

Personal Best

A support and development programme to help students gain maximum benefit from their time at University.



Loughborough University

What is Personal Best?

Personal Best is an exclusive development programme for Loughborough students. It is structured around the University motto: **Veritate, Scientia, Labore** - with each word indicating development in a particular dimension of a student's life at Loughborough.

Dimensions

The three dimensions - **Veritate, Scientia, Labore** - encourage students to adopt a balanced approach to their own personal development across their academic, professional and personal growth.

Elements

The fifteen elements present a range of skills, behaviours and areas of opportunity for students' personal development, selected to help them achieve their own personal best goals or objectives.

Students are offered a range of opportunities and resources to help them develop, recognise and better articulate their skills and attributes, leading to greater self-awareness and success both academically as well as in their future lives and careers.

A unique framework of key skills and competencies was devised after consultation with colleagues, students and employers. It presents the skills and behaviours that students will be encouraged to develop in various ways including:

- whilst studying for their degree and through engagement with research
- during their placements and work experiences - and in their lives beyond the University

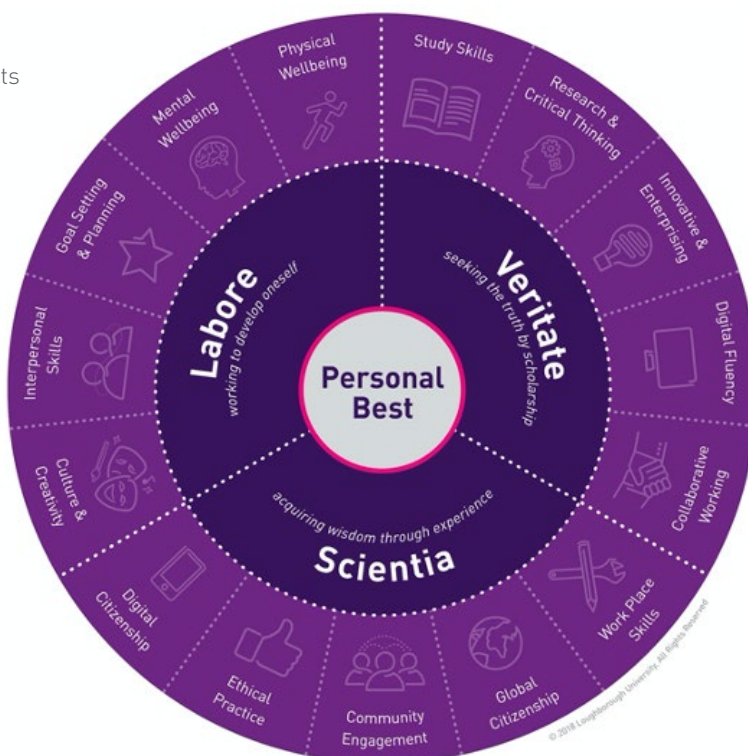
- in their interactions and participation in activities offered by the University's professional services teams
- in extra-curricular activities with the Students' Union, sport, volunteering etc.

These skills are valuable for all undergraduate and postgraduate students and for researchers, at whatever age or level of experience. Personal Best supports enhanced self-awareness and lifelong personal development.



"It's always a pleasure as an LSU Executive Officer to work on something ground-breaking and innovative in partnership with the University. Working on the pilot scheme of Personal Best was an incredible way to showcase Loughborough University's commitment to student support and development, and I felt very fortunate to be involved on the ground with a project with such ambitious goals."

Lewis Wood
Education Executive Officer 2016-17
Loughborough Students' Union



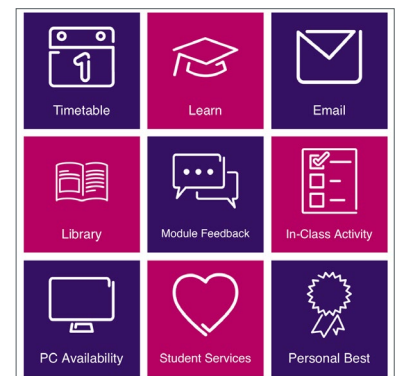
The Personal Best App

The unique Personal Best app structures and guides students along their own development pathways, prompting them to:

- audit their skills
- set their own goals
- record activities and personal development
- articulate their skills
- enhance applications for placements and graduate roles

Using the app enables every student to build a unique profile; a personal record of activities and skills that will be invaluable as a portfolio of professional development, guiding their learning and decisions about future careers, helping to create impactful CVs and job applications.

The app is also the portal for access to a wide range of opportunities, resources and information about each of the Personal Best elements, providing inspiration and encouragement for ongoing development.



MyLboro app, includes Personal Best



Overview of the first year programme

Starting Activities



VERITATE



SCIENTIA



The app's main hub

- 1 Check out the Skills Profile to review your skills
- 2 Set goals to guide your learning
- 3 Develop your skills using our resources
- 4 There are many playlists to choose from

"I thought the Personal Best reflective essay and accompanying teaching, training and activities were well designed and produced worthwhile outcomes for students and more-interesting-than-average assignments for staff to mark. A slight sceptic before teaching this for the first time, I'm now a true believer."

