

Add a relevant assessment Title

Personal information

Student Name:

Student Number:

Seminar group (day/time/tutor name):

Campus:

Date of completion:

Word Count:

Reflection incorporating three main parts

1. *Reflection on the top 3 skills, interests and values, as identified by the DeakinTALENT self-awareness audits and how these are associated with the career plan. Explaining what has been learnt about yourself and how this fits with the career plan.*

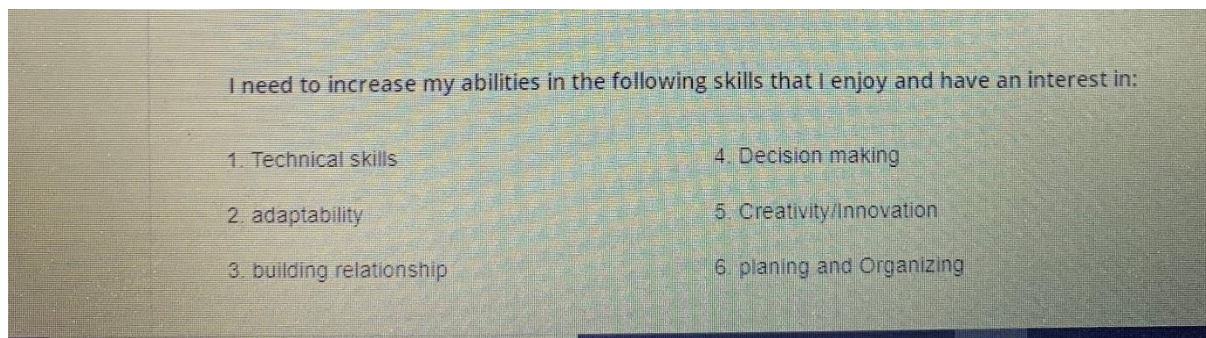
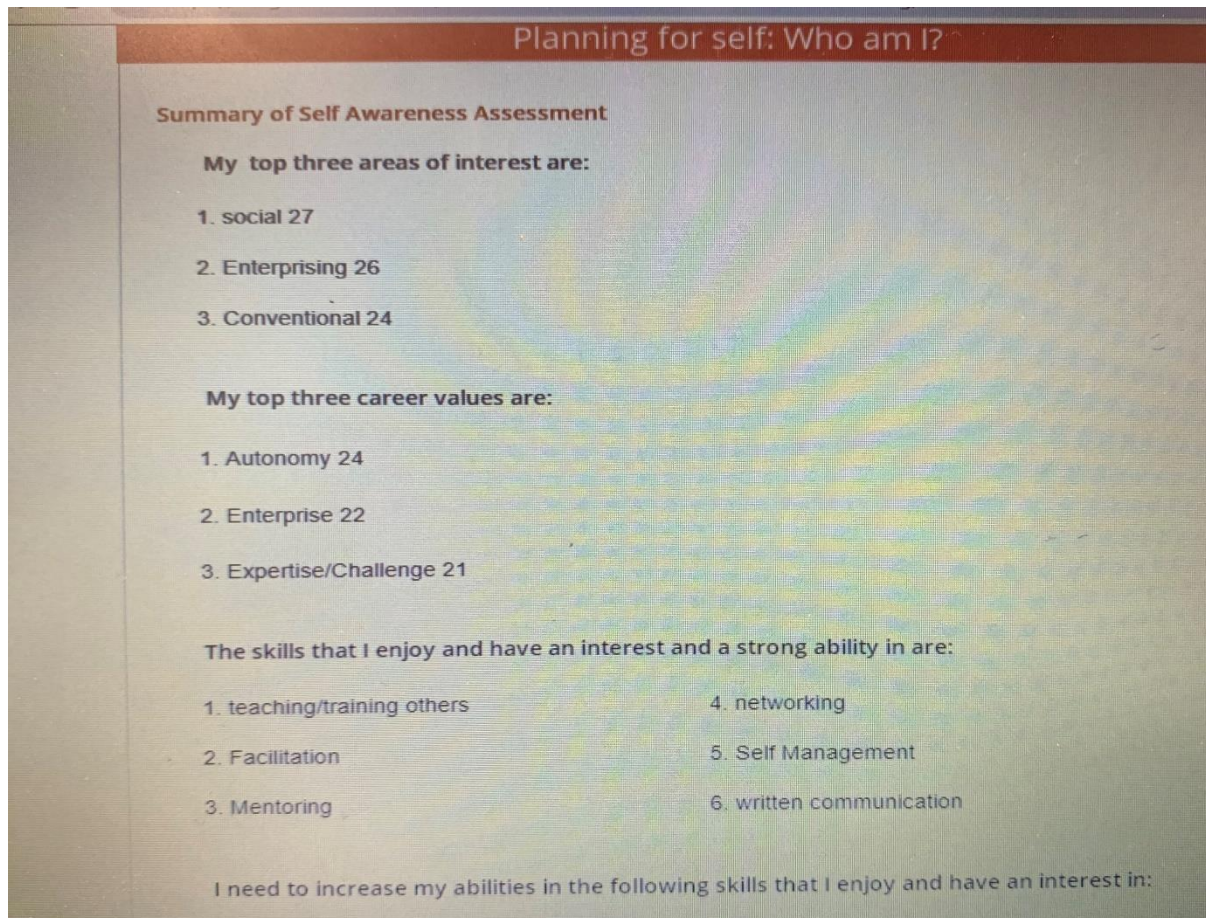
2. *Reflect briefly describing (including daily tasks/activities) one potential career opportunity that links to your skills, interest and values. This section should also contain an explanation of why you believe this career path is suitable for you based on the results of your self-awareness audits. There should be very clear links provided between your interests, values and skills identified, and the job description.*

