### REFLECTIVE STATEMENT

**Structuring your answer - content to consider**

The table below provides examples to consider. Each question has a maximum word count of anything between 130 - 150 words, and the cumulative word count for all 8 questions must be a minimum of 800.

<table>
<thead>
<tr>
<th>Question within reflective statement</th>
<th>Aspects to consider when forming your answer</th>
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</table>
| 1. What is the most valuable thing you learned through your apprenticeship? | • Theoretical content - understanding principles, techniques, methods  
• Practical work implementation  
• Experience from off and on-the-job learning  
• Attendance to masterclasses, workshops, lectures, and online learning activities  
• Which of the learning activities most resonated |
| 2. What was the most valuable thing that you learned from shadowing more experienced staff or from your workplace mentor? | • Did you have allocated mentors who supported your development?  
• Where there any particularly useful shadowing experiences?  
• Were you able to shadow experienced staff across the business operations? |
| 3. What aspect of the apprenticeship did you find the most challenging? | • Challenges of balancing work, life and study  
• Having to adapt learning (more online)  
• Understanding complex concepts, principles and/or techniques  
• Preparing for end point assessment |
| 4. What was the impact of the most valuable thing you learned through your apprenticeship? Expand from question 1. | • Increase in working confidence  
• Improving efficiency  
• Developing the application of knowledge  
• Connecting theory to real world practice |
| 5. What was the impact of the most valuable thing you learned through shadowing or working with your workplace mentor? Expand from question 2. | • Helped to benchmark industry standard performance  
• Provided a new perspective, view and challenged existing approaches to work  
• Helped to contextualise theory into practice |
| 6. What ‘good’ emerged in terms of learning, from those challenges you faced during the apprenticeship? Expand from question 3. | • Built resilience  
• Increased confidence  
• Developed independent learning skills  
• Developed digital learning skills. |
| 7. How do you feel the apprenticeship will benefit you in your career going forward? | • Reflective practice skills  
• Use of technology in work  
• Independent learning skills  
• Creation of and developing a personal learning network. |
| 8. What would you consider as your main area(s) for further development and why? | • Progression onto formal learning (another apprenticeship or other programme)  
• Access to informal learning opportunities  
• Annual reviews & personal development plans  
• Internal and external training |