export

Date of the learning experience:

Provide an approximate date if the activity is ongoing.

Internal or External

Indicate whether the activity was *internal* (i.e. provided by the TE programme, e.g. workshops, reading and Mentors in Residence) or *external* (i.e. of your own initiative, e.g. external networking events, training courses and your own reading/research).

Internal

External

Please specify the competencies that relate to this activity

Which competencies have you developed through this learning activity? Indicate whether they are Self, Team or Project/Venture related competencies.

Purpose:

Provide a rationale as to why you chose to engage in this particular learning activity.

You may want to consider:

- Plans set out in your Learning Contract, Objectives, Team Company Strategy
- Personal interests, specialisms or Exit Strategy
- Entrepreneurial competence

Word count: 0 (Max 150)

Validity:

List the source(s) involved in this Undertaking (reference).
For each source, comment on the validity of the source - considering factors such as the nature of the source, relevance of knowledge/expertise, trustworthiness, relevance to your situation and goals, author bias, cultural perspective etc.

Please mention if this source is in any of the LFO reading lists.

Source(s) of learning	Validity

Ethical and Effective use of AI

We encourage the use of AI as a supportive and assistive tool, rather than to replace your original thinking. This will not be part of the assessment but would inform the AI related support we provide.

Did you use AI for LFO Undertaking? How? Here some examples: to get started, to create structure, to summarize ideas, to get feedback for example through Studiosity, to rewrite work, create slides, etc.

Why did you use it? feeling overwhelmed, due to time management, lack of confidence, it supported your learning process, etc.

How did you feel about using it? (any concerns or positives)

Word count: 0 (300 - 400)

Critical Evaluation of Learning:

You could follow Rolfe et al.'s (2001) Reflective Model and frame your answer by focusing on the following questions:

What? So what? Now what?

1. What?

Provide an overview of the learning experience. What were the theories, models, frameworks or methodologies that you learned about?

2. So what?

Reflect on your learning experience: How has this learning experience altered your understanding, perspectives, or attitudes? You may want to consider, for example, how this experience has influenced your professional values, ethics, practices and behaviours. Can you identify any shifts in your knowledge or skills?

Include links to any **evidence of communicating** the outcomes of this learning activity within the TE community or externally (e.g. LinkedIn posts/articles, blogs, delivering workshops).

3. Now what?

Demonstrate the application and integration of your learning: Highlight how you have applied, or aim to apply, what you've learned. What do you need to do to make improvements or better prepare for the future? What might be the consequences of making a change? How could this knowledge prove useful, now or later? Consider its relevance to other areas of your learning journey - like Self-leadership, Team Company, or Learning By Doing modules. Identify any connections, overlaps, or synergies you've noticed.

Word count: 0 (500 - 800)

Appendix

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