Module Leader delivering Personal Best

"Witnessing Personal Best being deployed as an opportunity for all newcomers has been an incredible experience. I think the reflective element of Personal Best is what I am most grateful for. Valuable experiences can often pass students unnoticed, especially whilst at university, so being provided with opportunities to self-reflect and really capture what they have learnt, as well as how it has helped them grow both on a professional and personal level, is particularly important. In many ways, Personal Best is a stepping stone towards ensuring that our students are not only better equipped for employment and life past university, but that they are more aware of their self-worth and what they excel at."

Ana-Maria Bilciu

Education Executive Officer 2019-20
Loughborough Students' Union

Year	2017-18	2018-19	2019-20
No. of first year students	11% 400	60% 2246	99% 3573
No. of modules	1	16	30
First year students on app	-	79%	99%
Completed skills profile	-	63%	95%
Set goals in app	-	13%	80%
Reflection completed	-	47%	95%

Plans for 2020 include a 'Transition to HE' Digital Badge



Personal Best: My Story alumni talks to engage and inspire



Two of the Red Arrows pilots who flew over campus at Summer Graduation 2018 were Loughborough graduates – they came back to share their story for the inaugural *Personal Best: My Story* talk in November 2018.

“Personal Best: My Story talks give students a valuable insight into career paths lived by Loughborough alumni. The sessions are interactive and inspirational, with a live Q&A at the end. I have always found the sessions uplifting – it is great to see how the skills and experiences Loughborough University offers can lead to such a huge variety of opportunities.”

Ash Ponder
Enterprise Executive Officer 2019-20
Loughborough Students' Union



Candy Kittens' Ed chats to students after his My Story talk

'Top tips' from Peter Cheese, Chief Executive of CIPD

- Be curious and never stop learning
- Push yourself and try new things
- Don't give up - failure is your best learning
- Build your networks and relationships
- Find mentors and cheerleaders
- Be prepared to challenge and speak up
- Proactively manage your career

(Personal Best: My Story, 29 May 2019)

“It was my pleasure to do the talk, I thought the student group was absolutely wonderful and I really enjoyed meeting them.”

Personal Best: My Story speaker

“The experience of completing the badge on Personal Best taught me how to utilise goal setting techniques to strive for success. I have improved my ability to set and complete effective goals while gaining an understanding of what drives me to complete them. My motivation and enthusiasm towards academic studies and other personal goals has considerably increased.”

First Year Student

‘It was great to have Peter presenting his Personal Best story last night, and to hear his very positive endorsement of the Personal Best framework and programme.’

Member of staff

All of the Personal Best: My Story talks are available as podcasts for students to listen to in their own time on the app.



Digital Badges and Personal Best Award

Personal Best Award

The Personal Best Award is a fantastic way of evidencing how much students engage with Personal Best. The Award consists of 15 badges, each relating to a specific element and comprising several compulsory and optional activities. Nine badges are needed to achieve the Personal Best Award.

“Making the first year compulsory is great and will hopefully encourage social mobility. It will support students who might normally shy away or lack awareness of the benefits of getting involved.”

Employer



Digital badges reward progress virtually

Admin User

Goal Setting & Planning Badge

Welcome to the Goal Setting & Planning badge pathway.

What you need to do

- To gain this badge, you will need to complete **5 compulsory activities** plus **3 of your choice** from the selection of activities that you feel are most relevant for your personal development.
- You can complete the activities in any order you want but we suggest you start with the goal setting activity first and then end with the reflection activity.
- We've already suggested a few optional activities for you in the stack below but feel free to come up with your own 3 if you prefer, or do a mix of both.
- Before starting we would also advise you to review your skills profile report and consider the areas within Goal Setting & Planning that you wish to develop. This may help you to decide on the activities you do to complete this badge.
- You may also wish to access the [Goal Setting & Planning Resources](#) playlist for further inspiration.

Remember, you need to complete 9 badges to gain the Personal Best Award.

Good luck!

If you have any questions, please email personalbest@lboro.ac.uk

Goal Setting & Planning (click on arrow for further instructions)

50%

Goal Setting & Planning goal setting activity

Achieve your most ambitious goals

Application questions

What is your driving force?

Selection of Goal Setting and Planning activities - choose 3

Goal Setting & Planning badge reflection

The hub informs users about the requirements and their progress towards earning each badge

Admin User

Selection of Goal Setting and Planning activities - choose 3

To gain this badge, in addition to the 5 compulsory activities you will need to complete 3 of your choice from the selection of activities that you feel are most relevant for your personal development. Choose from the below.

How self-motivated are you? A self-motivation quiz

Switch on your mindset and motivation

Get a mentor

Create your own business plan

Choose a challenge

Goal Setting & Planning - submit your first activity

PERSONAL BEST
VERITATE · SCIENTIA · LABORE

STAND OUT WITH THE PERSONAL BEST AWARD

Digital screens throughout campus promote Personal Best

“Completing these activities on the Personal Best app improved my digital fluency skills as I learnt how to effectively use various digital tools which I will use to progress my studies.”

First Year Student

“I love that Personal Best is giving students the opportunity to be more self-aware and to understand what they like, what they are good at or need to develop.”

Employer

