

Reflective Summary Guidelines - Leadership and Service Award

In your application for a Leadership and Service Award you need to include a reflective summary which incorporates all the volunteering experiences you have outlined in your Time Log & Competency Sheets. You can complete the Reflective Summary through a variety of mediums including an essay, video, blog, photography etc. Your summary should cover two broad areas;

So What?

Describe what you learned/took away from your volunteering experiences by analysing, questioning and reflecting. The following questions are a prompt to assist you in demonstrating self-awareness;

How did you feel about the experience? Did it turn out as expected?

What did you enjoy about the experience? What was challenging?

How did the experience impact you? How did your involvement impact the community?

What did you learn about yourself?

What was the most memorable experience?

How did you reflect during your experiences? How did the thought process affect your service and leadership journey?

If there was something you could have done differently what would it have been?

Use this section to tease out your experiences and reactions to them. You do not need to specifically 'answer' the questions, they are prompts.

Now What?

Describe how you can apply what you learned to future goals and aspirations. The following questions are a prompt to assist you in demonstrating self-awareness;

What skills do you want to further develop as a result of your experiences? Why?

Has your involvement with these voluntary organisations led you to any new perspectives that you would like to explore further?

What information, insights or knowledge have you gained that you could share with your peers, prospective employers or your community?

Use this section to focus on you personally; you do not need to complete the sections in order. Present an application which makes sense to your reflective process.