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About the Presenter:

Arti Kumar went to school and college in Bangalore before moving to the UK, where she has worked extensively in the field of careers education, at institutional and national levels. Currently, as full-time Associate Director of the Centre for Excellence in Teaching and Learning at the University of Bedfordshire, her work has been central in the University's adoption of effective student-centred pedagogies that connect personal and career development with good learning and employability approaches in higher education curricula. As part of her National Teaching Fellowship (awarded in 2005) she authored the book entitled *Personal, Academic and Career Development in Higher Education - SOARing to Success* published by Routledge Taylor & Francis. She was awarded an MBE in the Queen's Honours list 2008 "in recognition of services to higher education". She is a Fellow of the UK Higher Education Academy and an AGCAS Lifetime Achievement award winner.

Title of Paper: **SOARing to Success – a process model for integrated personal, social and career development**

Abstract:

This workshop will present and explore with participants some of the activities, reflective aids and pedagogy that can enable individuals to 'SOAR to success' - i.e. to develop a range of skills and attributes that relate to their personal, social, academic and career development in the context of a competitive and rapidly changing global economy. Participants will have opportunities to see how theory and practice is connected in this process model, and to assess the tools that have been evaluated with students.

SOARing to Success is essentially a framework based on the universal dynamic relationships between **Self**, **Opportunity**, **Aspirations** and **Results**. These elements give rise to distinctive topics and effective teaching, learning and assessment methods that can enable learners to actively engage in their current programs and simultaneously create their futures with greater intention, direction and self-regulation.



The themes that flow from SOAR draw on personal and social constructionist approaches. They can be adapted to suit different subject disciplines and contexts. Importantly they can also be personalised by individuals, regardless of their background, age or level of ability. The workshop will show how the model is theoretically credible and practically delivered - it has been evaluated with students on a range of programs at different universities. It forms the subject of a book: Kumar, A. (2007) *Personal, Academic and Career Development in Higher Education – SOARing to Success* London and New York: Routledge Taylor and Francis.

Activating SOAR as a formative, student-centred process can enable students to:

- become more pro-active, 'professional' and self-managed;
- identify, critically appreciate and promote strengths that arise from their Motivation, Ability and Personality (Self-MAPs);
- use their Self-MAPs to engage developmentally with opportunities in their life-career journeys;
- use sources of influence and support in order to overcome constraints;
- generate, clarify, test and implement Aspirations through soundly informed decisions and plans;
- record, articulate and demonstrate evidence of relevant Results to tutors and employers.