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| ​ **Activity Name** | **HEAR 6.1 Text** |
| Cardiff Met Award | Successfully completed the Cardiff Met Award having undertaken 100 hours of work experience, attended 5 workshops, reflected on their experience and delivered a presentation at interview. |
| Cardiff Met Award Specialising in Enterprise and Entrepreneurship | In addition to the requirements of the Cardiff Met Award, extra skills and experience relating to enterprise and entrepreneurship were achieved. |
| Cardiff Met Award Specialising in Global Mind-set | In addition to the requirements of the Cardiff Met Award, extra skills and experience relating to global mind-set were achieved. |
| Cardiff Met Award Specialising in Leadership | In addition to the requirements of the Cardiff Met Award, extra skills and experience relating to leadership were achieved. |
| Cardiff Met Award Specialising in Sustainable Thinking | In addition to the requirements of the Cardiff Met Award, extra skills and experience relating to sustainable thinking were achieved. |
| Cardiff Met Volunteer Zambia Project | This Activity is part of the Wallace Group Volunteer Zambia programme, a group of UK Higher Education Institution’s (Bath, Cardiff Metropolitan, Durham, Loughborough, Northumbria, St Andrews and Stirling University) that have a shared ethos towards sports’ excellence and development.  The Project offers students the opportunity to add value to their education by enhancing their global awareness, leadership skills and teaching and coaching capabilities. Students work alongside the Zambian Non-Governmental Organisations (NGOs) to run a wide range of sports and physical activities. The initiative focuses on the positive impact that sport can have upon impoverished communities, helping to improve the quality of their lives and delivering key health messages with a vision to "To work together to create a legacy through the development of sport for the betterment of lives in Zambia; to create environments that allow the exchange of information, ideas and skills between the UK and Zambia." |
| Coaching Academy | The Coaching Academy is a 2 year programme for promising sports coaches who will receive a thorough package of training, development, and mentoring. |
| Complementary Healthcare Community Champion | Has attended a range of events to promote complementary healthcare and support members of the local community with advice and/or treatment. These events included things such as supporting sporting activities with therapies, external charities/agencies with therapies or group talks, students own initiatives involving their local community, Open Days/6th Form and Further Education Widening Access events within the University. |
| Completion of Medical Research Council e-learning: Research and Human Tissue Legislation | The student successfully completed training on the Human Tissue Act.  The online training facilitated by the Medical Research Council. This e-learning module provides an overview of human tissue legislation in the UK; best practice and practical tips for compliance. This module was developed by the MRC Regulatory Support Centre in consultation with the Human Tissue Authority, National Research Ethics Service. Students completed an online learning module where learning outcomes were assessed using an online test. |
| Concept | Concept provides students with the opportunity to work on a live marketing brief for a client over a 3 day period, working in teams with other students from across the university. |
| Countdown to Launch | A 5 day business start-up programme which helps students to develop the skills and knowledge needed to start and run a business. The programme is delivered via interactive workshops and culminates in a pitch to a panel of entrepreneurs in which students can win a share of the £10,000 Santander prize fund. |
| Course Reps | Acted as a Course Rep for one or more years during their time at Cardiff Met, including attending Staff Student Liaison Committees, completing relevant training and representing the views of students on their course. |
| Creative Exchange Student Employability, Professional and Personal Development Group | The Creative Exchange group is an extracurricular activity for Cardiff Met students to share ideas, discuss, coordinate, plan and develop creative activities with each other and the local community. Meetings off campus will involve creative discussion and sharing , and finding out about local networks and organisations with a view to develop relationships and awareness of creative industries and form contracts for possible project partnerships and voluntary activities. |
| Erasmus+ Ambassadors | Undertook the role of Erasmus+ Ambassador, including welcoming incoming Erasmus+ students, supporting in the delivery of events and assisting in promoting Erasmus+ Study and Traineeship Mobility opportunities to Cardiff Met students. |
| Erasmus+ Study Mobility | A study mobility where additional modules were undertaken to enhance the students study experience at a partner university, enhance their skills and gain cultural awareness through the Erasmus+ Project. |
| Erasmus+ Traineeship Mobility | A traineeship mobility whereby students worked within an enterprise or organisation, acquired specific skills, enhanced their employability and gained cultural awareness through the Erasmus+ Project. |
| FabLab Student expert | FabLab student experts acquire skills in a FabLab environment, expanding their knowledge on digital manufacturing techniques. As well as being able to assist other students in gaining those skills. FabLab student experts also work on commercial projects for clients, as research projects within Cardiff Met. |
| Hackathon - Product Design | The Product Design Hackathon is a 48 hour intensive event in which students work in teams to produce a new product. The event brings together students from across the university from a range of disciplines and with a vast array of knowledge and skills. |
