

York Strengths Online Course Outline

A one-week open-access programme

[York Strengths](#) is the flagship programme of the University of York, aiming to develop students' awareness and understanding of a range of 21st-century skills that are required for employability and self-development.

Based on research undertaken by the University, this programme helps students become more resilient, perform better both academically and at the workplace, and become better aware of and more confident in presenting their skills.

By incorporating our experience in delivering courses in employability and intercultural communication, this course helps participants navigate the multicultural professional environment of the 21st century.

Course aims

- To introduce the York Strengths employability skills framework;
- To help students better understand their strengths and areas to develop in relation to their employability skills;
- To introduce core concepts of intercultural communication;
- To set students off on a journey of self-improvement regarding a range of 21st-century skills;
- To provide an opportunity to practice and improve interview skills and present strengths and achievements.

Programme components and schedule

Component	Schedule	Total time
Synchronous lessons	3 hours per day, Monday-Thursday	12 hours
Asynchronous learning (individual or small groups)	2.5 hours per day, Monday-Thursday	10 hours
Mock job interview preparation and interviews	2 hours on Friday	2 hours
Feedback session	1 hour on Friday	1 hour
Total learning time		25 hours

Synchronous teaching takes place between 9am - 12.30pm UK time.

Feedback and assessment

Students receive the following feedback from their tutor:

- Personalised oral feedback on their mock interview performance after the interviews take place;
- Assessment against set criteria over a grid on their learning journal as well as their interview.

The final assessment is broken down into two components:

Component	Weight
Learning journal	50%
Mock interview	50%