

## Best practices

<b>Title of Tool/ Good practice</b>	Essentials training programme
<b>Keywords (meta tag)</b>	Soft skills, training, students' assessment
<b>Provided by</b>	University of Navarra/ Career Services
<b>Language</b>	English
<b>Good practice</b>	
<p>The University of Navarra, through the Career Services department, dedicated to improving the employability and professional development of students, offers students the newly implemented "ESSENTIALS" training programme, which is aimed at the acquisition and development of students' soft skills in relation to what is in demand in today's job market, while integrating training in the main recruitment techniques used by companies.</p> <p>This programme was born from the needs of the students expressed in a satisfaction survey carried out by this university and is being very well received by students. ESSENTIALS is divided into four phases, which take place over 4 academic years. In each of these levels, students participate in two types of activities; training sessions aimed at developing the necessary tools for the job search and to be able to overcome the selection processes carried out by companies; and training sessions aimed especially at acquiring the soft skills most in demand by companies today, such as self-knowledge, conflict management, decision-making, effort capacity, initiative, among others. In addition to this, activities and sessions are also carried out and are complemented by the Tu&amp;Co programme, which provides advice on professional skills through the support of mentors.</p> <p>It should be noted the position of the University of Navarra in the "QS Graduate Employability Ranking 2020" for four consecutive years, ranking third in Europe in teaching, behind the Universities of Oxford and Cambridge, according to the latest ranking of The Times Higher Education.</p> <p>The key to the success of this programme is that it was born directly from a need expressed by the students. The initiative demonstrates how this University is truly committed to the professional and personal development of its students, thus encouraging them to achieve success, while making a great contribution to the economy and society.</p>	
<b>Reference Link (if any)</b>	<a href="https://www.unav.edu/web/careerservices/alumnos-alumni/programa-essentials">https://www.unav.edu/web/careerservices/alumnos-alumni/programa-essentials</a>
<b>Type of material</b>	<b>BEST PRACTICES</b>