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ALUMNI ASSOCIATION

## ALUMNI MATTERS: GRADUATION CONFERENCE

Unpacking experience: A guided reflection to help you build your pitch

FEATURING:

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# Experiential Learning Office

The Experiential Learning (EL) Office provides support and coordination for EL activities across the university to assist students, faculty, staff and partner organizations.



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# Roadmap and takeaways

- What is experiential learning?
  - What is reflection?
  - Why does this matter?
- 
- Unpack your experiences
  - Critically reflect and assess
  - Leverage your experiences



# Icebreaker: mindfulness

Write down anything you're thinking about that's not related to this workshop.

Write down one thing you did last month that you're proud of.



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# What is experiential learning?

# Learning by doing

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Course-  
integrated



Work-integrated



Research-  
based



Community-  
based



International



Student Life

# What is reflection?

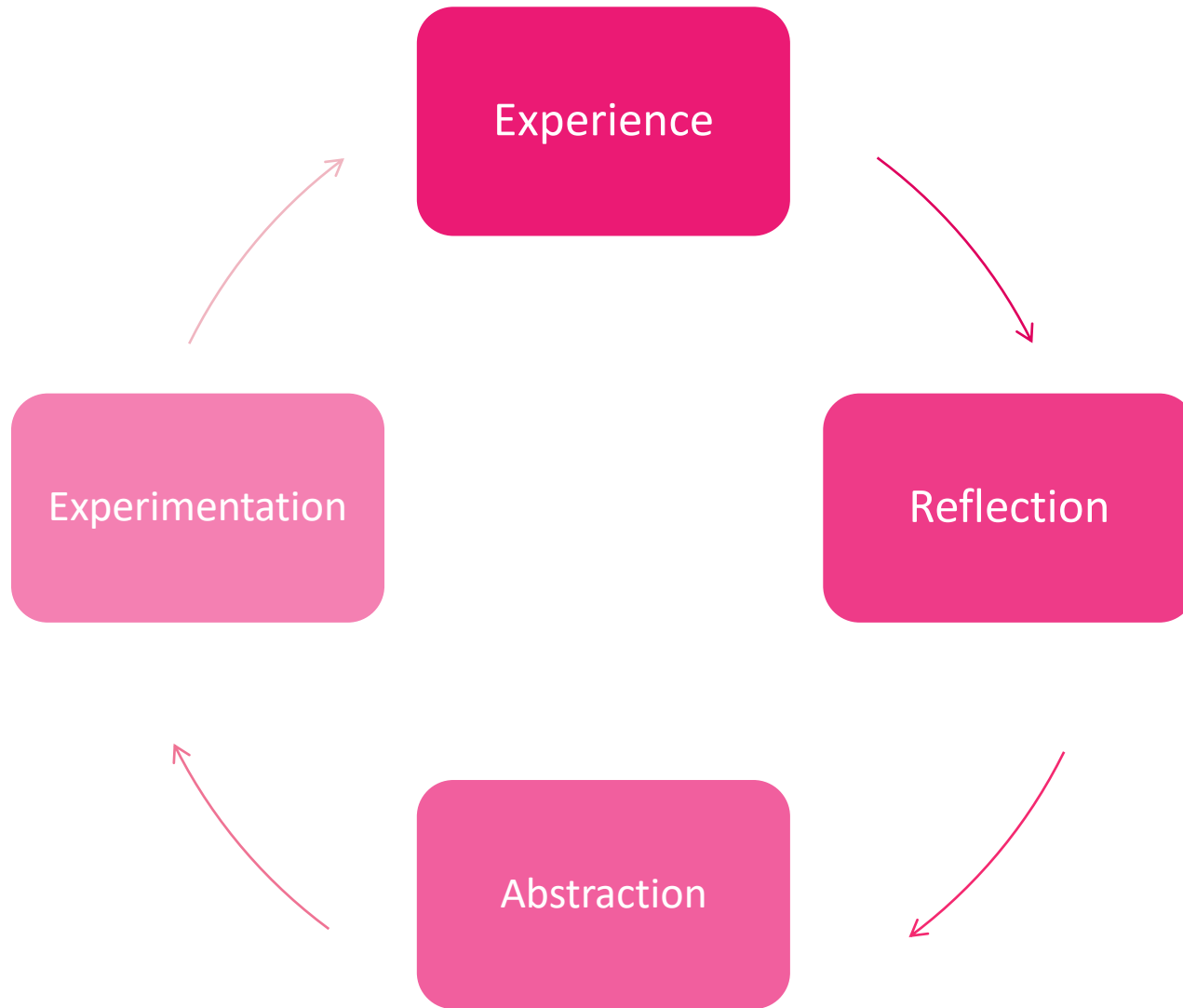


# Thinking about what I did

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# Reflection

- Application of theory
- Transferable skills
- Strengths
- Challenges
- Goals and learning outcomes
- Career exploration



