RISE Skills

You completed RISE- well done! We hope you enjoyed the course, but more importantly, it’s essential to recognise the **valuable skills you have gained and developed through RISE**. These will be taken with you into the world of work or further study and set you apart from the competition.

When writing your personal statements, cover letters and CVs in future, you can use the table below to help you communicate your RISE skills. Use the “how you’ve gained it” column to include specific examples and evidence your skillset in your future applications. Alternatively, if you are applying for an apprenticeship or job that requests specific skills in its description, if you find it in the table below you have a ready-made example to add to your application.

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| **Skill** | **How you’ve gained it:** |
| Project management  | Planning what tasks you had to do for your presentation and executing them |
| Time management  | Fitting in your RISE work alongside your already full schedule of coursework and homework!  |
| Organisation/ability to meet deadlines | Planned your work and time effectively to meet the presentation deadline |
| Co-operative working | Working with your mentor and taking into consideration feedback on your presentation |
| Presentation/public speaking skills | Presenting your project in front of an audience |
| Independent working | Designed a project and presentation by yourself, and also incorporated mentor feedback |
| Psychology research methods | Applied your knowledge and theory of psychological research methods to design your own psychology project |
| Decision-making | Decided how best to present your work and information for the presentation audience |
| Communication | Worked collaboratively with your mentor and communicated any issues or questions |