Soft Skills and Employability

ECTS : 0

Volume horaire : 7.5

Description du contenu de l'enseignement :

Soft Skills and Employability aims at supporting students' reflections about their studies and professional projects in connection with their personal life while growing as individuals and learning how to interact with others and collaborate. Its main general objective during the three years of the bachelor's degree is to help each student start the process of finding his/her place in the working society and envisioning him/herself working happily and contributing to the world.

This first-year Soft Skills and Employability module introduces students to the foundational interpersonal and professional skills needed to navigate both academic environments and future workplaces.

Focusing on key areas such as effective listening, giving and receiving constructive feedback, CV writing, and digital awareness, the module equips students with tools to communicate clearly, collaborate with others, and present themselves professionally.

Through a blend of interactive workshops, reflective exercises, and real-world scenarios, students will begin to build the confidence and competencies necessary for personal and career development.

Compétence à acquérir :

This is done through the development of the following three transversal competences:

- Adapting to new situations by becoming aware, experimenting with new tools or practices and using the group.
- Building one's pathway by formalising one's skills, identifying one's achievements and the areas that remain to be developed, and expressing one's values.
- Interacting and collaborating in a university context by seeing the workshop group as the beginnings of a working group, developing attentive listening to others, and by sharing tasks and roles within a group.