**CARE**

**Articulating your Experiences**

By taking time to think about an experience that either went particularly well, or spectacularly badly, you will:

1. Understand what you did that contributed to the success of an event or encounter, and replicate this action or behaviour in future.

2. Consider what was unhelpful or counter-productive where something did not go well, and consciously resolve to handle similar situations in different ways in future. By developing different approaches, you are taking responsibility for your own learning and development.

3. Demonstrate to others how you have developed your self-awareness and personal growth – whether through positive or negative experiences.

Develop a rich bank of skills by routinely completing CARE sheets for those skill areas you feel can already demonstrate. You will find it helpful to store these in one place – either your blog or other folder that can be accessed when doing applications and preparing for interviews.

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| **C** | **Context**  The task or activity you were responsible for |
|  |  |
| **A** | **Action**  What action you personally took |
|  |  |
| **R** | **Result**  What the result or outcome was |
|  |  |
| **E** | **Evaluation**  What on reflection was the learning outcome for you |
|  |  |

The important part of CARE is the **evaluation of your experience** not describing what you did. Employers want applicants to have the ability to reflect on their learning and personal development.