**ANU+ Reflection Rubric**

Participants need to meet 4 out of the 5 criteria to receive a pass.​​​​​​​​​​​​​​

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| **Criteria** | **Satisfactory** | **Unsatisfactory** |
| **Demonstrated reflection on ‘self-in-situation’ and ‘light-bulb’ moments** | Evidence of particular personal ‘light-bulb’ moments during volunteering. Reflections on ‘self-in-situation’.  | Limited or irrelevant evidence of ‘self-in-situation’, or personal ‘light-bulb’ moments. |
| **Demonstrated ability to connect what you already know with what you are learning** | Strong connections and critical reflection made to what you feel you already know to what you are learning through your volunteering. | Critical reflection is lacking, and limited detail provided of prior learning and connection to current volunteering. |
| **Demonstrated connection to thoughts and feelings** | Clear connection to thoughts and feelings. Insightful reflection on personal moods in response to challenges and adjustments made during the activity. | Limited or irrelevant insights into thoughts and feelings, limited evidence on the effect of personal moods in response to challenges. |
| **Demonstrated understanding of how alternative action or change in behaviour patterns affects situations** | Clear and relevant reflection on experiments with alternative action or behaviour patterns. | Limited reference made to alternative action and behaviour. |
| **Learning goals identified. Specific plans and actions for how learning will be done, and how it will be practiced in the future** | Action plan includes how the new learning will be applied and further developed. | Set some general goals, but limited specific detail about how the new learning will be done. Limited reference made to learning gained from the project.Limited reference made to new learning goals. |

**Development Outcomes**

In the ANU+ program, we focus on seven key skills:

* self-awareness
* resilience
* communication
* personal and social responsibility
* inclusion and awareness of diversity
* community and global engagement
* leadership and understanding organisational dynamics.

Through your volunteer experiences with ANU+, you’ll have the opportunity to develop and articulate these skills. Added together, they are foundational to being an active, engaged citizen in your future work, community, and society more broadly.

These skills overlap with each other, but we recommend focusing on one skill at a time to reflect on them thoughtfully. Sometimes you might not realise how many different skills you’ve developed without this process!

The reflection process is key to learning how to apply these skills in your daily life and will help you articulate your skills and experiences to future employers.

Over the course of your ANU+ journey, you’ll have the opportunity to focus on at least five of these skills if you’re an undergrad, or at least three if you’re a postgrad.

**How to use this document:**

* Before you start volunteering: Identify how you relate to the seven skills. Are there some that you feel comfortable with and others you would like to develop? You can be intentional when choosing your volunteer experience and treat it as an opportunity to practice these skills!
* During and after volunteering: Review your volunteer experience in relation to the skills you have chosen to focus on; investigate how your perspective has changed or been affirmed. Through this reflection process, you will learn more about yourself and the world around you.