the workplace
- Taking part in KindFest 2020 by creating a kindness poem and rap
- Reflecting on their new knowledge through their assignments and lived experience

**Equity, diversity and inclusion (EDI)**

- Learning about EDI
- Practicing with various creative activities (creating adverts, comics, posters, case studies)
- Bringing experts to share their lived experience
- Reflecting on their understanding through their assignments and plenaries

## Student Feedback

“The content being taught... is **incredibly important** and is something I think that plays a part in everyone’s journey through university.”



This type of teaching has “helped many students to engage with the content, I have personally noticed that when students attend these sessions they begin to **come out of their shells** and flourish”



“From working in teams to discovering the importance of inclusivity and diversity within the workplace and while at university has aided many student in **developing confidence** within themselves.”



## References

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