



MY YEAR PLANNER



202__ To 202__



UCC

University College Cork, Ireland
Coláiste na hOllscoile Corcaigh

GRADUATE
ATTRIBUTES
UNIVERSITY COLLEGE CORK



HELLO!

.....

Thank you for taking the time to open this little booklet and to find out how it can help you to capture and make sense of the year gone by and plan ahead for the one to come. We hope this tool will help you to uncover and understand your own patterns and to design the best year ahead possible, starting from where you are, right now.

Here at UCC, our students are at the heart of everything we do. We support you at every stage of your journey, enabling you to live, lead and learn in a co-created future and to **begin, belong** and **become** the person you want to be. Whether you are at the start of your UCC journey or a little further down the track, taking the time to complete the exercises in this booklet will help you to reflect, take stock and regroup. It will help you to build **resilience**, develop **respect** and **compassion** for yourself and others, plan with **ambition** and grow and develop with **integrity**.

It will carve out an opportunity for you to acknowledge and learn from your mistakes, consider the challenges you have faced, celebrate your successes and plot the course for the next stage of your journey.

.....

#BeginBelongBecome

MY YEAR PLANNER

1 WHAT IS THIS?

This booklet will help you assess the past year and plan the year ahead of you.

2 WHY IS THIS GOOD FOR ME?

Planning your year is a good habit. It can help you become more aware of your successes and challenges and make you realise how much can happen in just a year. By learning from the past, you can take control and plan your future to change aspects of your life that you may not be happy with.

3 WHAT DO I NEED?

1ST VERSION (LONE WOLF VERSION)

- At least three hours of uninterrupted time (to look back)
- At least one hour of uninterrupted time (to look ahead and plan the year to come)
- A calendar of the past year
- A printed or digital version of this workbook. The digital version is fully interactive, just be sure to download!
- If you'd prefer to print this booklet, make sure you have a selection of your favourite pens
- Honesty and openness

2ND VERSION (GROUP VERSION)

- A group of inspirational people (2-10 people)
- At least four hours of creative time
- A calendar of the past year
- A printed or digital version of this workbook. The digital version is fully interactive, just be sure to download!
- If you'd prefer to print this booklet, make sure you have a selection of your favourite pens.
- Honesty and openness

GET READY

ARRIVE.

PUT ON SOME RELAXING MUSIC.
POUR YOURSELF A HOT BEVERAGE.

LET GO OF ALL OF
YOUR EXPECTATIONS.

