1. Skills Identification and Articulation

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| Course Activity | Transferable Skills | Technical Skills |
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1. Reflection Questions

* How did I use this skill to reach my goal?
* What did I learn about myself while using this skill?
* How do I know that I used this skill effectively, or improved my skill?
* How could I continue to develop this skill?

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**S**ituation (Background and context)

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**T**ask (What you needed to do)

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**A**ction (What you did and how you did it)

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**R**esults (The outcome of your actions)

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