

What is this app?

Grad Reflect is a space for you to reflect, using Cognitive Behavioral Therapy (CBT), on experiences where you've used your graduate attributes.

Graduate attributes, sometimes referred to as 'soft skills', are skills learned during someone's time at university that aren't necessarily a direct result of the courses they are doing. They are considered vital in the workplace, with employers often noting that these skills are considered more important than technical based skills that can be taught after hiring.

These can involve, but are not limited to:

- Communication
- Critical thinking
- Adaptability
- Teamwork
- Self-efficacy
- Application of knowledge
- Ethics
- Professionalism.

By using CBT techniques this app hopes to encourage the development of these skills that evolve through your real-world experiences and reflection.

~~How to use this app~~