**START WHEN
READY.**



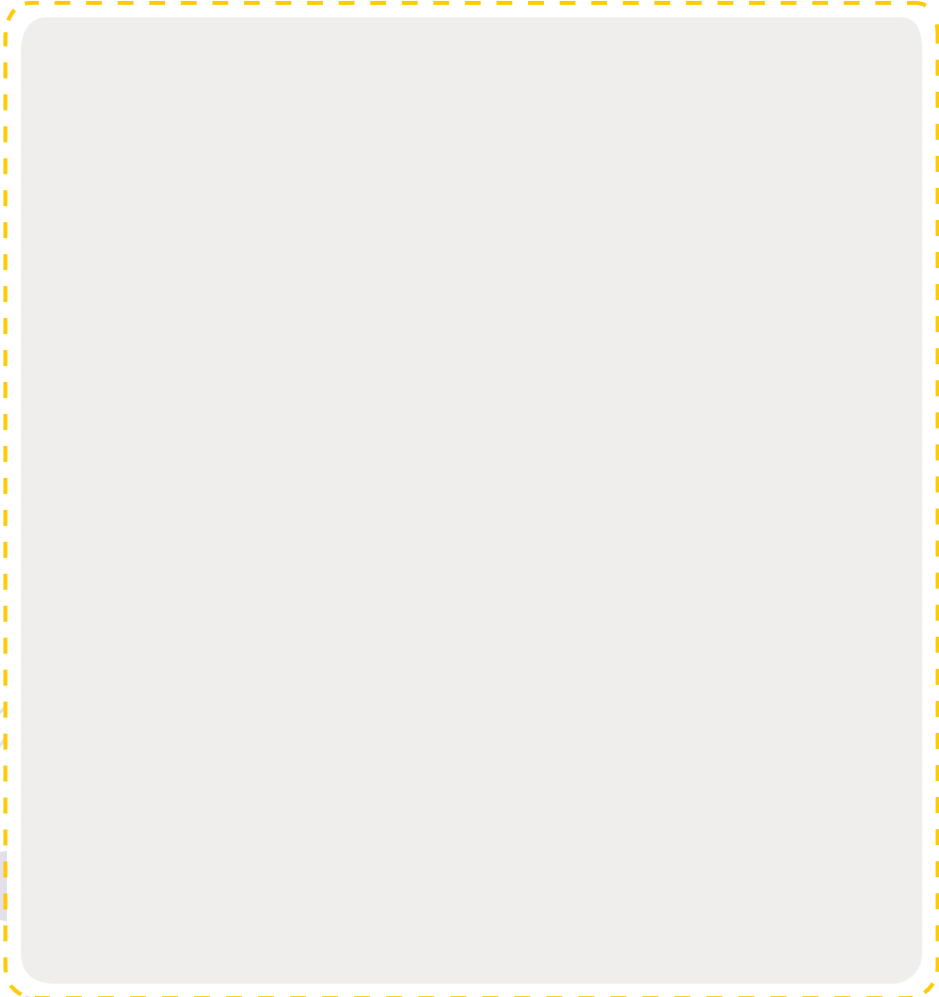


THE PAST YEAR
202_

THE PAST YEAR

GOING THROUGH YOUR CALENDAR

Go through last year's calendar week by week. If you don't have a calendar you could look at your social posts or something similar. If you see an important event, family gathering, friendly get-together or a significant project, write it down here.

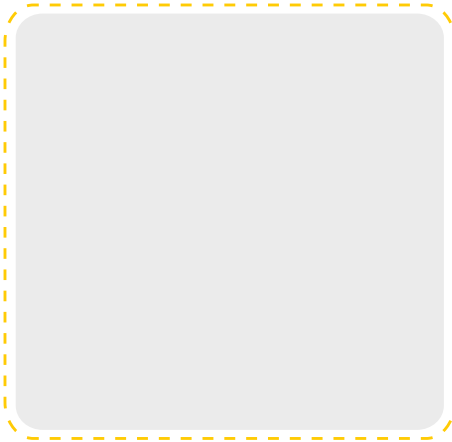


THE PAST YEAR

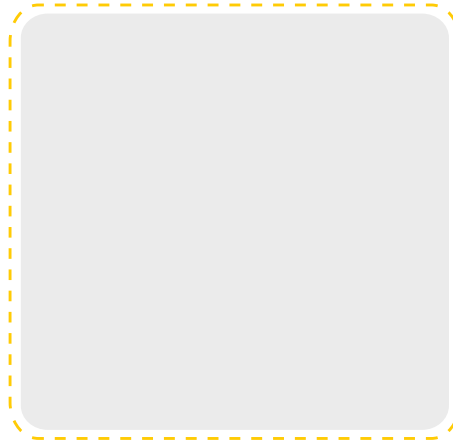
THIS IS WHAT MY LAST YEAR WAS ABOUT

What aspects were the most important to you in the following areas last year*? Which happenings or events were the most significant? Summarise briefly.

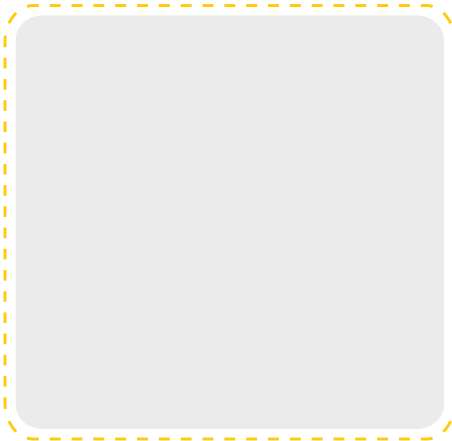
PERSONAL LIFE AND FAMILY



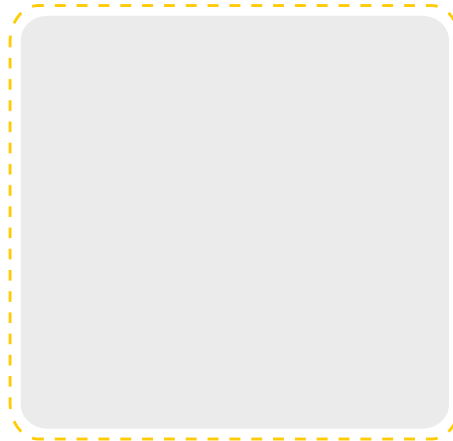
WORK, STUDIES, PROFESSION



BELONGINGS (HOME, OBJECTS)



RELAXATION, HOBBIES, CREATIVITY



* The aspects are defined by what is important to you. We haven't defined this on purpose.

