

# REFLECTION: A Key Graduate Skill

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QAA Focus On Conference: Martin Hughes

- Overview of Principal's Award Programme
- Reflection, Reflective Logs & Employability
- The Award & Abertay Career Ladder
- Student Feedback

## Application Form -

- Personal Statement: 200 words maximum on why you want to take the Award
- Skills Assessment: assess your skills on a scale of 1-10, explaining why you have given yourself your score

- **Communicate effectively in a variety of situations**
- **Use Problem-Solving skills**
- **Work effectively as part of a Team**
- **Prioritise & Organise work**
- **Work flexibly, be adaptable**
- **Show Initiative & Creativity**
- **Work Independently & with Confidence**
- **Speak about your skills effectively**

## 3 Core Elements –

- A minimum of 25 hours work experience, paid or voluntary-to be completed over the academic year
- Attendance at an Induction Session
- Attendance at a Skills Workshop

- Presentation Skills
- Introduction to LinkedIn
- LinkedIn Practical, 1 & 2
- Find Your Focus
- Interview Practice
- Mindset: Growth & Fixed Mindset
- CVs: Best Practice
- How Strong Are You?
- Strengths Based Interviews
- How to Influence & Network

## Undertake a further two Elective Elements –

- Active member of a student society
- Be a Peer mentor
- Learn a musical instrument or language
- Fundraise for a charity
- Run a marathon for charity
- Volunteer for Citizen's Advice
- Participate in Leadership programme
- Student Helper on Campus

## Further Tasks –

- Reflective Logs, submit 2 more
- Submit CV, prior to interview
- Undertake Mock Interview -
  - 30 minutes interview
  - 10 minutes feedback



## Let's look at the Reflective Logs –

### 2<sup>nd</sup> Log -

- Has same template as the application form, but no scoring

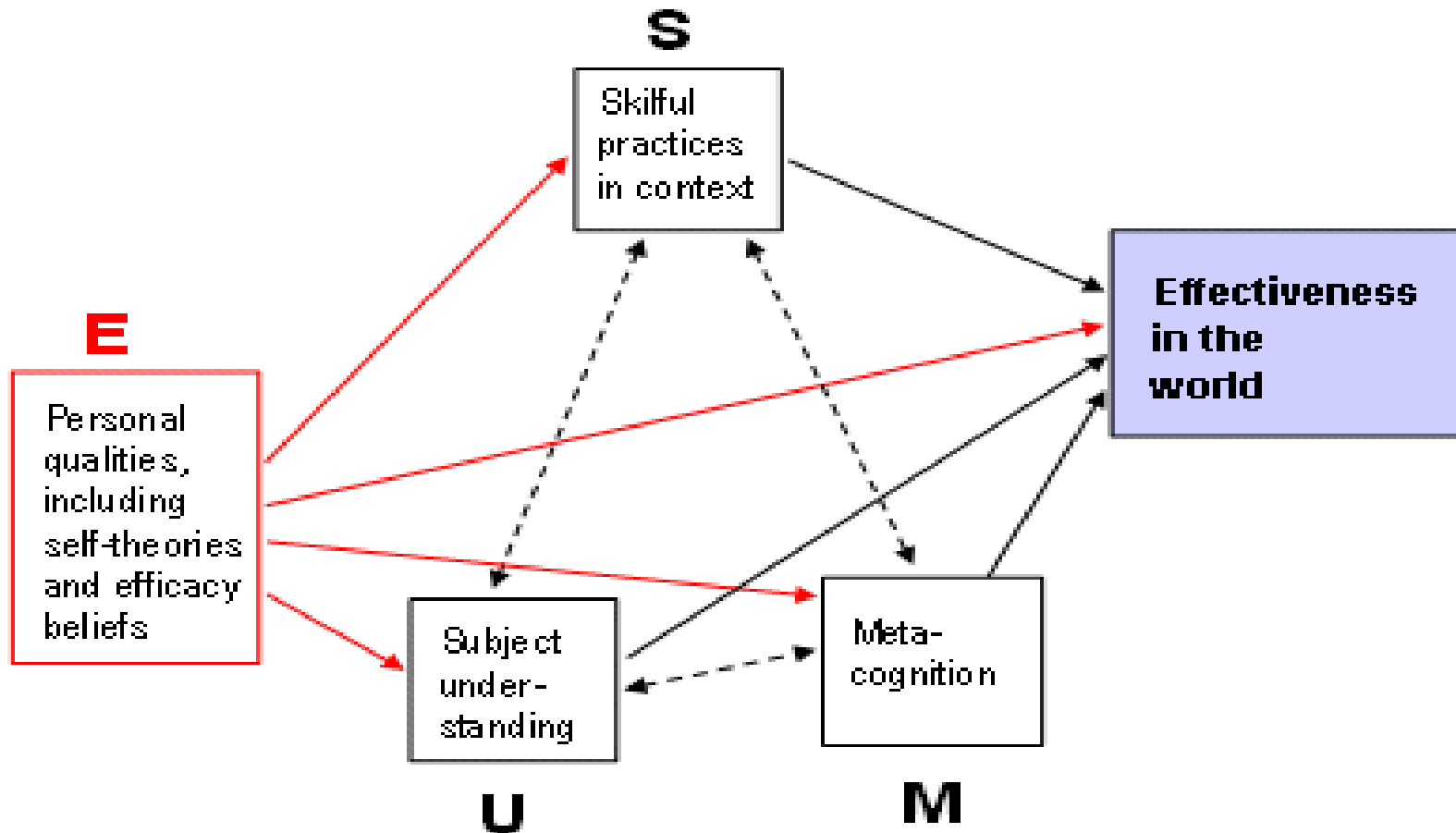
### 3<sup>rd</sup> Log -

- Again the same template, students now assess their skills on the scale of 1-10, scoring where they are now.

