

<b>Exam Number:</b>	Submission 7
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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.

<b>Skill One:</b>	Communication
Main things to do when volunteering for the homeless project are preparing, cooking meals and also serving disadvantage people foods. Strongly improved my communication skill as I need to communicate with my team to work effectively and having conversation with the needy. Communication with people from different backgrounds and never meet before which are for example retired people, student, needy whole needs help and elderly who are lonely and just came for having meal and conversation with others. It have improved my communication skill as this skill is needed during preparing meals and get instruction for serving dishes as different people got different preferable option for example some wants soup, some just fine with bread. Besides, some of the needy are shy to take what is offer so my communication skill improved as I need to encourage them to take back. Instruction correct as they got their own system for running the project. Make sure everything that had done have reached the requirement.	

<b>Skill Two:</b>	Time management
<p>Time management I used the morning time when I don't have any class. If I not doing volunteer, I will end just slept late and watching television series which are not helpful to improve my personality and also my studies. Although in the past I got lots of free time, I still procrastinating my work until few days before the deadline. Now my time management got a massive improvement as I using part of my free time helping others, I will finish my assignment and work earlier before the deadline. This is because I don't want my volunteering affect my study. This help me to run my schedule well and this is also my way of release stress so I have times to study.</p>	

<b>Skill Three:</b>	Confidence
<p>This is a thing that I never try before. I always timid to start a conversation with strangers but because I involved in the homeless project. I must talk to them. I gain lots of confident from there. As when I first involve into the project. I know nobody. So to ensure effective working and have a nice environment and also get into the environment, I had to step out my first step and talk to them and chatting around. Now I have confident to speak to strangers and answer their question in a very confident way. As sometime I have to go to different 'department' to give them a hand, so I have try and learn new stuff and new skill. This improved my confident to communication with others and encourage me to try new things that I never try before.</p>	

<b>Impact on others</b>
<p>I think the impact to others is showing the needy that there are people who cares and willing to help them. And everyone no matter in what kind of situation, they should be treated with love and care.</p>