**Part 1: Reflecting on Graduate Attributes and Essential Skills**

* Here, you are asked to critically reflect on the knowledge and competencies that have been gained over the duration of your degree. (PSYCHOLOGY)
* This reflection should include a review of ***at least three (3) courses*** ***or course-related activities*** that have aided in the development of competencies such as critical thinking; solving real-world problems; improving communication skills; collaborative learning; and time management.
* Your reflections should also speak to how you have ***managed challenges and setbacks***. Consider whether these situations involved corrections/ improvements to your own behaviours, or changes in other external factors (e.g., other people; timelines).
* Having completed your review, what would you say are the ***top three essential skills*** you've developed? For reference, essential skills are those that have the greatest relevance and transferrability across vocational and professional settings. Provide a brief explanation for your choices.

**Part 2: Developing a SMART Career Plan (3 PAGES)**
**This next step involves crafting a specific career plan in which you outline the following:**

* **Your current career aspirations (this can include upward mobility within your current industry/ organization)**
	+ What drew you to this field? In what ways have your aspirations evolved over the last five years?
	+ How does this career align to your personal strengths/ preferences uncovered in your career self-assessment results?
* **Three (3) SMART goals (specific; measurable; achievable; relevant; time-bound) for meeting these aspirations.**
	+ Considerations should be given to the essential training, experience (paid or voluntary), and availability of resources.
	+ Use the template provided on the course page as a guide to outlining your SMART goals.