| Halls of Residence: Student Wardens | Student wardens act as the first point of contact for the Halls of Residence Out of Hours Service. Wardens are current students who live in Halls. They can be UG and PG students. Wardens are qualified First-Aiders who have attended a range of relevant workshops to prepare them for life as a warden. Wardens (2) are on duty 1700 - 0030 each evening and 1000 - 1000 weekends. They provide pastoral support to predominantly first-year students who live in Halls. Wardens will also deal with lockouts, fire alarms and basic maintenance (e.g. blown fuse, broken glass). |
| Intellectual Property Tutor | The student completed an online learning module providing training in Intellectual Property (IP).  The module is delivered by the UK Intellectual Property Office.  The training allows students to identify different forms of IP, to understand the role of IP in Science, Technology, Engineering, and Mathematics (STEM) and to know how to protect their work.  The tool also provides access to a wide range of resources for learning in IP. |
| International Childhood Cancer Day seminar - hosted by Cardiff Met SU Science Society (15th February 2017) | Student members of the Cardiff Met SU Science Society conceived, planned, designed, hosted and delivered an International Childhood Cancer Day seminar on 15th Feb 2017. Four different External Speakers were identified (from NHS, Cancer Research Wales, and other relevant bodies), and approximately 100 students and others attended. The event was a great success in terms both of raising awareness about childhood cancer in a public-engagement-with-science sense, and of demonstrating the ability of the students in question to organise such an event and make it a success |
| International Student Ambassadors | International Student Ambassadors worked closely with the International and Partnerships Office during the period leading up to and throughout each of the international student arrival periods. Their primary role was to provide help and support to newly arrived students to aid a smooth transition to the UK and entry into an unfamiliar educational environment. Responsibilities included meeting and greeting students who arrived at the airport and/or receiving them on campus; offering one to one support to work through university processes such as enrolment, interpreting timetables etc.; and advising on unfamiliar UK procedures. In addition, the ambassadors were trained to recognise when to refer students to the appropriate department or service where additional support was required. |
| Keeping Well in your Home, a learning partnership with Derwen Housing Association | The students help at a variety of activities, from meeting and talking to residents to assisting them to complete health impact assessments, co-creating events to counter social isolation and assisting in developing resident’s digital literacy, ongoing activities include pudding club and one to one digital advice. Enabling the individual to facilitate the lifelong learning of the residents as well as learning from the residents themselves, this is intergenerational working, a key objective of sustainability as defined by Rio Summit and adopted by the Welsh Government. |
| Laboratory Skill Competency Assessment | The competency of the student in a range of laboratory skills has been assessed. The student has been issued with a certificate listing the laboratory skills in which they have demonstrated competence. |
| Lead Rep | Acted as the Lead Rep for a Department or year cohort for one or more years during their time at Cardiff Met, including attending Staff Student Liaison Committees, completing relevant training and representing the voices of students in their cohort. |
| Microsoft Office Specialist | Successfully completed a Microsoft Office Specialist (MOS) qualification and associated training. MOS certification proves the holder has mastered the principle features of an Office application - Excel, Word, PowerPoint, Access or Outlook. They are able to select appropriate tools for common productivity tasks, and use them effectively and efficiently to organise, manipulate and clearly present information. |
| Microsoft Office Specialist Mentor | Acted as a mentor to students pursuing the Microsoft Office Specialist (MOS) qualification. A MOS Mentor has supported and developed MOS students by sharing their knowledge and experience of the Microsoft Office Specialist programme. They have received training in mentoring techniques and have used their mentoring skills in workshops and one-to-one situations to help new MOS candidates develop their skills. |
| Santander Scholarship | Student was awarded a Santander Scholarship to enable them to spend a short period of time at another university in the Santander network.This is a global network comprising of over 1000 universities. The activity is determined by the student and enhances their studies by providing the opportunity to experience their chosen discipline in a new and global context. |
| School Rep | Acted as a School Rep for one or more years during their time at Cardiff Met, including attending Learning and Teaching committees, meetings with the Vice-Chancellor and being a trustee of the Students’ Union. |
| Short Term Mobility Funded Overseas Field Trip | Students worked collaboratively with a partner university/organisation, developing their cross cultural skills and teaching them how to communicate in different environments, considering factors such as cultural differences and language barriers. Students were exposed to a new learning environment and encouraged to see their chosen discipline from a new perspective. They needed to adapt to a new environment quickly, due to the short duration of the visit. The trip was also a networking opportunity for students to meet international peers and in some instances, work with international organisations. |
