



THE UNIVERSITY *of* EDINBURGH

Edinburgh Award (Peer Learning and Support Volunteers: PsychPALS)

This award is given to students from the School of Philosophy, Psychology and Language Sciences, whom the University has recognised for actively working to maximise their impact and excel in their own professional development.

In successfully completing the Edinburgh Award, these students will have been helped to:

- increase their self-awareness;
- make the most of their existing strengths and build new skills/abilities against clear development goals;
- understand the processes involved in having a planned positive impact and strategically working to excel, enabling them to have impact and make a difference whatever situation they are in; and
- look not only at what they have done while working with peers, but also to capitalise on their experiences elsewhere to inform and enhance their role as PALS facilitator, and vice versa.