Learning Outcomes: reflection on experience (700 – 1,000 words) or 3 minute video

In addition to writing your learning log, it is important to reflect on your personal experience and application of academic learning.

Produce either a reflective statement or a 3 minute video which captures what you have learned from the experience, what you have learned about yourself, and what skills you have developed – transferrable and employability skills – and how you will use these skills in the future, particularly:

* In what ways have you developed/improved your personal and communication skills
* How have you transferred your knowledge and skills to the work environment?
* What career management skills have you developed from your experience e.g networking skills, team working skills, presentation skills, action planning skills, time management skills etc.?