THE PAST YEAR

THIS IS WHAT MY LAST YEAR WAS ABOUT

FRIENDS, COMMUNITY, MY TRIBE

HEALTH, FITNESS & KEEPING WELL

INTELLECTUAL

EMOTIONAL, SPIRITUAL

FINANCES

BUCKET LIST**

** In case you achieved something this year that you always wanted to achieve.

THE PAST YEAR

SIX SENTENCES ABOUT MY PAST YEAR

THE WISEST DECISION I MADE...



THE BIGGEST LESSON I LEARNED...



THE BIGGEST RISK I TOOK...



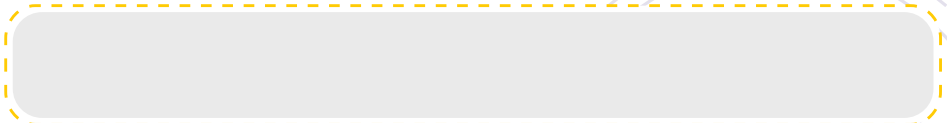
THE BIGGEST SURPRISE OF THE YEAR...



THE MOST IMPORTANT THING I DID FOR OTHERS...



THE BIGGEST THING I COMPLETED...



THE PAST YEAR

SIX QUESTIONS ABOUT MY PAST YEAR

WHAT ARE YOU MOST PROUD OF?

WHO ARE THE THREE PEOPLE WHO INFLUENCED YOU THE MOST?

WHO ARE THE THREE PEOPLE YOU INFLUENCED THE MOST?

WHAT WERE YOU NOT ABLE TO ACCOMPLISH?

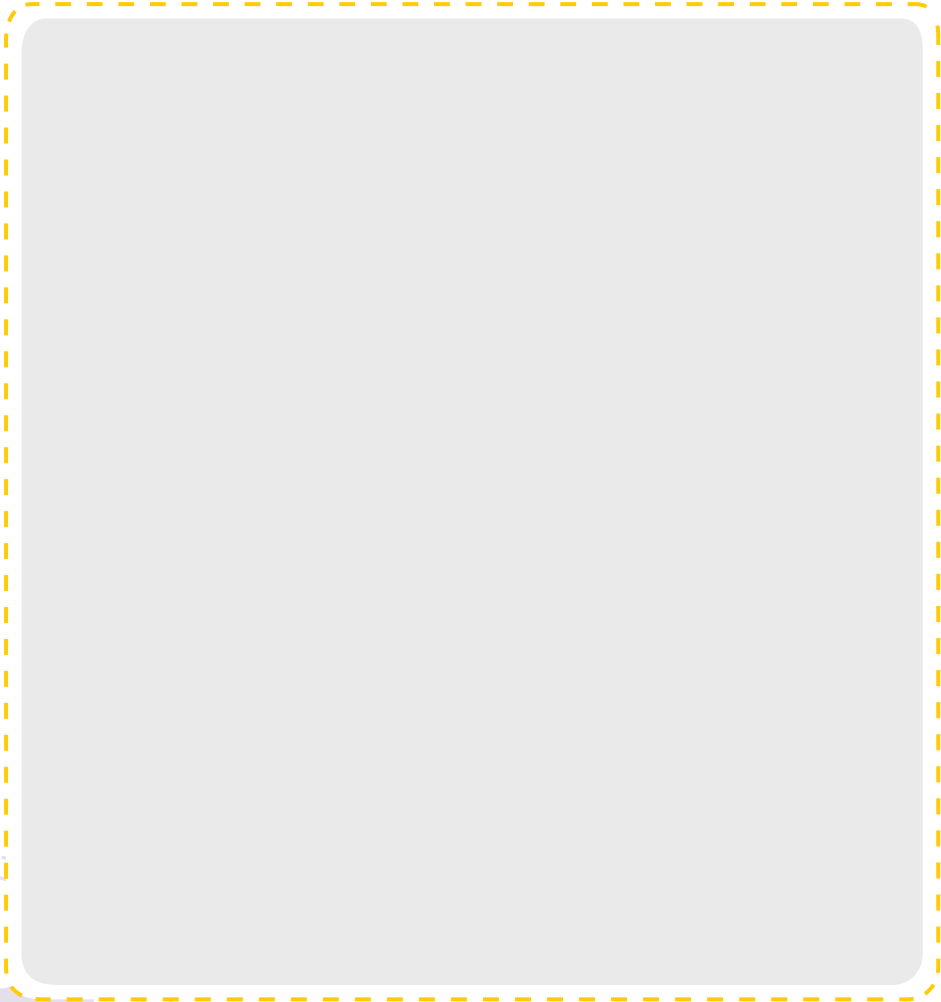
WHAT IS THE BEST THING YOU HAVE DISCOVERED ABOUT YOURSELF?

