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| <b>Exam Number:</b> | Submission 1 |
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- PLEASE ENSURE YOU DO NOT INCLUDE YOUR NAME ANYWHERE ON THIS DOCUMENT
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At the beginning of the Edinburgh Award, you chose three skills that you particularly wanted to strengthen. During the Award you’ve also looked at how you can increase the impact you have on others.

Please provide a written account that shows you have been purposeful and reflective in working on your skills and impact. At this stage you should also include an indication of how you may intend to change your approach for the remainder of your time on the Award given what you have learnt to this point.

Your submission will be reviewed by students across the Award who are not involved in the same activity as you so please ensure your reflections can be understood by anyone.

If needed, further guidance, example submissions and the criteria on which submissions are judged are available at: <http://www.ed.ac.uk/edinburgh-award/peer-assessment>

***Note:** As part of the Edinburgh Award, your submissions will be reviewed by other students and staff, and may be used elsewhere (in part or in whole) – your name will never be attached and only the content you enter will be used.*

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### Instructions

There are four boxes below, one for each of the three skills you wanted to strengthen and one for the impact you have had. In each box write about 200 words describing **what progress you have made** (if any), **what steps** you have taken to try to improve this skill, **what you have learned** from your experiences and **what you might change** in your approach for the remainder of your time on the Award.

Don’t worry if you haven’t made as much progress as you would have liked; your description can include what has limited your progress and if there are different approaches you would take in the future. For example, you may have found that you initially overestimated your ability in one of the skills – that’s OK.

Write so that your text makes sense to someone who has had no connection with your activity.

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| <b>Skill One:</b>   | Teamwork |
| Acting on the committee for the bridge club has given me the chance to organise events and socials with a great group of people that all have the same interest as me. I have learnt the value of teamwork and so used this whenever I can when it comes to making decisions about the society. I have been lucky enough to even play with one of the university’s club’s teams and so have enjoyed a competitive element as well as the relaxed environment that I am used to. |          |

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| <b>Skill Two:</b>  | Interpersonal skills |
| Because I am on the committee, I have been able to promote the society in and out with the university. Seeing new people take up the game has been a particularly rewarding part of the experience as so few people have played before when they come along. This has also meant that I have had the chance to teach new players which has developed my interpersonal skills and articulation. |                      |

**Skill Three:**

Public speaking

Socials are an important part of the society and organising these events has also been great fun. It has encouraged me to be proactive and has helped my organisational skills. Making announcements is also important and being on the committee and so needing to speak in front of a group has helped me develop my self-confidence and public speaking which I have always been looking to improve.

**Impact on others**

All in all, acting on the committee has not only been great fun for me but has developed so many of my personal skills and for this reason I am very grateful for having had the opportunity.