Input 3 Reflection Brief

During this final stage of the Award, you have focused on understanding and articulating your experiences. In combination with the final webinar, this submission asks you to reflect on your experiences overall, exploring what you have gained, learned, and contributed during your work experience. You will also offer feedback to three other participants of the Award.

Please read this document and use the further support linked carefully. If you have a question, contact the Internships and Work Experience Team on [employ.ed@ed.ac.uk](mailto:employ.ed@ed.ac.uk).

## Instructions

You can choose to submit a blog (**1,200 words**) or short presentation (**5-6 minutes**). You must:

* Upload the presentation by the Friday following your final webinar
* Watch and feedback on **at least three** other blogs/presentations (you can choose to review more if you wish to)

If you choose to write a blog, please use the text box provided in the forum. If you choose to create a presentation, examples could include filming yourself speaking and/or acting, recording audio over presentation slides, a recorded slideshow of images, or creating an animation. You can be as creative as you wish as long as the topics are covered.

## Topics to include

* Overview of your work experience.
  + *What was your brief? What were you asked to do?*
  + *What were the drivers for your experience(s)/measures of success?*
* Describe your own journey for each of your **three development goals.** Use these questions as a prompt.
  + *Start by reflecting upon what you hoped to gain, what were your goals?*
  + *What steps did you take to develop yourself and meet your goals?*
  + *Has your development gone as you expected?*
  + *What has been your greatest achievement?*
  + *What have you learnt from the experience?*
  + *Have you met your personal development goals?*
* What positive impact have you made?
  + *What steps did you take to make an impact?*
  + *How do you know you have made an impact?*
  + *Did you receive recognition from colleagues or managers? Did they value your contribution?*
  + *Could this impact have been increased, and if so, how?*
* Thoughts on the future (now and beyond university):
  + *How will this experience influence you? Can the learning and development you have achieved relate to other activities or your studies?*
  + *What further skills development/experiences do you want to focus on?*
  + *Have you gained an insight into a particular area of work?*

## Uploading your submission

You will upload to two locations:

1. Input 3: Final Reflection (instructors review whether you have met requirements)
2. Forum – Input 3 section of the forum (to allow your peers to comment)

**Please read carefully**: Go to the Input 3 forum, select *create thread* to ensure you have your own submission area. Add your blog post to the text box and click submit. If you submit a recording, you can do so by submitting as an attachment or embedding your video into the text box. Upload times vary and may take a few moments to process.

## Giving feedback

To give feedback, go to the Input 3 forum after the assignment deadline. View the blog post or presentation of **three** of your peers (**note: if it already has three replies, choose another to review**). Review it and make some notes. When you are ready to add your feedback, click reply and add your comments. Consider the following:

* Do you have any positive or constructive comments about their work experience and the progress they have made?
* Did the format of their blog or presentation improve your understanding? How clear, creative, engaging was it?
* Are there areas for improvement?

## Support and training

* [IAD Presentation Advice and Resources](https://www.ed.ac.uk/institute-academic-development/study-hub/learning-resources/presentations) – includes advice and resources on planning, delivering, and getting further training on presentation skills
* [Media Hopper user guides](https://www.ed.ac.uk/information-services/learning-technology/media-hopper-create/diy-film-school) - including how to record presentations using the Desktop Recorder
* [DIY Film School](https://www.ed.ac.uk/information-services/learning-technology/media-hopper-create/diy-film-school) – training and advice on film making on mobile equipment (includes links to further training and editing software)

If you find more support that has helped you then please share it with your peers via the forum.