

<b>Exam Number:</b>	Submission 5
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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.

This process of strengthening skills and increasing your impact is central to the Edinburgh Award. In this submission, 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.

***Note:** As part of the Edinburgh Award, your submissions might 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 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>	Which skill you are reflecting on?
	<p>I selected this as one of my development goals as I was once asked about my creative thinking in an interview and answered the question so badly that I didn't get the job. In fact, I didn't even know what creative thinking was, let alone whether I could demonstrate it. Through this internship I have learned that creative thinking is not necessarily being good at graphic design or making a report look particularly attractive, but rather about how you approach a situation and look for solutions that have not previously been considered. I initially found this challenging as I have been used to choosing a single solution to a problem and trying everything to make it work.</p> <p>During the third week of the internship I came across a significant obstacle following a meeting with web services when it was made clear that the map I was developing could not be easily embedded into the University web pages and would take much longer than the duration of my internship. I immediately jumped into following all the steps given to me by web services, without thinking of another solution. However, my line manager suggested that we embed the map within WordPress. Her response to the problem made me realise that an important part of creative thinking is considering alternative or even unconventional solutions to get the best result. I was able to put this kind of creative thinking into practice later in the internship when I thought to use the expertise of other interns to make the map interface more userfriendly, rather than struggling to do it myself or waiting a long time for help from Information Services.</p>

<b>Skill Two:</b>	Which skill you are reflecting on?
<p>I was keen to develop my networking skills during this internship as I am aiming to work in International Development following graduation. This sector is highly competitive and your personal network can be an important resource for gaining advice and being recommended for suitable opportunities. I have previously felt awkward at networking events or getting in touch with people who could be helpful to me, but my line managers gave me advice about how to go about it and now I feel a lot more confident. Following their advice I updated my LinkedIn profile and added a lot of new connections. It now gets far more views than before. I also recently received an email from a Teach First recruiter after he read my profile, asking me to apply for their graduate training programme.</p> <p>I additionally emailed a number of former lecturers and tutors to ask if I could meet with them to discuss their research and if they would consider me for a position as an undergraduate research assistant. They all replied and while there are currently no research opportunities that I can help them with, I was able to meet with one of my former tutors for an informal chat and she put me in touch with some former students that have entered the professional fields that I am interested in.</p> <p>Finally, through this internship I have realised that networking is not always strategic, and that it is just as important to be polite and friendly to all your colleagues, for example taking the time to write a thank you note after a meeting. This is important because you never know when their skills or knowledge could be useful for you.</p>	

<b>Skill Three:</b>	Which skill you are reflecting on?
<p>I chose this as a development goal because I have previously found periods of change stressful to manage and as a result the quality of my work has declined during these periods. I was determined to work on this and to be able to produce a high standard of work in all circumstances without getting stressed.</p> <p>As previously mentioned, I came across a major problem during the third week of my internship following a meeting with web services. This had the potential to be additionally challenging because my line manager was not in the office on that day. However, I surprised myself by calmly remaking my work-plan and preparing to revise the scope of the project. I proved to myself that I can manage potential change efficiently and calmly.</p> <p>I further had the opportunity to manage change between busy and quiet periods while developing the mapping project. Occasionally the project was halted and could progress no further while I awaited a response from a colleague or stakeholder. Rather than wasting this free time, I learned that if I prioritised my tasks appropriately I could avoid being overwhelmed in busy periods by only working on the most urgent tasks while leaving other less urgent jobs to work on during quiet periods.</p>	

**Impact on others**

The main goal of my internship was to produce an online interactive map that highlighted facilities that students could use to actively pursue good health, in addition to showcasing different opportunities for student community engagement throughout Edinburgh. I collected extensive data on both community engagement and health-enhancing facilities that will be used by both of my line managers for an audit. I then developed the map using a Google Maps plugin hosted within a WordPress site and uploaded over 500 individual data points into it. Following market research with target users such as students and community stakeholders, I improved the map's accessibility for a range of users and on a variety of screen sizes using html programming. This map will be advertised on social media channels and located in a variety of positions on the University webpages to maximise its reach and impact among students.

The map was showcased to key stakeholders at a launch event in the final week of my internship. During this event the Careers Service and Residence Life expressed interest in having the map linked to their webpages and Residence Life in particular thought the map could be a useful tool for their Residence Assistants. During a question-and-answer session following a demonstration of the map, a member of the audience expressed the hope that the map would have a significant 'legacy' at the university. Finally, one of my line managers told me in my final week that I had achieved more and contributed more to the department than she had expected.