



# Bachelor's honours programme

**Activity type**

Extracurricular, excellence programme

**Activity duration**

2 years (5 ECTS)

**GCEd elements**

self-reflection, active listening, personal responsibility

**ILOs**

- to recognise the role of own norms and values in their thought patterns and actions
- to understand the influence of these own norms and values on behaviour
- to develop self-reflection capacity and therefore identify strengths and weaknesses
- to learn to modify one's norms and values where necessary
- to develop, through self-reflection, the ability to utilise strengths and improve upon weaknesses in a constructive way

**Teacher preparation**

They familiarise themselves with the literature that forms the basis for the discussions. This includes written preparation in the sense that appropriate worksheets are collected and compiled for being filled out by students as part of their portfolio. Additionally, their preparation comprises pre-discussion of the session's subject matter and involves framing a plan of action. They co-facilitate the session with a view to creating a safe and interactive atmosphere, improvising their approach in response to student input.

**Student preparation**

Students are required to read the prescribed literature. They reflect upon the discussion prompts and are expected to actively participate in the personal leadership seminars.

**Flow**

Over the course of two years, selected students participate in seminars as part of the personal leadership track. These sessions focus on various aspects of personal leadership, such as collaborating in teams, trust-building, feedback giving and receiving.

**Assessment**

To complete the personal leadership track, students are required to complete assignments and reflect upon the insights they have gained to develop their own personal leadership portfolio.

**Contact**

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