# Unpacking the experience

# Reflection Roadmap

## Context: What did you do?

**Describe a recent EL experience.**

*Guiding questions: What did you do? Who was involved? Where did it take place? How long did it take? What did you like about the activity? What did you dislike about the activity?*

## Reflection: What did you learn?

**Identify 5 transferable/technical skills that you've developed through the activity.**

**Did you set goals for yourself before the activity? List your goals.**

*Note which goals were met. Were any goals not met and explain why.*

**Did you have opportunities to apply knowledge gained from your academic program/courses?**

*Provide 2 examples.*

**What do you know now that you didn't know before?**

*List 2 new things you now know.*

**Did you discover some of your strengths through the experience?**

*List 1 of your strengths.*

## Future Directions

**What's 1 thing you would change if you could go back and do it again?**

**Describe 1 challenge you faced, how did you overcome it or develop a solution(s)?**

**Did you learn anything about yourself through the experience?**

# Transferable skills

- Reflection & self-awareness
- Empathy
- Global and cultural awareness
- Judgment and decision-making
- Creativity
- Critical thinking
- Complex problem solving
- Communication
- Writing
- Active listening
- Public speaking
- Conflict resolution
- Social perceptiveness
- Negotiation
- Persuasion
- Teamwork and collaboration
- Leadership
- Coordination
- Monitoring
- Instructing others
- Time management
- Project management

