

# self assessment

This is a 4 stage process relating to the knowledge and skills you have learnt from volunteering. Please complete your self assessment at the end of your journey.

**Top tip! Reading over your entries in other sections will help you to complete this.**

## Description

What happened? What did I learn?

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## Analysis

What do I think about the experience? Did my feelings change over time?

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## Evaluation

How does this relate to my personal interests and future employment and education interests? (Hint: Are any of the skills you learnt transferable? What about training you participated in?)

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## Future Learning

What can I take from this experience? Have I identified anything I would like to do or find out more about in the future?

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