

Participants	Describe an achievement you are proud of	Describe a time you showed professionalism	Describe a time where you had to use your ethical skills	What skills are your strongest?	What areas can you improve in?	Describe a time when you made a mistake	How would you handle a team conflict?
1	I am proud of completing all of my dance qualifications as I spent 14 years at dance classes and it shows that it really paid off	During my online internship, I showed professionalism by ensuring that I was dressed appropriately even though it was done in my bedroom. I also attended every meeting and event and was ready at least 10 minutes beforehand so that I was never late	My honours project required the participation of others for a survey I was doing. I ensured that i did not break any ethical rules and recieved written and spoken consent from everyone.	I think my teamwork and communication skills are strong as I like to keep organised and ensure everyone has a role and knows what they are doing. I feel like i am a good team leader as i dont like to leave things to the last minute	My application of knowledge could definitely be improved as sometimes I don't recognise the full extent of my knowledge of a subject so don't always speak up when i actually do know the correct direction	In a team project i was part of, we all had roles in which we had to stick to and certain tasks we thought we could accomplish by the next week. I had said I would do something which turned out to be a lot harder than expected and due to this and other coursework that I had, I never got it finished for our customer meeting.	I would try to remain impartial if the situation is between two others in my group and i would try to understand both sides before trying to reconcile them. If they are unwilling to cooperate, then I may feel as though it would be appropriate to talk to someone higher up. I don't like being in conflict with others so if the situation involved me then i would try to talk to the others and explain my side and how i was feeling about it and hope that they would respond positively and we could work it out.
2	Lining up a good job for when I graduate	When I demonstrated during a presentation on an internship	When assigning deltas to weight the amount of work all team members had done in a project	Amicability, meeting deadlines	Communication, necessary confrontation	I left all of my work until the last minute and it resulted in a stressful period of work	Listen to everyone and try to mediate a compromise
3	Being a great role model to my little cousins	At my retail job when I had to speak to customers who tried to lots of shoes but didnt actually buy anything	When I had to be honest during interviews about my DofE classification	Communication	Confidence	I wore my headphones when cycling when I shouldnt have and I nearly got hit by a car	Get everyone on the same page laughing
4	Winning the gold medal at BUCS this spring	When I was working at Barclays at summer I think I	Not too sure	Communication, confidence in myself	i can always learn more IT	Every day whilst working at Barclays this summer	I would try speaking to the team members separately

		showed professionalism on a daily basis			skills (coding languages etc)		
5	Got a job at a major world company straight out of uni during a once in a lifetime economic collapse.	Turned up for work on time at 9am every day during an internship.	Shutting down a teammate with over excitable tendencies and keeping him on track.	Communication and logical consideration of options.	Situational awareness and effort.	Didn't realise it would look stupid to drink straight from a 1 litre bottle in my internship interview (I had no other options)	Strong leadership, ensuring all voices are heard but a specific outcome is reached and agreed upon.

Stage of reflection	Colour	Number of participants that underwent stage
1: Situation – just describing the concrete experience	Highlight Colour	5
2: Emotional state – person describes the emotions felt during the event	Highlight Colour	2
3: Analysis of the cause and effects during the situation due to their behaviour and emotions, examining why things happened	Highlight Colour	4
4: Alternative thoughts – person must examine the alternative ways the situation could have been handled, whether they gained the best outcome, gain a new perspective, allowing for improvements in future scenarios	Highlight Colour	0