WHAT ARE YOU MOST GRATEFUL FOR?

THE PAST YEAR

THE BEST MOMENTS

Describe the greatest and most memorable, joyful moments from last year. Draw them on this sheet. How did you feel? Who was there with you? What were you doing? What kind of smells, sounds or tastes do you remember?



THE PAST YEAR



THREE OF MY BIGGEST ACCOMPLISHMENTS

LIST YOUR THREE GREATEST ACCOMPLISHMENTS FROM LAST YEAR HERE.

WHAT DID YOU DO TO ACHIEVE THESE?

WHO HELPED YOU ACHIEVE THESE SUCCESSES? HOW?

THREE OF MY BIGGEST CHALLENGES

LIST YOUR THREE BIGGEST CHALLENGES FROM LAST YEAR HERE.

WHO OR WHAT HELPED YOU OVERCOME THESE CHALLENGES?

WHAT HAVE YOU LEARNED ABOUT YOURSELF BY OVERCOMING THESE CHALLENGES?

THE PAST YEAR

FORGIVENESS

Did anything happen during the past year that still needs to be forgiven? Deeds or words that made you feel bad? Or are you angry with yourself? Write it down here. Do yourself good by forgiving.*

* If you don't feel ready to forgive yet, jot it down anyway. It can work wonders.

THE PAST YEAR

LETTING GO

Is there anything else you need to say? Is there anything you have to let go of before you can start your next year? Draw or write, then think about it and how you could let it all go.

A large, empty rectangular area with a dashed yellow border, intended for drawing or writing. The interior of the rectangle is a light gray color.

THE PAST YEAR

THE PAST YEAR IN THREE WORDS

CHOOSE THREE WORDS TO DEFINE YOUR PAST YEAR.



GOODBYE TO YOUR LAST YEAR

IF THERE IS ANYTHING ELSE LEFT THAT YOU WOULD LIKE TO WRITE DOWN, OR THERE IS ANYBODY YOU WOULD LIKE TO SAY GOODBYE TO, DO IT NOW.



WHAT I'M BRINGING FORWARD

WHAT WILL YOU EMBRACE AND TAKE FORWARD INTO THE NEXT YEAR?



YOU'RE DONE WITH THE PAST YEAR.

YOU HAVE JUST FINISHED THE FIRST PART.
TAKE A DEEP BREATH.
GET SOME REST.



