

Final reflection requirements

The final reflection must take one of the following forms:

- a) Written piece of 1000 words (+/- 10% of the word limit).
 - b) Video of 5-10 minutes duration; or
 - c) Presentation of 5-10 minutes duration.
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1. Students must submit their final reflection on or before the final submission deadline date published on the ANU+ webpage: [ANU+ | Australian National University](#)
 2. This final submission deadline is only relevant to students in their final semester of their academic program planning on completing the ANU+ award.
 3. Within 10 working days of submission, the ANU+ team assesses the final reflection against the rubric and provides students with written feedback and an outcome of either satisfactory or unsatisfactory.
 4. Students who receive an outcome of satisfactory will have the ANU+ award applied to their transcript and will be notified of their successful completion.
 5. Students who receive an outcome of 'unsatisfactory' may revise and resubmit the final reflection only once.
 6. Students who receive an outcome of unsatisfactory will be provided feedback and guidance on areas to address in their resubmission from the ANU+ team
 7. Where a student's final reflection takes the form of a presentation, two members of the Student Life team are present and assess the presentation against the rubric. Where one assessor gives an outcome of satisfactory, and the other an outcome of 'unsatisfactory' the student revises and resubmits the final reflection.
 8. Where a student revises and resubmits the final reflection in the form of a presentation, three members of the Student Life team are present and assess the presentation against the rubric. Students who receive an outcome of 'satisfactory' from two or more of the assessors, receive an overall outcome of 'satisfactory'.
 9. Students who receive an outcome of 'satisfactory' from less than two assessors:
 - a) receive an overall outcome of 'unsatisfactory'.
 - b) are unable to submit further attempts of the final reflection; and
 - c) are unable to complete ANU+.

Final reflection guide

Your final reflection is the last thing you submit to complete ANU+. You can submit your final reflection once all your timesheets and short reflections have been approved.

Your final reflection is your chance to:

- Think back through the entirety of your ANU+ volunteering experiences
- Consider those experiences in relation to your own life, your university experience and the wider world
- Consolidate what you've learned and consider how you can draw from these experiences to shape your future.

Regardless of the format you choose (see above), you are required to answer the **four final reflection questions** outlined below.

As with your short reflections, you're not expected to follow academic conventions. We recommend you:

- Read through the development outcomes and your short reflections
- Journal in a reflective and open-ended way to address the four final reflection questions
- In your own words, construct answers that articulate your learning journey and how to hope to apply your learning to future aspects of your life.

If you'd like support with this process or have any questions, we encourage you to contact the ANU+ team.

Final reflection questions

Make sure you answer **all four final reflection questions**.

1. "Community" can mean a lot of things; we are taking it to mean a group of people of any size, brought together by location, circumstance, interest or shared values. A community could be a friendship group, a cultural group, a country, a university, a family, a club, a company, or a different type of group. Think back through your volunteering experiences with ANU+. From those experiences, **what have you learned about how communities work?**
2. Based on your experiences, **how do you want to live in community with others?** Be specific about the parameters of the community you're talking about (e.g. a club, a company, a city). How would it function? How would people interact with each other? What values or principles would you embody and why?
3. Reflect on your experience at university, including coursework, your own volunteering experiences with community, and the challenges and successes you've encountered. **How do these experiences inform what you want from community?**
4. We all have unique strengths. These include our innate abilities, qualities we've developed in response to life experiences, skills we've learned, and resources and connections found in and through our communities. **What strengths will enable you to build the community you want, or to make positive change in an existing community you belong to?**

Please refer to **at least one development outcome**. It can be helpful to spend time reflecting, without judgment, on what strengths have gotten you to where you are in your life now. Once you become more

aware of your strengths, you can harness them in all kinds of ways to make positive change in your own life and in the world.

***Tips:** Be as specific as you can, providing concrete examples.

- If you'd like more guidance, turn back to the development outcomes and your short reflections for inspiration.

Rubric

Participants need to meet all four criteria to receive a satisfactory outcome.

Criteria	Satisfactory (SY)	Unsatisfactory (US)
Have answered all four questions	Clearly and succinctly responds to each question.	The focus deviates from the questions, and there is little or no response to the questions.
Demonstrated that you have self-reflected to develop your key ideas.	<ul style="list-style-type: none"> • Clear responses to each question, with line of thinking developed from one question to the next. • Specific experiences are described and reflected on. • Connections are drawn between your volunteering experiences, life experiences and future goals. 	<ul style="list-style-type: none"> • Responses are unclear and/or disconnected. • Ideas are described in generality without reference to specific experiences. • It is unclear how your volunteering experiences and life experiences inform your future goals.
Reflected on at least one development outcome	Has reflected on at least one development outcome.	Has not reflected on a development outcome.
Met the word/time length criteria.	Delivered within 10% of the time/word limit.	Goes more than 10% over or under time/word limit.