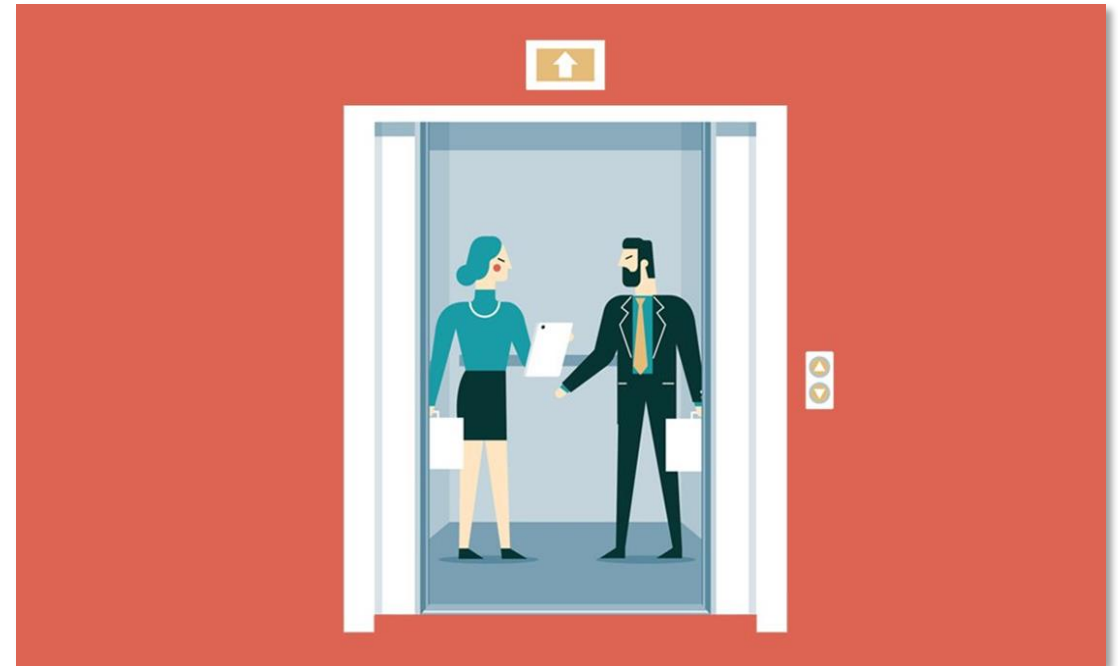
# Leverage your experience – the pitch

## Recipe

- Introduce yourself
- Highlight experience
- Highlight 1-2 reflections

## Overall

- Show passion
- Be specific



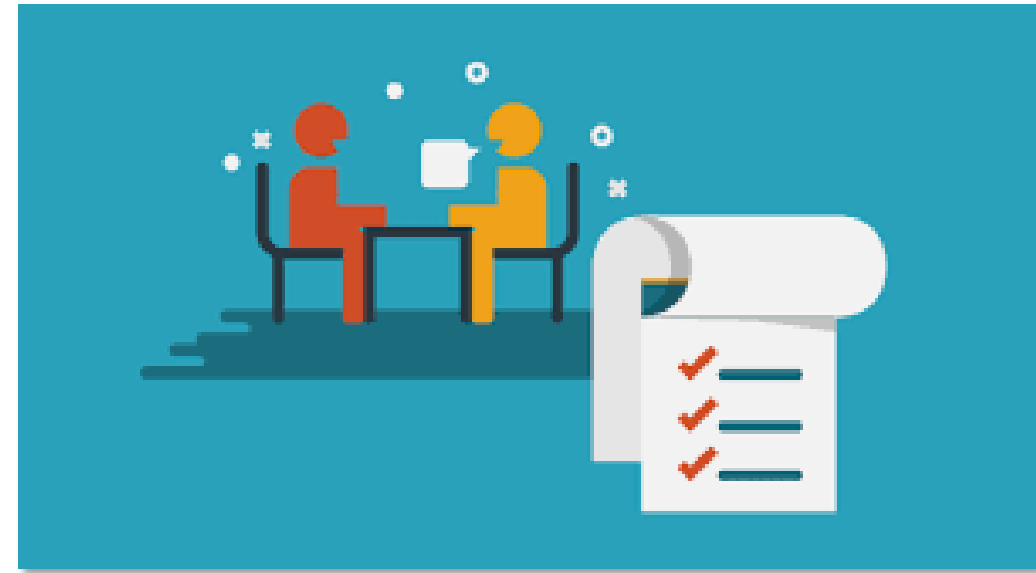
# Leverage your experience – the interview

## The questions

- Tell me about yourself
- What can you do for us that someone else can't?
- Please describe a situation in which your work was criticized/where you made a mistake.
- What are your strengths/weaknesses?

## The answers

- Use relevant stories and examples
- Use the STAR method to guide your storytelling