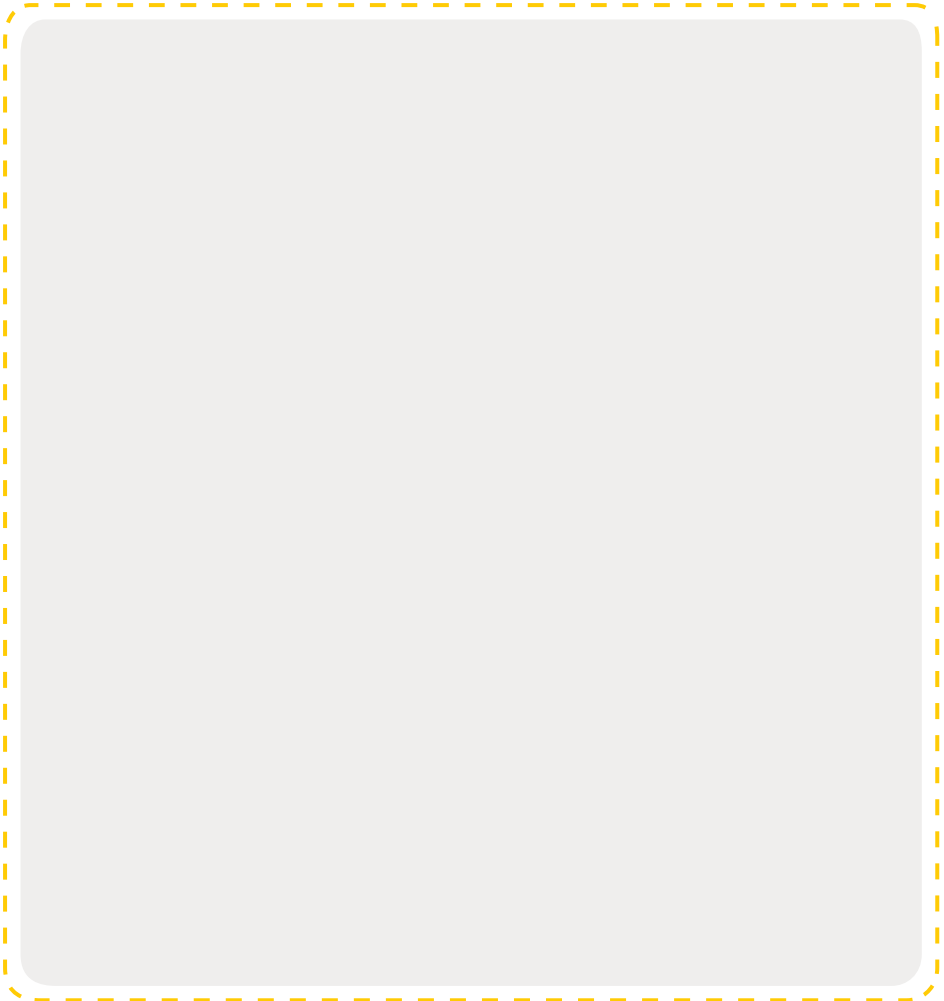
THE YEAR AHEAD

202_

THE YEAR AHEAD

DARE TO DREAM BIG

What does the year ahead of you look like? Why will it be great? What would happen in an ideal world? Write, draw, let go of your expectations and dare to dream. Think about what will you **begin**, how will you **belong** and who will you **become**.

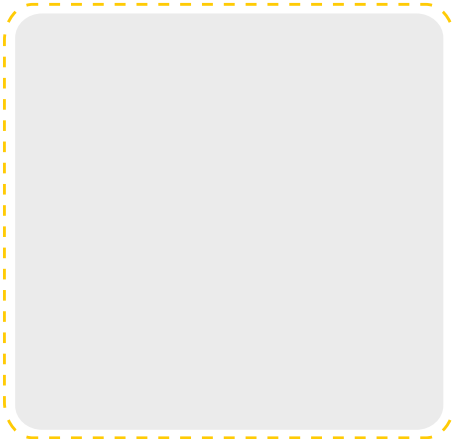


THE YEAR AHEAD

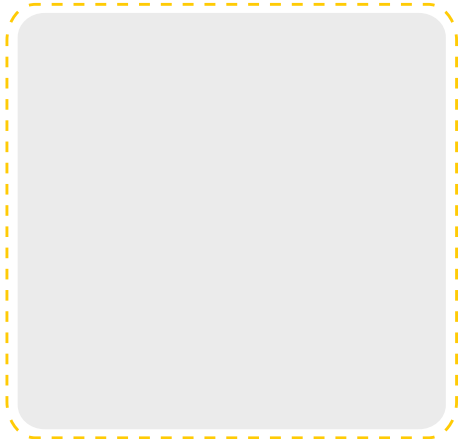
THIS IS WHAT MY NEXT YEAR WILL BE ABOUT

Define the most important aspects of next year in the following areas*. Which events will be the most important? Summarise briefly.

