

<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.

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 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.

<b>Skill One:</b>	Realistic
I feel like this is the area where I have had the most stalled progress. I started out with high intentions to implement organizational steps and be conscious of the time I was putting in for all my extracurricular activities- however, with several large events, travelling, and a general increase in workload (I was in 5 courses ) I was really struggling to keep up with what I had set out to do. At this point I had to reflect on what was the healthiest and most rational way about keeping up with my commitments and still staying sane. Despite all this, I was still able to make time to help organize a trip and coordinate selling tickets and guiding the tour in addition to increasing the time I spent in the lounge volunteering. For this, I am proud, however, I would like to continue volunteering to help on trips, which given the time spent away and doing school work, I wasn’t able to keep up past the last one. With the last bit of time left in the semester I hope to volunteer on at least 2 more trips and continue to put at least 4 hours in at the ISC each week.	

<b>Skill Two:</b>	Ability to Engage and Participate Fully
<p>I feel like this area I have become a lot more confidence in. I am no longer worried about feeling awkward around new people at the ISC lounge and freely chat with people a lot more comfortably than before. A new area to work on in my ability to engage and participate fully would be to go out to more of the events held outside of the ISC. Sometimes I fear that I will feel awkward in new social settings but I'm sure at this rate I will enjoy going out of my comfort zone and participating in this way. Moreover, a way to progress for the future would be to promote and encourage others to do the same and participate in these events--even those who aren't international students since the ISC is really designed as a shared space for everyone.</p>	

<b>Skill Three:</b>	Maintaining Enthusiasm
<p>Again, I feel although I chose these skills to work on as they are all somewhat interconnected. Here I struggled a lot since in addition to what I mentioned in the first skill box, I also went through some negative personal experiences during the time between these two input reflections. However, given this, and the amount of stress and lack of sleep I encountered, I believe that the increase in time spent volunteering at the ISC lounge was a testament to me really trying to put in the effort to maintain my enthusiasm and do my best despite everything that was going on. I think unconsciously I mingle with more people, almost as a cathartic way of releasing stress through interacting with others. I believe I was also able to use the ISC as a tool in maintaining enthusiasm as the other volunteers often tried to help me out with things like the schoolwork I was stressed about. I think this opened my eyes to another means of maintaining enthusiasm in others also, through being a positive influence and trying to be as helpful as I can during my time remaining in Edinburgh.</p>	

<b>Impact on others</b>
<p>I believe, despite the fact that I struggled a lot this semester with work, relationships, and balancing life, I still managed to have an impact on others. I really enjoyed being a guide for the ISC tour I helped run and I felt that this new level of leadership and interaction really allowed me to get closer with other international students and provide more of a mentorship-like role. Moreover, through my increased interactions at the ISC I have managed to make new friends and connections and make more people feel welcome not only at the ISC but also in Edinburgh in general.</p>