# The STAR method



## **Situation**

- Set the scene

## **Task**

- Describe the purpose

## **Action**

- Explain what you did

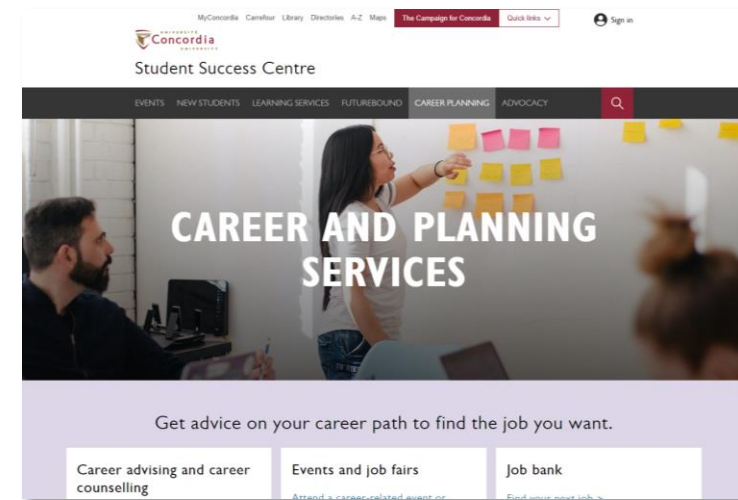
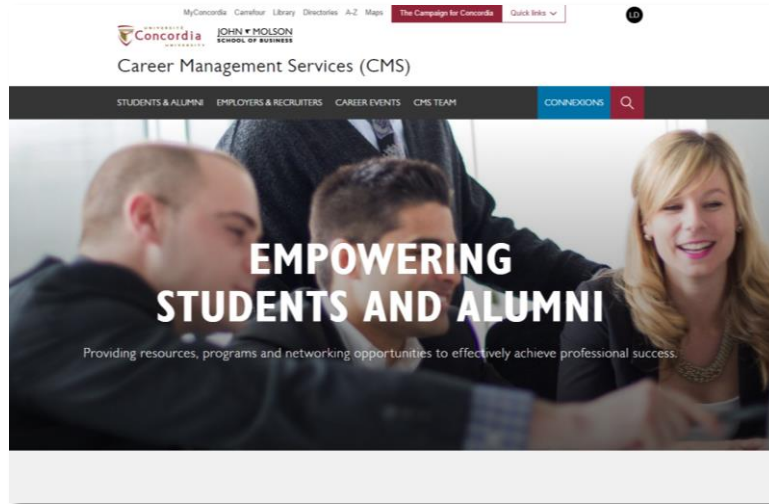
## **Result**

- Share the outcome
- Quantify the results whenever possible

## **Bonus → the tie-in**

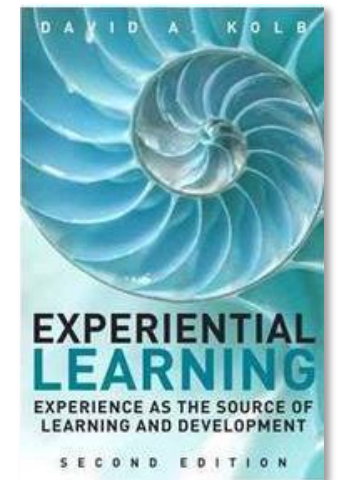
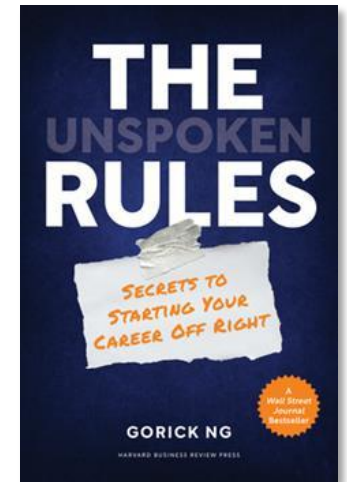
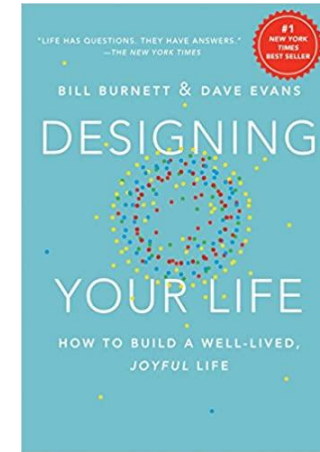
- How does this relate to the job?

# Resources



# Resources

- The EL Office [concordia.ca/academics/experiential-learning](http://concordia.ca/academics/experiential-learning)
- The Unspoken Rules: Secrets to Starting Your Career Off Right by Gorick Ng
- Designing Your Life: How to Build a Well-Lived, Joyful Life by Bill Burnett and Dave Evans
- Experiential Learning: Experience as the Source of Learning and Development (2nd Edition) by David A. Kolb



# Wrap up and review

## **Reflection will help you:**

- identify what you're good at, where you need work and what's important to you.
- tell a more compelling story.
- feel confident in your skillset and knowledge.

**Your experiences have value!**



# Takeaways



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# MERCI! THANK YOU!



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