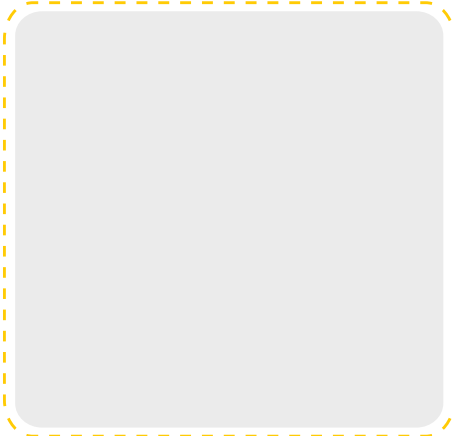
PERSONAL LIFE AND FAMILY



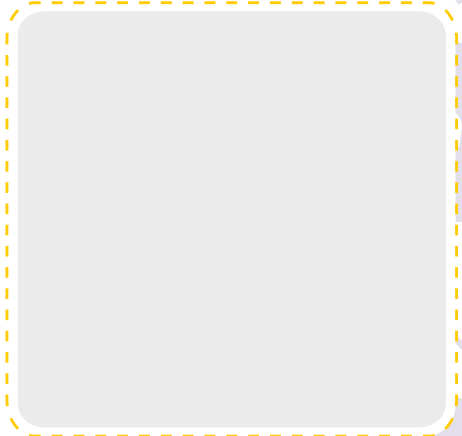
WORK, STUDIES, PROFESSION



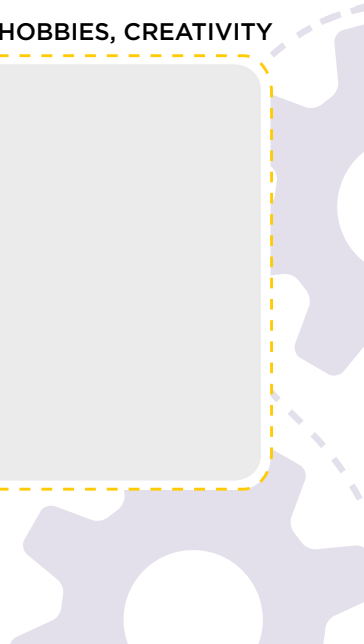
BELONGINGS (HOME, OBJECTS)



RELAXATION, HOBBIES, CREATIVITY



* We still don't have exact definitions, use your own discretion.



THE YEAR AHEAD



THIS IS WHAT MY NEXT YEAR WILL BE ABOUT

FRIENDS, COMMUNITY, MY TRIBE

HEALTH, FITNESS & KEEPING WELL

INTELLECTUAL

EMOTIONAL, SPIRITUAL

FINANCES

BUCKET LIST**

** This is where you can list goals you eventually want to achieve.

THE YEAR AHEAD

THREE IS A MAGIC NUMBER

I WILL LOVE THESE THREE THINGS ABOUT MYSELF.



I AM READY TO LET GO OF THESE THREE THINGS.



I WANT TO ACHIEVE THESE THREE THINGS THE MOST.



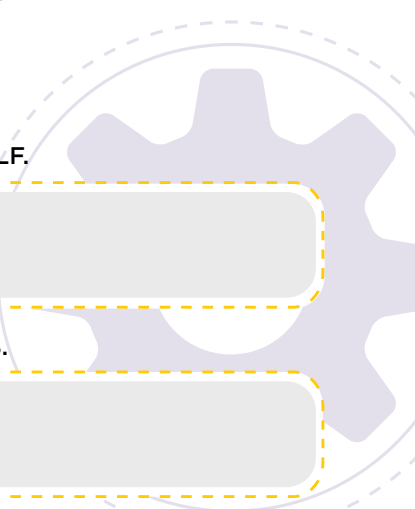
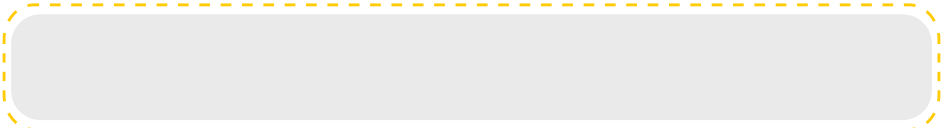
THESE THREE PEOPLE WILL BE MY PILLARS DURING ROUGH TIMES.



I WILL DARE TO DISCOVER THESE THREE THINGS.



I WILL HAVE THE POWER TO SAY NO TO THESE THREE THINGS.



THE YEAR AHEAD

THREE IS A MAGIC NUMBER

I WILL MAKE MY SURROUNDINGS COSY WITH THESE THREE THINGS.



I WILL DO THESE THREE THINGS EVERY MORNING.



I WILL TAKE CARE OF MYSELF WITH THESE THREE THINGS REGULARLY.



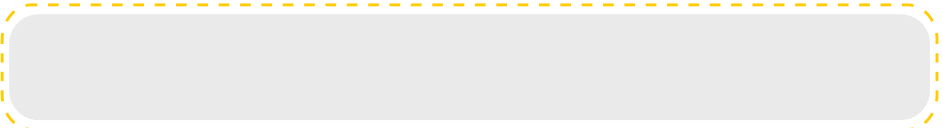
I WILL VISIT THESE THREE PLACES.



