

Statement Format

Year One

Starting Point

Could contain the following information:

- ▶ Why did you decide to do Leaving Certificate Applied?
- ▶ What hopes and concerns did you have?
- ▶ How was Leaving Certificate Applied going to help you?

Meaningful Experiences

Look back on the learning experiences that you have recorded during year one of Leaving Certificate Applied. Give a clear, simple, personal account of two learning experiences.

- ▶ How did you feel? Why?
- ▶ What aspects of your learning have improved? How?
- ▶ How have the experiences affected your thoughts, actions and plans for the future?
- ▶ What have you learned about your strengths, needs and opportunities?

Future

Look back at your starting point.

- ▶ What have you found out about yourself?
- ▶ How can you use your experiences from this year to help you next year?

Year Two

Starting Point

When you started Leaving Certificate Applied, what career choice did you think you would follow when you finished? Why?

Meaningful Learning Experiences

Look back on the learning experiences which have helped you to decide on your future plans. Give a clear, simple, personal account of two learning experiences that helped you to plan for your future career.

- ▶ How have the experiences chosen affected you?
- ▶ State how you feel now about each learning experience
- ▶ What parts of Leaving Certificate Applied have helped you in planning for the future?

Future

Look back at your starting point.

- ▶ What is your career action plan? What has influenced this plan?
- ▶ How have your plans for your future developed since you started Leaving Certificate Applied?

Assessment

▶ Statement 1 - Year One

Submitted in May of year one

▶ Statement 2 - Year Two

Submitted in May of year two

Choice of:

▶ 400 Written words

or

▶ 4 Minutes of video

or

▶ 4 Minutes of audio

Leaving Certificate Applied

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Personal Reflection

...a skill that everybody uses

Leaving Certificate Applied Personal Reflection Task

This task requires the submission of two Statements. The first submission is due in May of Year One and the second in May of Year Two.

The statements may be in written, audio or video formats.

The information set out in this leaflet is intended to help guide you through the process of completing your Personal Reflection Statements.

What is personal reflection?

We have a lot of experiences every day - some enjoyable, useful, interesting, painful, etc. Personal reflection helps you to pay attention to what you are experiencing and learning. Through reflection, you'll learn more about yourself and make better plans for your future.

Work for the personal reflection task, based on your learning experiences, goes on over the two years of the programme. Reflection is something you should keep in mind from the beginning of year one and you should do some work on it from time to time over both years.

It is important that you record your experiences by keeping a diary / journal or reflective folder over the two years.

Reflecting on an Experience

1. Give the experience a name or title. e.g. "A visit to...", "Making a...", etc.
2. Write or record your expectations about how you felt before the experience. e.g. "Looking forward to...", "Unsure of...", etc.
3. Give a good description of the experience.
4. Describe your reaction to the experience. Use phrases such as:
"I liked _____ because..."
"I will never forget it because..."
"It changed my mind because..."
"I found it (useful / interesting / helpful) because..."
Your reaction must be based on some part of the experience.
5. Describe how the experience may be useful or important for the future:
 - Would you like to do it again? Why?
 - Has the experience given you any ideas about something else you would like to do in the future? How did it do this?
 - Has it helped you to discover anything new about yourself? How did it do this?
 - Has the experience helped you to improve the way you will do something in the future? How has it done this?
 - Did it prepare you for anything in the future? In what way did it do this?

Discuss your reflections with someone else because you will learn from the feedback you receive.

Read something your friend has written and ask him/her some questions about it and he/she should do the same for you.

Preparation

Practise writing paragraphs or mini statements about a learning experience which was meaningful to you.

You may like to use some of the following suggestions:

Learning experiences you may choose to include in your **year one** reflective statement can be triggered by:

- ▶ A module that you felt was important to you
- ▶ A task that you enjoyed or found challenging
- ▶ Out-of-school activities that were part of Leaving Certificate Applied visits you went on
- ▶ Visitors that came to your class
- ▶ The Enterprise Experience
- ▶ An encounter or special moment of self awareness
- ▶ What the Leaving Certificate Applied meant to you overall

Experiences you may choose to include in your **year two** reflective statement can be the result of self awareness through:

- ▶ Work experience both years
- ▶ Leaving Certificate Applied courses that helped you decide what career you wanted to follow
- ▶ Mock interviews
- ▶ Careers investigations
- ▶ Interviews with your guidance counsellor
- ▶ Visits to further education colleges/ careers exhibitions
- ▶ Knowing yourself and accepting the potential within
- ▶ Having a clearer picture of what you want to do
- ▶ Work and future career plans

Draft a number of statements and get some feedback from your teacher before you complete each final statement.

