

Exam Number:	Submission 6
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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.

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.

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 and **what you have learned** from your experiences.

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.

Skill One:	Critical Thinking
Since the last input, I Believe this skill has been pretty steady. However, I'll be soon applying for internships where analysis and critical thinking skills will come in handy. In addition, they will also be enhanced further.	

Skill Two:	Verbal communication
I have made A LOT of progress in this skill. I have noticed my communication skills have improved dramatically. I know this from practical examples. My network has grown extensively, within these few months, I have been able to communicate with more people than I did in whole of first year. In addition, I am more confident in attending talks, more confident in approaching other people, more confident in myself. Due to this I am more eager to explore and take on challenges. Furthermore, my presentation skills have improved, I am more interactive while doing group work. Future developments is to continue with my current approach to things and also take more risks.	

Skill Three:	Leadership and Assertiveness.
<p>This skill has also improved. I have seen improvement in my involvement within group work. I felt due to me being aware and taking on leadership like responsibilities, we were able to complete the assignment before the deadline. I did this by delegating to group members, setting out dates, and furthermore made sure everyone was involved. In addition, I am a more of a leader type character within my group. Future developments include becoming a committee member in a society.</p>	

Impact on others
<p>This semester the most impact has to be on people around me. I have become more lively and more interesting. Furthermore, there has been a huge impact on me. I have become more confident and just in general feel like I'm in more control.</p>