



My Reflective Statement

Here is an example of a reflective statement. In order to complete this look back over your STAR activity records and write a short summary answering the following questions:

Please write a minimum of 50 words and a maximum of 150 words per section

Who am I? Write the first part of your statement by saying 'For example I'm a Y12 student currently studying at Carter school. I am hoping to go onto university once I've successfully completed my A levels

Studying Maths, Business and Law has helped me to think about what I want to do after year 13. I am currently deciding between a degree in Accounting and Finance or an Apprenticeship in this area. I haven't yet decided which I would prefer, but am planning to apply for both options then I will make my decision when I have my offers.

What have I done? Talk briefly about recent projects you have been involved in, job roles or interesting responsibilities you have had –For example over the past two years I have been working each weekend in a cafe. In essence, describe what have been your key achievements?

My work experience has made me feel more confident about a career in Accountancy. I received positive feedback about the work I did there, and I was able to see what I would be doing if I went into this career area, which has helped me with my personal statement.

My work on the sixth form committee has helped to raise over £800 for charity. I am more confident working with others, taking responsibility and planning my time to ensure tasks are completed. I am now running to be president of the committee in year 13.

What skills have I developed? How have these projects or activities helped you to develop your skills? For example when I work in the café serving customers this has helped me to develop my communication skills because I am now more confident in talking to members of the public and dealing with any complaints.

My time management has improved the most as I now plan out my week using my school planner. I can see when I have deadlines, when I'm working and have activities to plan. I prioritise my tasks and plan to complete them before the deadline, giving me a buffer in case something unexpected happens.

I'm much better at working in a team; I feel more confident sharing my ideas with others and challenging their ideas if there are problems in a tactful way. I understand how people work differently and am able to adapt to this to achieve goals.

What are my goals? Taking into account what you have achieved and learnt during your Post 16 studies, consider what your realistic goals will be for the next 5 years? For example I hope to gain good enough grades to go onto university in order to study engineering. I would also like to gain some relevant work experience in order have a better understanding of what engineering involves. When I graduate from university at present I am looking for a career in aeronautical engineering etc.

Achieving my predicted grades would enable me to go to university or start an apprenticeship. I would love to do some more work experience to improve my CV and show apprenticeship employers that I have a passion for working in accounting and finance and the motivation to complete the qualifications needed alongside work. If I go to university, I would really like to do a placement so that I can get a job with a large company which will provide me with more training so I can get to a higher level.

What has Embark done for me? How will the experiences and skills you have recorded for the Embark Award help you achieve your goals? For example, my work experience has given me a real understanding of working in graphic design and has motivated me further to do my degree in this subject.

Embark has encouraged me to get involved in more activities to develop my skills. This will really help me when I apply for apprenticeships as I have lots of examples of where I have used different skills which I can include on my CV and talk about at interviews.

I feel like I would be more confident in a job interview now, as I struggled with this when looking for a part time job. I understand the STAR technique and can now tell employers how I've used my skills in different situations.