

**SAMPLE**

SKILLS AND EXPERIENCE

Sample Reflection: The chart below supports the Skills and Experience Worksheet with an example of a reflection by a student using the CAR (Context-Action-Result) story structure to **debrief a summer camp job**.

Queen's Learning outcomes	Supporting example stories
Knowledge and Intellectual Capacities <ul style="list-style-type: none"><input type="checkbox"/> Knowledge in area of specialization<input type="checkbox"/> Creative Thinking<input type="checkbox"/> Problem Solving<input type="checkbox"/> Critical Thinking<input type="checkbox"/> Quantitative Literacy<input type="checkbox"/> Information Literacy<input type="checkbox"/> Other: _____	<i>One of our biggest challenges was helping campers with special needs figure out how to participate in activities in an inclusive way. With creativity and problem-solving (working with the campers), we came up with some modifications like minor rule changes, or giving them special roles with superpowers that let everyone participate in a way that felt respectful and inclusive.</i>
Research-Focus, Practice-Orientation <ul style="list-style-type: none"><input type="checkbox"/> Foundations for lifelong learning<input type="checkbox"/> Application of knowledge<input type="checkbox"/> Knowledge Creation and Dissemination<input type="checkbox"/> Inquiry & Analysis<input type="checkbox"/> Other: _____	<i>The camp had been using the same old activities for years, and the counselors and campers were getting bored! I did some research into other ideas, talked to other staff about them, and developed some new activities that I later taught the other staff, which are all now a part of the program manual for next summer.</i>
Leadership <ul style="list-style-type: none"><input type="checkbox"/> Initiative & Persistence<input type="checkbox"/> Nurturing Self & Others<input type="checkbox"/> Integrity & Social Responsibility<input type="checkbox"/> Other: _____	<i>When my first group of campers met each other, they were all strangers, afraid to take risks and share. Through working to establish rules and values in the group around inclusivity and trust, as well as having fun together, we ended up with a strong connection and deep friendships being formed.</i>
Interpersonal Capacities <ul style="list-style-type: none"><input type="checkbox"/> Collaboration<input type="checkbox"/> Written & Oral Communication<input type="checkbox"/> Digital Literacies<input type="checkbox"/> Other: _____	<i>A few times a summer we would have a whole camp-wide event called the Camp Olympics, that required a lot of teamwork. I worked hard to make sure that everyone was in the loop and knew about what everyone else was doing, or what needed to be done and the camp director said that it was the best-run Olympics the camp had ever seen!</i>
Personal Capacities <ul style="list-style-type: none"><input type="checkbox"/> Self-Management<input type="checkbox"/> Disposition to improve<input type="checkbox"/> Ethical Reasoning<input type="checkbox"/> Respecting diverse ways of knowing<input type="checkbox"/> Other: _____	<i>Since this was my second summer as a counsellor at the camp, I decided that I wanted to try to keep things fresh by focusing on areas I could improve. The main aspect I focused on was public-speaking, and whenever there was a chance to address a large group I took it. While I was terrified at first, eventually I started to get a bit more comfortable, and even got compliments about it!</i>
Community Engagement <ul style="list-style-type: none"><input type="checkbox"/> Civic Engagement<input type="checkbox"/> Global Learning<input type="checkbox"/> Intercultural Competence<input type="checkbox"/> Other: _____	<i>I found I learned a lot by dealing with the many international students that participated in our camp, and the campers did too! I had group discussions with my campers where everyone shared pieces about their own culture, and we even did a cooking activity—although the food was terrible, we learned a lot and had fun!</i>



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Part 2 – Deep Reflection. Below are some sample answers to demonstrate deep reflections building on the summer camp experience from Part 1. .

Deep Reflection Questions...	
What was the most challenging thing about this experience? How did I overcome it?	<i>Being overwhelmed by many priorities at once – I learned to prioritize, and delegate when possible—especially during the Olympics! At first I was tempted to try and do it all myself, but this quickly became impossible, so I had to learn to trust others, and be clear in explaining my expectations, and monitor their performance.</i>
What results or accomplishments came from my work? Did I achieve my goals? How?	<i>Our group of campers were empowered by the end of camp. This occurred mainly by them all helping me to stay organized and help each other, leading to a strong team where each person had a job to do. It was so rewarding to see some shy campers start to open up with confidence as they did their task well.</i>
What impact did I have on those around me, or the environment I was in?	<i>I brought a cheerful, hard-working attitude, ready to help with whatever work needed to be done—this contributed to a positive work environment and smoother teamwork. I also recognized that at first I was tempted to help some campers with disabilities, but learned that they might not want my help, or wanted to be helped in specific ways—a real eye opener for me!</i>
How did this experience change me? What do I do or see differently now?	<i>I am more appreciative of the gifts and challenges of working with children with special needs—and I'm actually exploring careers related to it going forward!</i>
What was the most significant thing about this experience for a potential employer? How could this experience help you make a bigger contribution?	<i>Working with special needs children, I learned sensitivity, tact, and skills for helping them integrate that can be applied in many related settings. I could see this being useful in working with clients in a counselling setting, with upset parents as a teacher, or with customers in business!</i>
What is the biggest thing I learned? Why does it matter? How will I apply it in the future?	<i>I learned that I can actually be a leader. Self-confidence! I was pretty shy before, but the more risks I take, the more I have seen that I can actually be good at this, and that people will actually listen to me. It lets me think about doing more significant positions in the future.</i>
Did it reveal any areas for future growth? Certain skills or knowledge that I want to improve? What specific goals can I set to grow in these specific areas?	<i>I realized that I want to learn more about the science and psychology behind various conditions and disabilities that were present at the camp. I'm going to take PSYC 100, and am even thinking about doing a minor!</i>