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| **Exam Number:**  | Replace this text with your exam number |

* PLEASE ENSURE YOU DO NOT INCLUDE YOUR NAME ANYWHERE ON THIS DOCUMENT
* WHEN SAVING THE FILE USE THE FILENAME “Edinburgh Award\_Your Exam Number\_Your Award Scheme” (e.g. Edinburgh Award\_B123456\_LawPALS)

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: [hhttps://www.ed.ac.uk/edinburgh-award/information-for-students-doing-the-edinburgh-award/peer-assessment](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.

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| **Skill One:** | Which skill you are reflecting on? |
| This field has been limited to around 200 words. Describe 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. |

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| **Skill Two:** | Which skill you are reflecting on? |
| This field has been limited to around 200 words. Describe 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. |

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| **Skill Three:** | Which skill you are reflecting on? |
| This field has been limited to around 200 words. Describe 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. |

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| **Impact on others** |
| This field has been limited to around 200 words. Describe what progress you have made (if any), what steps you have taken to try to improve your impact and what you have learned from your experiences. |