REFLECTION: A Key Graduate Skill

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
SKILLS AUDIT

➢ 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
SKILLS WORKSHOPS

- 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 –

2nd Log -
➢ Has same template as the application form, but no scoring

3rd 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**.
EMPLOYABILITY CONTEXT

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

- Personal qualities, including self-theories and efficacy beliefs
- Skilful practices in context
- Subject understanding
- Metacognition
- Effectiveness in the world
ABERTAY CAREER LADDER

Graduate Award PLUS (GAP)

Career Mentoring

Career Elective

WELCOME

Year 1

Year 2

Year 3

Year 4

GRADUATION

Principal’s Award
1 to Post-Grad
See Handouts………

Question for audience:

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

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