| Student Ambassador | Undertook the role of Student Ambassador, including welcoming visitors to Cardiff Met’s campuses, speaking to prospective students and supporting the successful delivery of events. |
| Student Fundraiser | Participated in our annual Telephone Fundraising Campaign which reaches out to our alumni as a means to update, engage and generate funds for our Development Fund. Through effective and professional conversation, the fundraiser generated much needed philanthropic support and acted as a medium to update members of the alumni network on University developments, showcasing the support that has already been received and the impact that charitable support has had on the institution. As a pivotal part of our fundraising strategy, the fundraiser made an impact that will be felt by the University, long after they graduate. |
| Student Internal Auditing of Environmental Management System ISO14001 | Environmental Management System ISO 14001 requires an annual internal review of system and practice. These audits have previously been completed by an external consultant. Students and staff members receive training on the agreement that they participate in teams and complete up to four internal audits, with the support of the Environmental Performance Manager. Students were requested to sign up for the SU - Cardiff Met Award - Sustainable Thinking pathway. They are all Environmental Health students. This equates to approx. 50 hours of volunteering including the training day, introduction to EMS, audit plan, preparation, completion and submission of report and feedback to all group. They have also been invited to attend the Annual External Audit in October. |
| Student members of the Chartered Institute of Housing team for National Conference | The students helped to facilitate the conference. They met guest speakers, took them to the appropriate venue, checked all IT and presentational tools were available. Liaised with the conference team to solve any issues. Students also prepared questions and had sessions on their own with some speakers to discuss issues affecting the housing sector. Students then provided an insight which fed into an official blog. The attributes covered were effective communication, interpersonal skills and networking, students also met European speakers, therefore enhancing their global knowledge. |
| Student Mentor | Contributed to the delivery of the First Campus Mentoring Programme. The mentor delivered one-to-one mentoring at an identified school which falls in line with First Campus target groups.  The mentor provided help and support to identified pupils in secondary education; by visiting the pupils on a regular basis they developed trusting relationships in order to address individual learning and aspiration needs. |
| Student Panellist - Validation and Periodic Review Events | Student panellists are an essential part of the institution’s quality processes. They are part of a panel that decides whether or not to reapprove programmes as part of the Periodic Review or scrutinise proposals to deliver new degree programmes. Following attendance at a training session they are asked to comment on documentation prior to attendance at an event - which involves them representing the view of the student in relation to the proposed student experience by asking questions of the programme team and engaging in discussion with both the panel and team. The skills they gain include effective communication, analytical ability and inter-personal skills. |
| Student Union Sport Member | This student became a member of Student Union Sport which gave the opportunity to train, compete and represent Cardiff Met in their chosen sport/s. They operated within a club and/or team environment, where they had the opportunity to take on leadership and organisational roles, both formal and informal. They demonstrated full commitment to club activities including attending training sessions and competitions, assisting or leading on the organisation of travel arrangements, club budgets and club promotion. |
| Student Volunteering at The Outdoor Learning Centre | Became a valued student volunteer via The Outdoor Learning Centre on learning, play and Forest School projects designed to promote social inclusion, learning, development and community engagement in partnership with local children, practitioners and families. Projects run on a weekly, termly or annual basis, generating lively learning beyond the lecture theatres where students experience connections between theory, policy and practice. The Concrete Patch, a student realisation involving Cardiff School of Education and Cardiff School of Art and Design students working together to re-energise a tired unused space on campus is now also regularly used for playful volunteer led projects. |
| Student Workshop Deliverer | Contributed to the delivery of Cardiff Metropolitan University’s Widening Access course portfolio. By designing and delivering teaching materials within their subject specialisms to raise educational aspirations and highlight opportunities at a Higher Education level.  Courses and workshops are delivered on campus and in community locations to adults and young people who fall into Cardiff Metropolitan’s Widening Access target groups. |
| Summer Show Student Representative | Acted as a liaison between students and the School to ensure the effective organisation and planning of the School's Summer Show. As such, students had the opportunity to develop their problem solving skills whilst considering the logistics and planning required to deliver such a large event including 300+ exhibitors as well as a programme of associated events and activities. |
| The Great App Challenge | The Great App Challenge was a 24 hour event in which students worked on creating an app or piece of software for an educational purpose. This brought together students with software engineering skills and those from a wide range of other disciplines, to problem solve and develop new solutions. |