



THE UNIVERSITY *of* EDINBURGH

Edinburgh Award (PsychPALS)

This award is given to students in the School of Philosophy, Psychology and Language Sciences whom the University has recognised for actively working to maximise their impact and excel as a peer-assisted learning facilitator. These students have volunteered to use their academic experiences to facilitate discussions and sessions that enable early-year Psychology students to think more deeply about their learning and overcome challenges they may be facing.

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 a PALS facilitator, and vice versa.