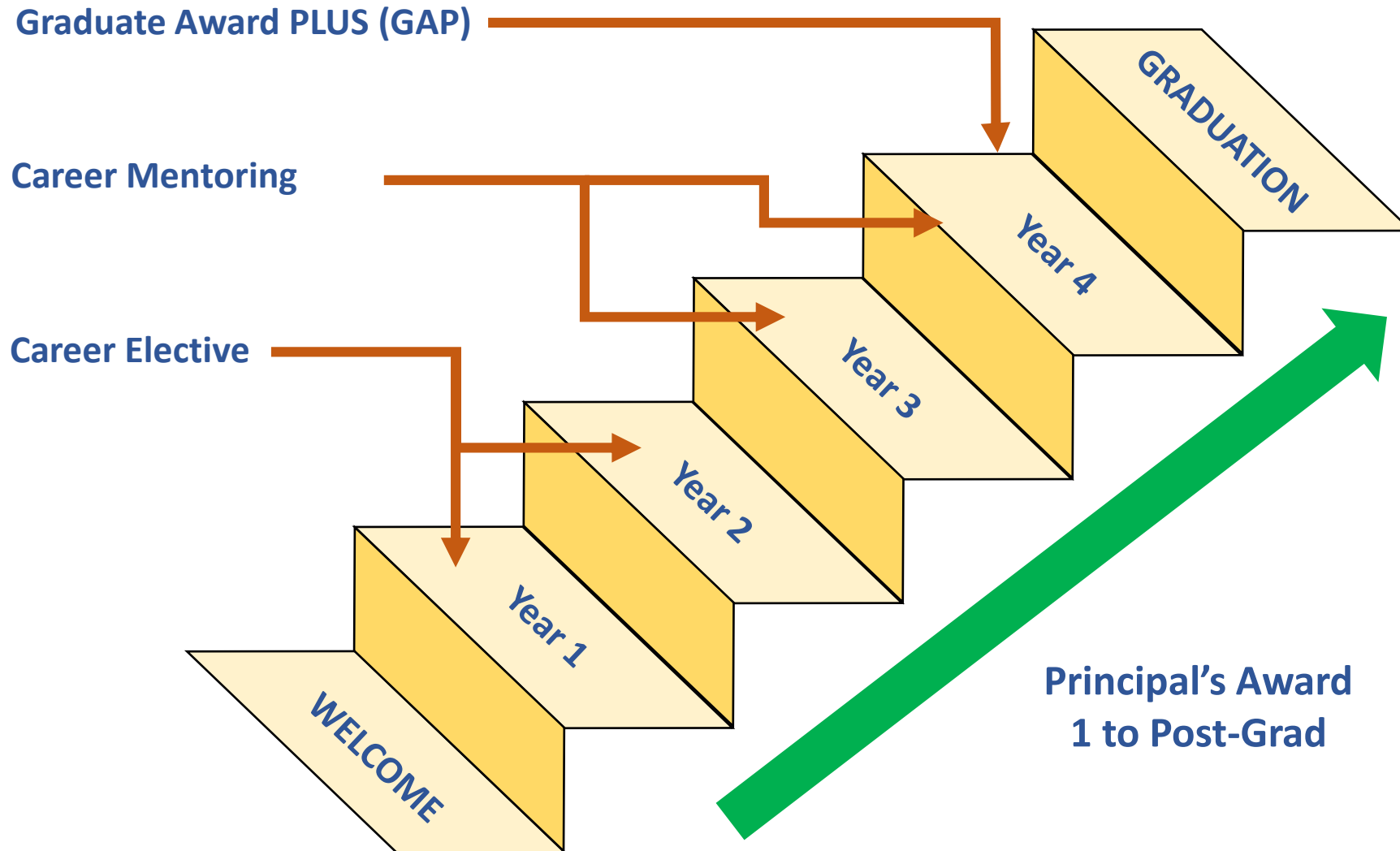
## Reflection & Reflective Writing –

- Through the process of reflective writing, writing about your achievements, you start to develop **self-awareness** around your skills and strengths.
- As a consequence you develop **self-confidence** and build **belief** in your abilities, and you construct your own language that you can then start to **articulate**.

## U.S.E.M. Knight & Yorke 2004



# ABERTAY CAREER LADDER



See Handouts.....

Question for audience:

**How do we promote self-awareness in order to  
best develop employability?**

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