3. *A written reflection supported with evidence on how growth, development and/or ageing content is relevant to the career you've identified and your self-awareness audits. In this section, you should consider the content, skills and/or knowledge acquired through the HSE113 Growth, Development and Ageing for Exercise Scientists unit, what you have learnt about yourself and how this may have changed/cemented your thinking. Identify what is next; how do you continue to develop?*

Reference list

APPENDIX

1. A screen shot of the summary page of the self-awareness audit



2. A copy of the specific job description

3. A copy of the career and skillset evaluation table

Table: Self-development evaluation and career plan

My top skills	Job requirements	My current skillset (experiences)	Gaps in my skillset	Potential strategies to develop required skills	Timeline
Presently have and enjoy doing					
Teaching/training others	Discuss with members about their goals like losing weight	Train kids to do morning exercises	Try to teach adult instead of kids	Ask an expert consultant in training about setting advice on how to reach goals	T3, year 3 of degree
Facilitation	Information about modern teaching method	Do exercise in natural environment for kids	Find an appropriate environment to do exercise for older people	Registration in training courses on planning and development	T2, year 2 of degree
Mentoring	Direct members to take appropriate actions to achieve goals	Volunteer work at elementary school to guide students what need to do	Learn how to guide large number of people to exercise	Get professional qualifications in education and guidance in social work	T2, year 2 of degree
Enjoy doing and need to develop further					
Creativity/Innovation	Depends on the development and innovation of ideas	None identified	Ability to take on innovation projects	Sit in a quiet place to think clearly	T3, last year of degree
adaptability	Ability to deal with different co-workers and unplanned things	None identified	Participate in teamwork to engage with different kind of people	talk with people who have different thinking and views	At the end of June
Building relationship	Communicate orally with people	None identified	Communicate with large number of audiences	Participate in a group work	At the end of T1, year 1 of degree

Appendix 4: **Student reflective evaluation sheet for Assessment Task 2****Student Name:****Campus:****Student ID:****Seminar Tutor and Time:**

	Grade (HD, D, C, P, N)	Explanation (in accordance with the Rubric how have you met this grade)
Discuss the self-awareness audit skills, interests and values (Aligns to ULO6 and GL04), (25 marks)		
Describes one specific job description and how this is related to the skills, interests, and values obtained (Aligns to ULO6 and GL04), (25 Marks)		
A reflection as to how HSE113 content is relevant to the career and the self-awareness audits and your direction forward (Aligns to ULO6, and GLO4) (25 marks)		
Citations & referencing: Adherence to Deakin Harvard format referencing style for all in-text citations and list of references (Aligns to ULO5) (15 marks)		
Presentation & communication: Adherence to report requirements; writing/expression/ spelling/grammar (Aligns to ULO1, 3, 4 & 5) (5 marks)		
Overall Grade		

