## **The DLA Model Worksheet**



You can use this model to recount your experiences, qualifications or skills, what you learnt from them, and how you put them to use.

In this model:

This	Stands For	
D	<b>Description</b> . Here, briefly describe your work experience, skills, or academic qualification/course.	
L	<b>Learning</b> . Here, describe what you learnt from that experience/skill/course.	
A	<b>Application</b> . Here, mention where and in what capacity have you applied your learnings.	

## **Exercise: Use this format to answer the following question:**

Describe a time when you had to work on a team project. How did you contribute, and what was the outcome?

Description	

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Learning	
Application	

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