I WILL CONNECT WITH MY LOVED ONES IN THESE THREE WAYS.



I WILL REWARD MY SUCCESSES IN THESE THREE WAYS.



THE YEAR AHEAD

SIX SENTENCES ABOUT MY NEXT YEAR

THIS YEAR I WILL NOT PROCRASTINATE ANY MORE OVER...



THIS YEAR I WILL DRAW THE MOST ENERGY FROM...



THIS YEAR, I WILL BE BRAVEST WHEN...



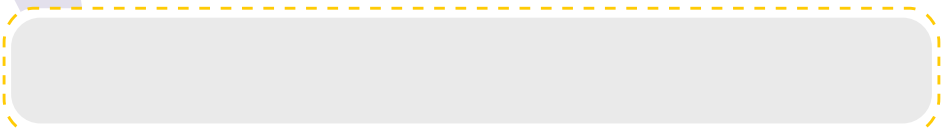
THIS YEAR I WILL SAY YES WHEN...



THIS YEAR I ADVISE MYSELF TO...



THIS YEAR WILL BE SPECIAL FOR ME BECAUSE...



THE YEAR AHEAD



MY WORD FOR THE YEAR AHEAD

Pick a word to symbolise and define the year ahead. You can look at this word if you need some extra energy, so you remember not to give up your dreams.

SECRET WISH

Unleash your mind. What is your secret wish for the next year?

FINISH THESE SENTENCES:

This year, I will **begin**...

This year, I will **belong**...

This year, I will **become**...

YOU ARE NOW DONE WITH
PLANNING YOUR YEAR! WHOOP WHOOP!

**I BELIEVE ANYTHING IS
POSSIBLE THIS YEAR.**

#BeginBelongBecome

DATE:

SIGNATURE:

FURTHER RESOURCES TO SUPPORT YOUR YEAR PLANNING

Student Support Tree

The “Acorn to Mighty Oak” has come to symbolise students’ academic, personal and professional development journey throughout their time at UCC. In alignment with this rich metaphor, the support services available to students are presented in the form of a Support Tree. This tree depicts the support services currently available to students and provides links to further information about each service.



(CHECK IT OUT!)


Skills Centre

The Skills Centre, a very popular resource, provides a tap root to the tree. Here you can avail of academic study coaching and opportunities to explore your planning to maximise your success. You can connect with them through ucc.ie/skillscentre, email skillscentre@ucc.ie or pop into them in the Q-1 of the Boole Library. Why not bring this planner with you to *unlock your potential* today?




MY GRADUATE ATTRIBUTES AND VALUES

MY GRADUATE ATTRIBUTES AND VALUES



UCC **core values** and **graduate attributes** are the bedrock of our student experience. Graduate attributes refer to the skills, knowledge and abilities of our graduates beyond disciplinary knowledge, that are applicable in a range of contexts in their lives.

As a UCC student and graduate, you will be recognised for your distinct **core values** and **graduate attributes**. As a well-rounded, curious, self-aware individual, you will be known for your appetite to continually learn new skills, embrace new ideas and make things happen.



The Graduate Attributes Programme (GAP) is currently developing a **self-assessment tool (GAP Compass)** which will create a **space for reflection** on your **ongoing development** of your graduate attributes and values. The GAP Compass is currently being finalised and will be another fantastic way for you to learn and grow. Watch this space!

MY GRADUATE ATTRIBUTES AND VALUES

ATTRIBUTES



**CREATORS, EVALUATORS
AND COMMUNICATORS
OF KNOWLEDGE**



**INDEPENDENT
AND CREATIVE
THINKERS**



**EFFECTIVE, GLOBAL
CITIZENS WHO RECOGNISE
AND CHALLENGE INEQUALITY**



**SOCIALLY
RESPONSIBLE**



**DIGITALLY
FLUENT**

VALUES



RESPECT:

**For self, others and
the environment**



RESILIENCE:

**Perseveres, shows capacity
for problem-solving and
personal well-being**



AMBITION:

**Aims high, displays
exemplary work ethic
and strives to succeed**



INTEGRITY:

**Trustworthy, ethical
and dependable**



COMPASSION:

**Empathetic, demonstrates
care for self and others**

Acknowledgement and Credit:

This tool is based on the YearCompass resource, devised by the
Volunteers of YearCompass and Invisible University International Compass.
yearcompass.com

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**UCC PEER
SUPPORT**

 **UCC
First Year
Experience**



GRADUATE
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