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| **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 showed professionalism on a daily basis | Not too sure | Communication, confidence in myself | i can always learn more IT skills (coding languages etc) | Every day whilst working at Barclays this summer | I would try speaking to the team members separately |
| 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. |

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| 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 |