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| **Exam Number:** | Replace this text with your name |

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.*

**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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| **Skill One:** | Which skill you are reflecting on? |
| Describe 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. | |

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| **Skill Two:** | Which skill you are reflecting on? |
| Describe 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. | |

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| **Skill Three:** | Which skill you are reflecting on? |
| Describe 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. | |

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| **Impact on others** |
| Describe what progress you have made (if any), what steps you have taken to try to improve your impact, what you have learned from your experiences and what you might change in your approach. |