**Recall a critical incident/event that happened at university or in the workplace – an event that was significant to you in some way.**

When I received a fail for one of my first university assignments, I was extremely dejected about it.

**Describe briefly in writing why it was significant (or reasons for choosing it), background and context, actual event.**

It was significant to me because now I can look back at that and be amazed at how sharply I reacted to something so relatively innocuous.

**Why was this incident/event significant to me? (*Reflection)***

The incident was significant to me as it crushed my perception of myself as a naturally high achiever. When I got the task back and I had no idea where I went wrong and why my effort hadn’t paid off, I felt like everything I had worked towards becoming throughout high school was a sham. I wasn’t someone who most things came to easily any more- I was lazy and ignorant.

**What were my assumptions? *(Critical reflection)***

I assumed that I had understood the task’s specifications because I believed I had high comprehension skills and a sufficient grasp on the course content. Although the course was relatively complicated, I believed that with a bit of effort I could pass or even excel. Even though I hadn’t been watching the course slides properly (this was during the height of COVID lockdown), I believed I could make do without all of the information and a bit of outside research.

**Did any of these assumptions relate to my own beliefs or values? If so how? *(Critical reflection)***

I value hard work and I had the naïve belief that work should be repaid with an equal volume of reward.

**What preconceptions did I have and how might these have influenced what I did or think? (*Reflexivity*)**

My preconceptions were that I could spent a certain amount of time on my work and that time would be shown in my marks. I also thought that, since I’d just started university after a strenuous HSC period, there was no need for me to fuss over marks. Especially when those marks aren’t ordinarily shown to employers, anyways. That was why I didn’t pay enough attention to the task specifications, and why I didn’t put enough time into each step of the assignment process.

**How could I respond differently to a similar incident/event? (*Critical reflection – transformative*)**

I could respond differently in the future by seeing my work as not just as something to show my future employers, but as a reflection of my work ethic and as a practice in self-motivation and hard work. Even if a work’s results won’t be shown to anyone, that doesn’t mean that they don’t have their own value in how they help me grow.